



\$29.95

# **PUBLISHED HEALTH ARTICLES**

**A Compilation Of Health Information Deigned To**

**SAVE YOUR LIFE.**

---

**By: Doctor Paul C. Mach, DN, ND, CCN**

**drmach@hotmail.com**

**PREFACE:**

**Enclosed you will find a series of articles that were published in various newspapers and magazines during the years 1999-2001. This may explain why certain topics are covered thoroughly from different angles.**

**You may find them ghastly, fun, too straight forward or maybe even sacrilegious. They are my beliefs. They are based on truth and my interpretation of it. This need not be your truth or philosophy. If you don't want data like this do not proceed further.**

**I accept no responsibility for material contained within. It is my educated opinion, and we all know everybody has one.**

**It is not designed to diagnose or treat any illness.**

**Seek the truth...it will set you free...lies will kill you... they abound.  
And above all always THINK, THINK, THINK and question the authority and your doctor. Do what you feel in your heart is correct, intelligent and will meet your needs physically, mentally, emotionally and spiritually.**

**In health, growth and peace,**

**Doctor Paul C. Mach, DN, ND, CCN**

**All material is copyrighted by Doctor Paul C. Mach, DN, ND, CCN, 1998, 1999, 2000, 2001**

**It may not be copied in whole or in part to be resold.**

**It may be copied and freely utilized to help anyone who is in search of truth and information.**

---

### **DYSGENESIS**

**Health is defined in Webster's Dictionary as: 1. *The condition of being sound in body, mind and soul; esp: freedom from physical disease and pain.* 2. *flourishing condition.***

**Disease is defined in Webster's Dictionary as: *an impairment of the normal state of the living animal or plant body that affects the performance of the vital functions: sickness.***

It is obviously clear that health and disease cannot be regarded as dichotomous states of existence. A middle ground exists between health and overt pathology in regard to non-traumatic diseases. This middle ground is dysgenesis. It represents a progressive and staged path of the loss of physiology and the development of overt pathology are acknowledged.

Dysgenesis results when congenital inadequacies, stress and nutritional deficiencies coalesce to present a functional disorder with emergent properties not provided by any dysgenic factors alone. It is characterized by the loss of health and the onset of a series of subacute and disruptive changes.

Dysgenesis does not represent any disease entity. It is by definition multiple sub-pathologic influences. It is an aberrant functional syndrome that represents a significant accumulation of pathogenic influences. Unfortunately, conventional medical practice often overlooks the dysgenic changes because non-specific deviations from the broad tolerance of referenced laboratory values and an insensitivity to any health disorder less than overt pathology. Medicine's perception should not be limited to overt pathology. Our goal should be the discernment of the dysgenic influences occurring in the patients and, utilizing the sources of medical science, employ the art of medical practice to prevent disease and promote health.

We must stop pretending that conditions or diseases are "caught" or just happen. We are not victims. Most degenerative disease is not derived from any single root or cause. Degenerative diseases are multi-factorial. They evolve. There is no normal "headache", "backache", or "deteriorating condition". "The lack or

appreciation of the multi-factorial components of all non-trauma related or genetic disorders represents a significant failure of the allopathic medical philosophy that is translated to a major inadequacy in current medical practice."<sup>1</sup> Resolving the underlying fundamental pathogenesis of as many roots as possible is the only way to achieve relief from degenerative diseases.

Degenerative diseases are built. We build them. They usually require a lot of effort, and nurturing. We have to eat, drink and feel them into existence. It is hard work. Through the use of self-mutilation, conscious or unconscious, we achieve the health we deserve. The health we deserve is often *our decision*. If restoration of health is our choice this too requires effort. The universe rewards action. This action . . . prevention . . . may bring health and longevity, or it may bring dis-ease, pain and ultimately an early death.

**"I tremble for my species when I reflect that God is just."**

*Thomas Jefferson*

**"We are no longer falling away from grace. The correct disciplines for a human being, a child of God to exist under, the life that existed for thousands of years promoting health for the body, mind and spirit are gone. A new paradigm has begun. Where we once, not so many generations ago, had to go out of our way to choose our perversion: an erroneous and foul diet, a dishonest lifestyle, an unloving nature, an existence based on profit devoid of compassion, or to wallow in our pride, greed, lust, hate, anger, envy, gluttony and sloth (laziness); our society now relishes this as acceptable-appropriate-normal behavior. This is how marketing works, business proliferates, economies are budgeted, relationships are created, religions breed, murder is rationalized, foods and drugs of choice are sold and chosen, and our ego is kept satiated.**

**We are no longer fleeing from grace; She is dead. We wallow in the perversions we have employed, and call our modernized, simplified, stressed, depressed, ungratified existence...modernized-newfangled and an improved lifestyle. We simply can't go much further. We are withering and dying on all levels of our existence.**

**We need to begin the journey home embracing: love, honesty, compassion, sane thought, correct living principles, and peace. We need to acknowledge our humanity and spiritual being ness and fall heir to our frailty as well as that of our brother."**

---

<sup>1</sup> Acknowledgment must be given to Dr. Philip Hoekstra III for the Dysgenesis definition.

## **TABLE OF CONTENTS**

Article I.	Your Wake Up Call....An Introduction.
Article II.	Water Alert!
Article III.	Water? Or Water.
Article IV.	Fear.
Article V.	Stop - Look - Listen.
Article VI.	THINK, THINK, THINK,
Article VII.	Cancer, Cancer Everywhere-How Does It Manifest?
Article VIII.	So You Want To Avoid Getting Cancer.
Article IX.	Question: How Much Would You Pay To Consume A Pregnant Mares Urine.

- Article X.           What Really Is A Flu Vaccine?
- Article XI.           Weight Loss Or Waste Loss?
- Article XII.           Acupuncture – Get the Point?
- Article XIII.           The Fungus Among Us: Candida Albicans.
- Article XIV.           Stressed Out?! (or “Those Poor Little Adrenal Glands”)
- Article XV.           New Millenium Resolutions:  
Lose Weight, Have More Energy And Live Longer.
- Article XVI.           ADD – A Dubious Diagnosis?
- Article XVII.           Doctors With A Heart.
- Article XVIII.           What Is A Symptom? What Is A Cause?
- Article XIX.           Your Liver Your Friend.
- Article XX.           Prince Charles Speaks.
- Article XXI.           20 Health Questions To Test Your Health I.Q.
- Article XXII.           You Are What You Eat... Is A Lie! (Tummy Troubles)
- Article XXIII.           What is Cellulite?
- Article XXIV.           Why Weight?
- Article XXV.           So What Have You Done?
- Article XXVI.           Dead Right.
- Article XXVII-A.       What A Long Strange Trip It’s Been.
- Article XXVII-B.       What A Long Strange Trip It’s Been. (Part II)
- Article XXVIII.       The WidowMaker.

- Article XXIX. Life Is A Drag.
- Article XXX. Take A Moment To Glimpse The Eternal.
- Article XXXI. Health Coach.
- Article XXXII. What Really Is A Flu Vaccine? (2000-2001)

**Article Number 1: YOUR WAKE UP CALL.....AN INTRODUCTION**

**By: Doctor. Paul C. Mach, DN, ND, CCN**

---

*Sit down before fact like a little child  
and be prepared to give up every  
preconceived notion. Follow, humbly  
wherever and to whatever abyss Nature  
leads, or you shall learn nothing.*

(Thomas Henry Huxley- 1887)

Hello! Please allow me to introduce myself. My name is Dr. Paul Mach. I am a DN, ND, CCN. I am also a licensed elementary school teacher and have a BA in Psychology. I am a Reiki Master and a licensed massage therapist. I have also studied hematology, write and do research. In my spare time, which as life would always seem to have it, is never enough, I love Theosophy and all religions, good conversation and a spirited debate, and being a gym rat.

At this point you are probably asking yourself what all those letters and what is all this “stuff”.

~A **DN** is a doctor of Naprapathy. This is a licensed Illinois profession that specializes in connective tissue disorders, i.e. muscular, ligamentous and spinal dysfunction along with licensure to use nutrition to heal the body.

~A **ND** is a Naturopathic Doctor. Naturopaths focus on the education of the patient in diet, supplementation, exercise and the use of the body’s innate ability to maintain health and heal itself given the proper support and assistance.

~A **CCN** is a Certified Clinical Nutritionist. Many health problems develop due to nutritional inadequacies or excesses. Balance is extremely important in maintaining your bodies proper chemistry.

What that all means is that I have spent many years in school unlearning and relearning what we have been taught and conditioned over the years. I also picked up a few good tips here and there, and learned that the more acquired or intuitive truths I receive the less I actually know in the big picture of life. I’m not one fraction as smart as the brilliant intelligence that is intuitively part of the healing power of nature and universal energy that your body and spirit already possess. If we would only give our body and spirit half a chance, listen to it, then seek guidance and an appropriate protocol our lives would be all the better for it.

**Health** is defined in Webster’s dictionary as: 1. The condition of being sound in body, mind and soul esp.: freedom from physical pain and disease. 2. Flourishing condition.

**Disease** is defined in Webster’s dictionary as: an impairment of the normal state of the living animal or plant body that perfects the performance of the vital functions: sickness.

It is sad how many people never live in a sound state of health, but live their whole lives never feeling “quite right”. This middle ground of existence that occurs somewhere between health and disease is dysgenesis. It is where we know we are not quite right. These problems result when congenital inadequacies, stress and nutritional deficiencies escalate to produce a functional disorder characterized by the loss of health and a series of subacute and disruptive changes. Physical symptoms manifest themselves first as one problem than as another. Sometimes these symptoms are given a name such as chronic fatigue, fibromyalgia, high this or low that, or a “-cemia” of some type. Many times these are what people call “normal” aches and pains, or what just happens when you’re a certain age (20, 30, 40, 50, etc.).”

Well my friends, all I know is if Mr. Webster states that health is a flourishing condition; being sound of body, mind and soul; then many of us are falling short and need to reclaim our birthright. We must stop pretending that diseased conditions are caught or just happen. They don’t. We are not victims. Most degenerative diseases are not derived from any

single root or cause. They are multi-factorial (other than trauma or pure hereditary conditions). We build them in our body, mind and soul. They require a lot of effort and nurturing. We have to eat, drink, and feel them into existence. We do what we think is best, but is it?

As a society we are weak and childlike against the manipulative outpouring of information that is used to condition us. Madison Avenue has the best of the best to train us and make us do as they say, and not honor our own being, only to serve their financial needs. Big business has been our dietary consultant and our medical advisor and has sponsored and bought more people and industries than we could fit in a city phone book. This grand illusion tells us how to eat, drink, sleep, have sex and whom to have it with, what car to buy, how to raise our children, and what we should look like. If we don't do these things, which are considered "appropriate" to the norm, we are considered radical or even feel guilty because we don't meet the expectations of "the machine". We all know how it feels like to have sold out, to have given up our soul's beliefs and dreams just to be accepted and loved, and to fit into the mob rules mentality.

As I continue to be your health columnist, we will explore a multitude of topics. It will be a fun and wild journey delving into diverse health topics. I invite you to scrutinize what I say and try it on for size. My goal and mission are to give you sound, factual and informative data. These are only my humble opinions, and while some may fit like a glove others may sound like the wanderings of a madman, you always get a laugh and maybe occasionally learn something. My mission is to share a little knowledge, a few truths, and some insights. We all need a catalyst to laugh, to grow, to think and to experience the diversity that life has available. Together, let us begin this journey. This time choose, for you always have a choice, to be sound in body, mind and soul.

TO YOUR HEALTH!

***Do not believe in authority.  
Rather examine all that an authority says.  
Put everything to the test.  
Let truth be your authority, not authority your truth.***  
(Dr. Joel Robbins)