

# THE TRUTH ABOUT HEALTH AND DISEASE

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Albert Einstein is quoted as saying, “a problem can’t be solved with the same thinking that caused the problem in the first place.” Likewise, the answer to the problem of chronic disease cannot be solved without an emphasis on prevention and wellness rather than early diagnosis and early intervention. Let me be blunt - Conventional Medical Care is not Health Care, it is Disease Maintenance! That does not mean that Medical Care isn’t valid; however, “Conventional Medicine has always put its emphasis on crisis intervention, and that is where it is most successful. Standard Medicine is about doing battle with a disease, bringing in the big guns of surgery and drugs to search out and destroy. What physicians are far less successful at is telling you how to stay healthy or what to do about the multitude of ailments that do not strike as a sudden crisis but sneak up and refuse to go away.”

Here is the truth, as I see it: **The Truth is, the body wants to be healthy.** The *Truth* is, the body is a self-healing, self-regulating machine. The *Truth* is that “the body needs no help in being healthy, it just needs no interference.” “Health is more than the absence of disease, it is a state of total emotional, physical, and spiritual well-being.” This is termed *Wellness*. The *Truth* is symptoms are valuable, however, treatment should be aimed at the cause. The underlying cause of disease should be treated, not just the effects (symptoms) — *Tolle causam*: Discover and treat the cause. Symptoms should be viewed as a natural attempt for the body to heal, and therefore, symptoms shouldn’t solely be suppressed, but rather the cause of the symptoms should be identified so that interferences to healing can be removed and the patient can be allowed to recover. Apart from Western Culture and Western Medicine, these truths have been echoed by every major healing system and culture in the world.

The *Truth* is, chronic disease is not a natural phenomenon of aging! There is **nothing** normal about chronic disease! Chronic disease should be the exception, rather than the rule as one ages. It is now understood that what we assume to be a “normal” decline of health associated with aging is actually a result of inactivity and malnutrition. The wisdom of the body, innate intelligence, doesn’t naturally guide physiological processes that result in these

aberrations. What the body needs to be healthy is relatively simple. To be healthy we need clean air, clean water, clean food, a broad spectrum and variety of raw nutrients found only in foods and supplements consumed in their natural state, and a properly working nervous system. D.D. Palmer understood this simplicity of health when he stated that the causes of disease can be traced back to the three T’s: Trauma, Toxins and Thought (auto-suggestion). Holistic practitioners know that the components of health- or the interferences to health—are physical (e.g., trauma), nutritional (e.g., toxins) and spiritual / emotional (e.g., auto-suggestion). Health is multi-factorial and the interactions of these components will give rise to either vitality or entropy (disease). To support or to treat only one of these “three legs of wellness” is mechanistic and reductionistic and illustrates an ignorance, and perhaps arrogance, against the vitalistic principles which have guided every successful healing system.

Science is always promising new discoveries to heal our modern ailments; however, the *truth* is many of these modern ailments are caused by science, and science has yet to provide the answers that nature already contains. Your body was designed masterfully and is intended to be well, not sick. The *truth* is, genetics do not decide our fate. There are other factors, chiefly the environment. And the most influential environmental factor is diet. Research has shown that Chronic Disease is caused chiefly by environmental factors (75%) with some contribution from genetics (25%). Our genes interact with the environment. The expression of our genes are polymorphic (having more than one expression) based on the environment they are subjected to. For example, every cell in our body contains the genetic information of the whole body, yet depending on the environment and the stimulus precursor cells are exposed to, some will differentiate into muscle cells, others nervous tissue, etc... This again illustrates that it is the interaction of the genes with the environment that gives rise to health or disease. A lack of understanding that the “whole is greater than the sum of its parts” leads to inappropriate assumptions, and interventions, concerning the nature of health and disease. One of the US Surgeon Generals stated, “Eight of the 10 leading causes of death in the United States are

related to diet and alcohol consumption.”

The media and medical science has taught us to be victimized by our genes. Genetic predisposition is only one of many factors that contribute to disease. Rather than hide in fear or intimidation, the power of Chiropractic, natural foods and properly tailored lifestyle changes and nutritional supplementation enable us to be personally accountable for our health. We must not assume the victim role when it comes to our genes. To do so would be suicide! Nature has an arsenal to allow us to wield powerful weapons to rage against cancer and other chronic diseases. Thousands of chemicals found in fruits and vegetables contain disease fighting substances (phytonutrients) that have been shown effective in preventing and treating cancer—and a host of other diseases. Dietary and lifestyle changes, whole food supplementation and Chiropractic care are the foundation for the natural approach to the prevention of chronic disease and for the maintenance of health. This has been the message of Chiropractic for over 100 years!

## The Truth About Cancer: Why We Must Return to a Natural Diet

Since 1971, according to official figures, over \$1 trillion has been spent on conventional cancer research and treatment in the U.S. The current cost is at least \$110 billion a year—over 10% of all U.S. medical expenditures and 2% of the entire Gross National Product. Yet despite—or perhaps because of—these unprecedented costs, the cancer establishment remains largely closed to most truly independent, innovative treatments and the simplicity of prevention.

The single statistic that most clearly highlights the forces at play was noted by June Goodfield in her 1975 book **The Siege of Cancer**: “More people make a living from conventional cancer research and treatment than die from the disease on an annual basis.” Also, the average cancer patient spends in excess of \$100,000 treating his or her disease conventionally. There is thus a tremendous vested interest in maintaining the medical, scientific, and economic status quo.

All this money, and still no cure! The reason: You can’t cure a symptom! Cancer, and other forms of chronic disease, is a

symptom of trauma, improper diet, lifestyle, psycho-spiritual dis-harmony and toxic exposure. And there is more of a vested interest in keeping people sick than there is in keeping people well. What would happen if cancer disappeared? One of the greatest financial vacuum in our medical system would wither and die. In our inherent “wisdom” and reliance on man made synthetic substances—that pollute and disrupt our external and internal environment—what we have created is a monster. Why is this? First, we’ve ignored the answers already under our noses. Second, we’ve tried to circumvent nature and natural health care, rather than return to it.

Science has this obsessive fascination with dissection: It takes something complete, isolates a part, and tries to present it as a whole. Never is this more evident than in our current approach to pharmaceuticals—and even some nutraceuticals—as a panacea. Although one third of pharmaceuticals are synthetic versions of herbs, they are isolated components that lack a full spectrum of protective plant-derived chemicals (phytochemicals and phytonutrients). Furthermore, any approach that aims to suppress symptoms rather than to increase internal resistance by maximizing the innate potential by restoring harmony and balance is doomed to fail. Because Chiropractic, as a form of wholistic health care, aims to restore balance and to support the body through natural means by focusing on the cause rather than the expression of disease, Chiropractic and clinical nutrition has been very effective in maximizing health in a variety of conditions.

The focus on symptom suppression rather than cause-elimination in illness has led us away from true wellness. We all feel it! Our health is being robbed from us and then marketed back to us in convenient medical boxes and pills. And then when our organs fail from lack of proper nutrition, we are told they need to be removed. Isn’t this ironic? Or perhaps, it is evil? The pharmaceutical industry tells us we need this medicine for the *common* headache, and that medicine for *common* diarrhea... There is no such things as a “*common*” illness! The body migrates naturally toward health. We should listen to our bodies and common sense, rather than those who stand to gain from our illnesses. This message that health comes from within, not from without, is championed by wholistic and functional medicine practitioners such as Chiropractic and should be the cornerstone of any intervention or remediation of health.

The words *cancer* and *politics* are inextricably intertwined. As Samuel Epstein, M.D., author of **The Politics of Cancer** noted, “The politics of cancer are

more complex than the science of cancer.” He also wrote, “if we are to effectively prevent cancer, we will have to change our diets and our smoking habits; we’re also going to have to clean up our environment, change industrial processes, and do a number of things that will be difficult, expensive, time-consuming and intrusive.” In addition, Bailar added that “a change [to prevention] at the NCI [National Cancer Institute] would mean a massive disruption in ideas and momentum in the research community and in the businesses [emphasis mine] that support that research community.”

Despite advances in medical science, the U.S. still leads the world in rates of Chronic Disease (cancer, diabetes, cardiovascular disease, etc.). The incidences of these diseases have increased, although mortality from them is declining, indicative that heroic medicine and surgery are keeping people alive today that would have died in yesterday’s medical era. However, we’ve made few strides toward dealing with the true cause of modern disease and in combating *chronic illness*.

Here are some more simple truths about cancer: The *Truth* is that there has never been a disease that some people haven’t recovered from. Spontaneous healing does happen! The body does heal itself! Faith does heal! It is never too late to restore to the body proper nervous system function and the nutrients and environment it needs to express health. Chronic diseases, such as cancer, are mostly preventable. The chief causes of cancer are use of tobacco and inappropriate diets. The American Cancer Institute States, “One third of cancer deaths each year are due to poor dietary practices.” Some studies suggest that 90% of all human cancers are environmentally induced, 30% to 40% of these by diet.

Let nature be your chemist! That is the simple philosophy of natural health care. “Science” claims superiority; however, in their arrogance and ignorance, scientists in general have set the stage for global annihilation. In fact, the many dietary changes during the past 10,000 years have outpaced our ability to genetically adapt to them. That the vast majority of our genes are ancient in origin means that nearly all of our biochemistry and physiology is fine tuned to conditions of life that existed before 10,000 years ago. Looked at in another way, 100,000 generations of people were hunter-gatherers (lived on whole foods), 500 generations have depended on agriculture, only 10 generations have lived since the start of the industrial age, and only two generations have grown up with highly processed fast foods.

Technologies, computers, fax machines— all the wonders of modern science... They’re all great, however, we

shouldn’t abandon simple truths—truths that have genetically become commensurate with our survival. Put another way, our genes aren’t dependent on fax machines, computers, fast food, etc... For survival, however, we are dependent on proper nervous system functioning, optimal nutrition and a broad spectrum of plant-derived nutrients (phytonutrients) found in whole foods.

Sometimes, the forces that be try to complicate the truth so that we might become dependent on them for answers; however, it must be remembered that “**we must not assume that science and truth march straight ahead and that the present is the beneficiary of the accumulated knowledge of the past. Because, in many instances—such as the field of health and nutrition—the past is full of deception and factual manipulation, resulting in the inheritance of a tarnished view of scientific progress.**”

We can clearly see the superiority of natural health care and sound nutrition as a basis of health. It is arrogance that denies the inherent wisdom of nature, exalting “man-made” ideas above the forces of evolution that have inherently guided us throughout the ages. There is a saying, “The eyes cannot see what the mind does not know.” Most scientists have yet to discover these truths, although they have been self-evident all along. We must use our good sense when evaluating the minutia of information that constantly floods and bombards us with ever-conflicting tales of wonder. Science is changing, but the truths in nature have been constant and remain a source of vitality to those who’ll return to their roots. Here is a simple truth: Simple dietary and lifestyle changes equal profound changes in our health. For example, the combination of eating five servings of fruits and vegetables each day, moderately exercising, and eating one serving of soy per day (or other legumes), can possibly reduce your chance of getting cancer by 80%.

We must respect the individuality of each person. None of us have the exact same fingerprints. None of us truly look exactly alike. All of us are biologically unique! Roger Williams, Ph.D. was one of the first to propose that there is more diversity in our chemical individuality than in the individuality of our outward features. Let’s respect and embrace that in awe and wonder, rather than allow our uniqueness to be canalized into biochemical molds and models that insult the genesis and diversity of existence. Typically, allopathic medicine doesn’t embrace the individuality of the patient and the polymorphic expression of disease. Rather, allopathic medicine places the disease, rather than the person, at the center of its focus. Personal assessment and individually-tailored treatment protocols

underlie the functional medicine and natural approach to maximizing health and minimizing disease. This functional approach is the cornerstone of effective Chiropractic care.

### Why You Haven’t Heard the Truth Before

Ronald Lawrence, M.D., Assistant Clinical Professor, UCLA School of Medicine, said, “The big drug companies routinely provide medical schools with free equipment, free computers, free supplies, free seminars, as well as large grants of money. In return for this support, the medical schools refuse to teach courses on natural medicines and nutritional therapies. This is tragic, because these kinds of safe, natural alternatives can help alleviate many types of health problems without dangerous side effects. As a result, most physicians only learn to treat symptoms without addressing the underlying disease. So whenever a doctor suggests some kind of pharmaceutical drug as the solution to a medical problem, remember that this doctor is only doing what he or she was taught in school: Treat medical problems with drugs, and if that doesn’t work, well... There’s always surgery.”

This is why appropriate Chiropractic care complemented by a diet of whole foods and proper supplementation is so important. Science hasn’t been able to recreate nature! Part of the reason for this is that many scientists don’t even use nature as a blueprint or consider the majesty of existence as being superior. Instead, they feel they can improve upon nature—the attitude being that nature is inferior and incomplete. It is this attitude that has robbed us of our vital resources, and poisoned and starved us in the name of progress. As for me, I already see the end of the road where that progress is taking us... And I don’t see the utopia so often promised. Instead, I see death and destruction. And the only chance we have to save ourselves is to realize this truth and to recognize the sovereignty and majesty of existence and the blueprints of evolution.

The answer to our health care crisis is to return to the sovereign knowledge inherent in our God-given resources, receive periodic Chiropractic care to help balance and maximize our nervous system (which coordinates and controls all bodily processes), practice sound eating and lifestyle habits, and supplement with proper whole foods and nutrition based appropriately on our individuality. This places more responsibility and urgency in protecting our natural resources. Don’t be misled into thinking that science can substitute or recreate nature. The technology may be there, but the paradigm is lacking. We shouldn’t allow our lives to be

subjected to “test tubes” and experimentation. **As for me, give me what is natural and pure! Natural health care has the answers to our chronic disease crisis—Right Now!**

Yours in health,  
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Dr. Nicholas Calvino is a cum laude graduate of Cleveland Chiropractic College, Kansas City. He is the author of three clinical monographs, **Chiropractic and Nutritional Treatment of Anxiety Disorders, Food as Medicine, and Phytonutrients: Keys to a healthy future.** He is currently working on his first book, **Promises and Lies: The Big Business and Politics of Keeping America Sick.** Dr. Calvino is a member of the American Chiropractic Association and the Professional Association of Traditional Healers. He currently works in the natural products industry and is pursuing certification as a Master Herbolgologist and a Master’s Degree in Nutrition.

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Heart disease is the leading cause of death in the United States. But you can do a lot to protect your heart. Learn About Heart-Healthy Living. Connect with us. Highlights. About The Heart Truth®. A national health education program that raises awareness about heart disease and encourages people to live a heart-healthy lifestyle. The Heart Truth Community Subcontract Program supports organizations in executing projects that will reduce the burden of heart disease and encourage healthy behavior change to improve heart health. Community Subcontract Program. Related Initiatives. Heart Health and Pregnancy. The doctors at the student health center couldn't figure it out, so Radonich went to his family doctor in Connecticut, who couldn't figure it out either. In all, Radonich saw 15 doctors, including specialists in four states, and not one could explain his symptoms. "One told me I had developed a cardiac problem overnight," he says. "As in any war, truth is the first casualty and also the last. If you think about disease and treatment, the first thing you need to do is identify the bug or bugs that are causing the disease. Next you have to be able to reliably test for those bugs. And only then can you start testing the effectiveness of a given treatment," says Adam Sussman, a 43-year-old firefighter who has been battling the disease for more than two years, spending thousands of dollars of his own money. What those celebrating health advocates could not have foreseen, though, was the impact a fraudulent article published in the Lancet medical journal a couple years earlier, in 1998, would eventually have on those public health strides in the coming decades. The article, written by Andrew Wakefield and 12 of his colleagues, linked the MMR vaccine with the development of autism in young children, but it was ethically compromised to an alarming degree. It exploited the public's fear and lack of understanding about autism spectrum disorder (ASD) and played a key role in undermining decades of progress in fighting infectious diseases as well as further stigmatizing people with autism. I used to be a teacher. The brand new Real Truth About Health Membership Club. All video replays from June 7 - June 13, 2021 7 Day Interview Summit. All video replays from April 23, - May 2, 2021 conference. Compilation Videos by Disease and Topic Greatest hits and Narrated 2020 -2021. Compilation Videos by Disease and Topic Full Version 2020 - 2021. Full Length Videos Sorted By Speaker Name 2013 -2021. "Viruses" and "diseases" do NOT exist. They were both created by the Rockefeller-controlled medical industry in league with "Big Pharma" who use the so-called "germ theory" in order to sell medication and vaccines to the people for monetary gain and population control. So called "diseases" are just symptoms of an underlying toxicity within the cells and so-called "viruses" are manufactured within our own bodies as a protection method against external toxins of all kinds. When we are suffering from a dangerous level of toxicity of any kind, our bodies create a defence mechanism which we refer to as "flu" or "cold" or "pneumonia" or any number of other named "viruses" in order to expel these often deadly toxins.