

Why Illness is important

Acute illness is normal and necessary.

We have been led to believe that perfect health means avoiding all illness, when in reality, having an immune response (fever, sore throat, enlarged lymph nodes, snotty nose, cough, lethargy) are actually signs of vitality.

It is normal to respond negatively to toxic foods and environments. This is the sign of a healthy, vital immune response.

It is interesting to note that the expression of these symptoms may not always be caused by infections from bacteria or viruses, instead, these symptoms and illnesses may develop as a sign that our children are healthy; that their bodies are strong, and working to bring to the surface, and cleanse any accumulation of waste /toxins that are deep inside of them.

In many of the cases the process of bringing these wastes to the surface of the body is aided by the bacteria, parasites and viruses that are already living inside of them, and is a very necessary step for them to become well.

