

“Diseases” are the body’s efforts to rid itself of accumulated toxins.



Our natural potential

By adopting some wise lifestyle habits we can start to reclaim the potential that is our birthright, says Thomas Lodi, M.D.

In the world’s longest-lived cultures, celebrating one’s 100th birthday is nothing unusual, and nor is remaining healthy and physically active at this age and beyond. Yogis have long been capable of superhuman feats. The intelligence agencies (CIA, Mossad and KGB, for example) use information obtained from remote viewing. Clairvoyance (psychic ability) is utilized successfully in forensics.

These are just a few of the examples which demonstrate that the average human being is living way below their true potential. In fact, as a species we have deviated so far from nature that most of us have no concept of what is natural for us anymore.


If we want to understand our true potential, it is essential that we understand the true meaning of two key words. First and foremost is “health”, which is a necessary foundation for realizing our potential.

Most people think of health simply as the absence of disease, which is as absurd as saying that light is the absence of darkness.


Health is not the absence of anything. Rather, it is the presence of certain things: including vitality, vigour and exuberance. Health is the state for which nature fits all of her creatures and can only be defined as, “The optimal functioning of the organism”.

The next term requiring definition is “aging”. A necessary distinction to identify here is that of chronological age versus biological age. Chronological age is a direct measure of the number of revolutions around the sun that have occurred since birth (years of age) whereas biological age refers to physiological and metabolic functional abilities.

The decline after maturity that has become known as “aging” occurs when catabolic (cell destruction) processes exceed anabolic (cell building) processes. What becomes evident are changes in skin elasticity, muscle tone and strength, circulation, joint mobility, sensory and immune capacity, libido and sexual function, digestive capability, body fat and memory – all accompanied by an increasing fatigue.



One of the greatest lies perpetrated upon modern humans is that health is impossible and disease is inevitable



Psychological changes commonly associated with aging in our culture include a gradual loss of self-confidence, increasing fear and paranoia, denial, anxiety, depression and a pathological focus on perceived deficiencies. These unfortunate changes are seeded and fertilized by our collective cultural reverence for youth and absolute disdain for aging.

This disdain is only reinforced when anti-aging specialists assert that nature only cares about our procreative years, during which time new life is brought into the world and the survival of the species is ensured. Childhood prepares one to become fertile at adolescence and once the next generation has reached sexual maturity, the “baton” has been passed, so thereafter begins the withering away of function and the drying up of anatomy.

This loss of multiple bodily functions accelerates with each succeeding decade, allowing only a short time to pass along any accumulated wisdom. But nature, so this philosophy goes, “doesn’t care” about such things as wisdom. The tragedy here is that the enchanting, divine dance of nature in all of its breadth and splendour is overlooked by those who would have their focus narrowed only to the passions associated with sexuality.

There are approximately 20 distinct theories of aging. However they overlap significantly and centre around two concepts: aging is programmed and aging is a series of random events. Programmed aging theories are based upon the concept of a “biological clock” which “sets” growth and decline at certain intervals. Random-event theories, meanwhile, look to free radical damage and old-fashioned “wear and tear”.

Either way, we are told that there is growth from infancy to maturity and then decline towards death. Although this is indeed exactly what happens most of the time, the problem is the reference population. Unfortunately, our culture fosters weakness and cultivates disease instead of preparing for a vigorous, exuberant and long maturity.

In view of that, how meaningful are mainstream studies into aging to those of us choosing to lead a non-mainstream life?

The real meaning of disease

Since no one dies from old age but rather from single or multiple organ failure, aging must be distinguished from “degenerative disease”. “Men do not die; they kill themselves”, said the Roman philosopher Seneca.

One of the greatest lies perpetrated upon modern humans is that health is impossible and disease is inevitable; hence the scramble to purchase disease insurance and the growing number of handicapped parking spaces.

What is referred to as “disease” is simply a collection of symptoms and/or a description of the physical changes that have occurred microscopically (pathological diagnosis) or grossly (physical examination). There is no entity separate from those signs and symptoms. Disease cannot be its own cause.

A “cold” is defined by its symptoms and modern medical dogma identifies the “cause” of this condition as a virus. This reasoning does not explain why only a few people exposed to the virus “catch” the cold. Clearly, it isn’t the virus but rather some condition within the person that results in the signs and symptoms called a “cold”. In other words, the virus is not sufficient for the “disease” to erupt but it is rather the *condition of the host* that is the culprit.

“Diseases” are the body’s efforts to rid itself of accumulated toxins. We name each symptom complex associated with these elimination crises differently yet they are all manifestations of a single cause: *toxaemia*.

Metabolism is the entire range of biochemical processes whereby food is reduced to its elemental form and used to renew living structures, energy is made available, and waste products are eliminated.

Any substance that cannot be used by the body must be eliminated and the kidneys are the primary eliminators of the waste products of metabolism. These waste products include urea from amino acids, creatinine from muscles, uric acid from nucleic acids and haemoglobin end-products such as bilirubin and hormone metabolites.

Many substances are taken into the body either voluntarily, or involuntarily and unknowingly, which not only have no use but result in harm and/or death. The lungs, skin and bowels are the other organ systems that, through elimination of waste products and exogenous poisons, keep the vital processes of life from being disrupted.

When elimination is impeded, toxins begin to accumulate and enter the blood; the result is toxaemia. Toxaemia would become permanent and produce both structural and functional impairments except for the elimination crises; so-called *acute diseases* that serve to lower the toxic burden. The underlying pathological process resulting from toxaemia is inflammation, which is the seed of all degenerative diseases.

The two primary networks that coordinate all metabolic and physiological functions are the endocrine (hormone) and nervous systems. The nervous system, whose currency is *chi*, (*vital force*, or *prana*), actually provides *that which animates the flesh*. When this vital force drops below a particular threshold, elimination and other functions are compromised and acute crises occur. If prolonged, chronic loss of function results and the anatomy supporting those functions begins to manifest one or more of the apparent myriad of degenerative diseases.

The one quality that more than any other distinguishes youth from old age and illness from health is *energy*. All forms of eating are species specific and are designed for energy exchange. The primary source of this energy enters our biosphere from the sun and is captured by plants that transform it into carbohydrates, proteins and fats to be eaten by moving creatures.

All activities of life require vital energy, and this includes submicroscopic, biochemical reactions as well as the climbing of mountains. Life itself is detected and evaluated by its electrical activity, and modern medicine does not dispute this. Indeed it is the science behind such technologies as electrocardiography, electroencephalography and electromyography (medical >>

tests that evaluate the health of the heart, brain and muscles respectively).

Vital energy must be continually replenished so that metabolic processes can continue at their optimal level. *Negative ions* conduct this vital energy in the body and they are transferred to us from moving water (waterfalls, rivers, oceans), contact with plants and animals, hugging, bare feet upon the earth, sunlight, and consumption of living life forms appropriate to our anatomy and physiology.

The road to potential

It is not possible to even glimpse at human potential from our present condition but what is quite clear is that the only foundation upon which that potential can be realized is *optimal functioning* (health) of individuals, tribes, communities and societies.

Nature functions not only optimally, but perfectly. A bear has a bowel movement in the forest and it becomes nourishment for other organisms. There is no waste. And therefore, every creature is designed to function optimally since it is an aspect of this whole, perfect system. Prior to the encroachment of the artificial (machine) world and all of its debris upon nature's creatures, we were all heir to this perfection.

Present-day humanity has been detached so thoroughly from its history that its true origins and prior achievements and states of being cannot be known directly. Conventional archaeologists and historians, however, would have us believe that we crawled out of the caves, built the pyramids, erected stones weighing 150 tons at Tiahuanaco, invented hieroglyphics, Chinese language and Sanskrit and then deteriorated from there.

In my opinion, humans are capable of a robust and exuberant maturity to at least 140 years of age. But it must be understood that in order to go beyond what is currently considered normal, and develop our latent physical, mental and spiritual abilities, we need to start living very differently. For a start, the one unequivocal fact in anti-aging medicine is that the less we eat, the longer and better is our life. This has been shown to be true in every species tested thus far, including humans.

Humans, like all creatures, were designed to live in a particular niche to obtain all that is necessary for optimal functioning. Humanity's niche is between the Tropic of Capricorn and the Tropic of Cancer where vegetation is plentiful and easily obtained, water is abundant, the air is pure, the sunlight magnificent, and where swimming, walking and climbing are daily requirements. Since the world has been altered such that most of humanity does not live in its niche, it is imperative to adopt the habits of life that would be natural in that habitat.

Food would be taken fresh and eaten without being altered, perhaps once or twice each day, fasting would occur at least one time per week and for 7 to 10 day periods, four times per year. Bowels would be evacuated several times per day. Because survival needs would be easily met, there would be much time for learning, music, prayer and meditation, play and leisure.

There are a few cultures today that still live much closer to this ideal than most of humanity: the Vilcabambans of Ecuador, the Abkhasians of Georgia and the Hunzas of Pakistan. Furthermore, these cultures do not share our disdain for the elderly. On the contrary, the "long-lived ones" are rightfully esteemed for the valuable role they play in the family and in society. It is no coincidence that living to be 100 is not unusual in these cultures; nor that it is the norm for those who do to lead active, fulfilled lives right until the end. ■

Dr Lodi's tips for reaching your highest potential

- Read 30 minutes each morning.
- Begin and end each day with prayer and meditation.
- Eat fresh, organic vegetation once or twice per day.
- Fast for 24 hours once per week.
- Fast for 7 to 10 days four times per year, at the change of seasons.
- Exercise daily for at least 30 minutes.
- Do yoga, Tai-chi or Qigong at least four times per week.
- Sleep and awaken early.
- Love and laugh.



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