



Healing on purpose

...uncovering
the body's
innate wisdom

SAMPLE

Written and edited
by Kimi Marchuk
Transcending Nutrition

Introduction

Forward by Jeff Sutton

UNDERSTANDING BIOLOGICAL PROGRAMS

The evolutionary processes developed over millions of years have proven to be no accident. Biological systems don't typically malfunction, mutate, or "attack themselves" without reason, as conventional ideology suggests. What we observe and characterize as "diseases" may have meaning in the context of evolution and our innate responses to biological emergencies.

Humans are animals, governed by the laws of nature. Human civilization may mitigate some of the raw struggles of nature, allowing us to feel intellectually superior to "lower life forms," but our brains and tissues react automatically to conflict situations the same way as bears marking territory, wolves separated from the pack, fish out of water, or lions fighting for a mate. We may experience human versions of these conflicts like taking a new job position, suffering the loss of a loved one, moving into a nursing home, or reacting to infidelity, but the reactions are parallel.

The information in this book that associates to mental stress responses are inspired by the findings and work of German physician Dr. Ryke Geerd Hamer. These principles may be applied in understanding how specific physical symptoms (a.k.a. "diseases") are biologically meaningful responses to particular types of psycho-emotional shocks. You will gain a whole new understanding of the connection between "dis-ease" causation and how your mind relays messages to the physical body.



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Editing by Kim Marchuk

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“The body
is brilliant,
it makes
no mistakes.”

Kim Marchuk



How to use this book

The intention of this book is to provide you with the basic understanding of how stress can create a particular ailment. It focuses on pointing out specific mental/emotional stressors associated with each ailment. Keep in mind that it does NOT include the nutritional stress, toxicity stress or potential spiritual cause of the disease or imbalance.

Please use this book as a guide to understanding why you could be facing that particular ailment or symptom. My belief is that If you can observe ‘why’ something has occurred, thus understanding it’s value, it has permission to release or move on. This book is the first step in creating that awareness.

This by no means is meant to replace medical advice. I ask that you please consult your doctor with any medical situation needing attention.

**This book is designed as an educational tool
to help you connect your physical symptoms to
mental/emotional conflict or stress in your life.**

BIOLOGICAL CONFLICT

This relates to the mental/emotional stress that can initiate the bodies physical response to the threat of the situation.

PURPOSE

The body takes a particular stress and responds by producing a result that will enhance your physical functioning to resolve the conflict. Therefore, it will alter your normal functioning on ‘purpose’ the help you heal the stress. As an example- if you feel ‘attacked’ your body will produce thicker skin so you can feel more protected if it were to happen again. Just as when we literally attack the skin such as with a cut, the body will create scarring which is another version of thicker skin.

ASK YOURSELF

These questions are designed to help you think back to what could have created the conflict. Once you are aware of it, this allows you to move forward with healing it. If you have a chronic ailment, please note that your body is continually going back and forth between the stress phase and the healing phase.

Abscess

BIOLOGICAL CONFLICT

Attack conflict. Physical, verbal, or figurative slap to the face. Feeling soiled or disfigured with something disgusting. Assault against one's integrity.

SYMPTOMS

In the stress phase - Skin changes color, shape, and size. Thickening and scaling of skin.

In the healing phase - The growth decomposes with bacteria or fungus.

Note: Abscesses can appear in almost any part of the body. The most common sites are the skin, under the skin, and the teeth.

PURPOSE

To strengthen the old skin and provide you thicker skin to handle the attack better next time.

ASK YOURSELF

“Did someone attack me (verbally or physically)?”

“Where am I self-conscious about my appearance?”

“Did I come in contact with something that I felt was repulsive?”

“Was my skin exposed to intense or prolonged stress?”

“Do I need to deal with a situation that I would rather spit out?”

EXAMPLE:

The abscess will happen to the area of the body that is associated with the attack such as getting dental work done. If the body felt attacked at the site (mentally or physically), an abscess can form as a protection mechanism.

Achilles Tendons

Achilles Tendon is a tendon of the posterior leg. It is common to physically injure this area with sports activities. The mental stress can slow down the healing of this tissue if you continue to devalue the area post injury.

BIOLOGICAL CONFLICT

Self-devaluation related to the Achilles area.

SYMPTOMS

In the stress phase - Gaps form in the tissue involved (tendons).

In the healing phase - Pain as a result of the tissue repairing itself. Inflammation.

PURPOSE

The body will strengthen the area to enhance performance next time.

ASK YOURSELF

“Why do I feel worthless in that area?”

“Am I not as good as my competitor?”

“Was I unable to stand on top of things?”

“Am I feeling useless with my mobility?”

Acne

BIOLOGICAL CONFLICT

Conflict of feeling soiled. Assault against one's integrity. Conflict of feeling disfigured. Feeling ugly in a real or figurative sense.

SYMPTOMS

In the stress phase - Skin changes color, shape, and size. Thickening and scaling of skin.

In the healing phase - The growth decomposes with bacteria or fungus. Itching. Oozing. Hard lumps. Redness. White puss.

PURPOSE

The skin becomes thicker thus giving it more strength to better handle another attack of this kind.

ASK YOURSELF

“Did someone attack me (verbally or physically)?”

“Where am I self-conscious about my appearance?”

“Did I come in contact with something that I felt was repulsive?”

“Was my skin exposed to intense or prolonged stress?”

“Did someone criticize me?”

“Do I feel unattractive?”

“Do I criticize myself for not being beautiful enough?”

Addison's Dis-ease

BIOLOGICAL CONFLICT

Feeling as though one has been thrown off-course and/or gone in the wrong direction.

SYMPTOMS

In the stress phase - Feeling stressed and tired due to tissue breakdown in the adrenal cortex.

In the healing phase - Tissue regrowth, with possible cyst/tumor formation and overproduction of stress hormones (cortisol and aldosterone). Weight gain, excess body and facial hair, reddening of face and neck, rounding of features primarily in the face, neck, and abdomen.

PURPOSE

If one feels that they are moving in the wrong direction, the body will try to slow them down from moving further in the wrong direction. One needs to take a step back and reassess the course of action. Upon resolution, the increase in stress hormones allows one to get back on track.

ASK YOURSELF

“Am I going in the wrong direction?”

“Should I be doing something different with my life?”

“Did I make the right decision?”

“Do I feel like I’m finally back on track?”

Adrenal Cortex

BIOLOGICAL CONFLICT

Feeling as though one has been thrown off-course and/or gone in the wrong direction. Having backed the wrong horse. Chose the wrong mate. Made an unsound business decision. Made the wrong decision.

SYMPTOMS

In the stress phase - Tissue breakdown of the adrenal gland. Low energy and inability to handle stress.

In the healing phase - Tissue regrowth, with possible cyst/tumor formation and overproduction of stress hormones (cortisol and aldosterone). Weight gain, excess body and facial hair, reddening of face and neck, rounding of features primarily in the face, neck, and abdomen.

PURPOSE

If one feels that they are moving in the wrong direction, the body will try to stop them from moving further in the wrong direction. This is a safeguard enforcing one to take a step back and reassess their course of action. Upon resolution, the increase in stress hormones allows one to get back on track.

ASK YOURSELF

“Am I going in the wrong direction?”

“Should I be doing something different with my life?”

“Did I make the right decision?”

“Did I invest all my money in the wrong business?”

“Do I feel like I’m finally back on track?”

Adrenal Medulla

BIOLOGICAL CONFLICT

Experiencing intense stress that feels unbearable.

SYMPTOMS

In the stress phase - Increase in adrenaline and dopamine. Back pain in the small of the back, rapid heart rate, and increased blood pressure.

In the healing phase - Night sweats, fatigue, raised temperature (if bacteria is present).

PURPOSE

An increase in adrenaline improves performance which is advantageous when dealing with an acute stress conflict (fight or flight).

ASK YOURSELF

“Am I experiencing a lot of stress?”

“Did I just experience unexpected intense stress?”

“Do I have too much on my plate?”

“Do I feel like I need to be in five places at once?”

“Do I feel as though I can’t take any more of this?”

Allergies

BIOLOGICAL CONFLICT

A perceived threat to one's environment. Wanting to be separate from a person, place, or thing.

Note: At the moment one suffers a conflict, the psyche will relate the threat with something in that environment. The next time one comes into contact with the perceived threat(s), the conflict phase is activated.

SYMPTOMS

In the stress phase - Exaggerated immune response to a substance. Itching, nausea, vomiting, diarrhea, abdominal pain, asthma, eczema, hives etc.

In the healing phase - Symptoms subside. Tissue restoration.

PURPOSE

The body produces a warning signal to make one aware of the perceived threat and encourage future avoidance of it.

ASK YOURSELF

“Am I allergic to that situation, person or that location?”

“Did I have contact with someone that I did not want to?”

“Am I worried about a physical separation from someone close to me?”

“Did something bad happen to me while I was eating a particular food or touching a particular item or smelling a particular scent?”

(For example, parents arguing while hugging a cat or being in a car accident next to a lemon orchard full of scented blossoms.)

Note: One must deal with a subconscious association in order to resolve allergy.

TELL YOURSELF

“Thank-you body for the warning. This [thing/situation] is no longer a threat/danger. I am safe.”

Alopecia

BIOLOGICAL CONFLICT

Separation conflict with a memory associated to the part of the body that is no longer caressed. Loss of physical contact with someone or something that one loves.

SYMPTOMS

In the stress phase - Skin ulceration. Hair loss. Skin is rough, pale, and cold due to poor blood circulation. Skin sensitivity decreases and can become completely numb. Short term memory impairment.

In the healing phase - Skin swells, redness, itchy, hot, possibly painful. Memory is restored. Hair re-growth.

PURPOSE

A reduction of skin sensitivity and hindrance of short term memory allows one to briefly forget the absence of the person or thing one has been separated from or wants to be separate from.

ASK YOURSELF

“Can I no longer stroke my pet due to death or leaving?”

“Is something stressing me out with respect to my intellect?”

“Do I fear something that I love will be taken away?”

“Did a loved one pass away that used to caress me on the head?”

ALS (Amyotrophic Lateral Sclerosis)

BIOLOGICAL CONFLICT

Self-devaluation AND feeling stuck conflict; not being able to escape, cannot defend oneself, cannot hold onto someone or something.

SYMPTOMS

In the stress phase - Fatigue, weakness, loss of muscle volume. Motor paralysis.

In the healing phase - Paralysis is intensified during the first half of the healing phase. This is attributed to the edema that develops in the motor cortex. During the heightened healing phase, one may experience trembling, twitching, or spasms. If there are no conflict relapses during the healing phase, muscle movement will slowly return to normal. Swelling, cell growth, increase in muscle tissue.

Note: Healing may be prolonged or not possible due to neurotoxicity.