

# Disease or Dis-Ease

Traditionally we have viewed disease as a degenerative process. Disease, however, is better understood when viewed as dis-ease in the human body. Dis-ease means "without ease." For example, when we suffer the symptoms of a pinched nerve or nutritional deficiencies the mind and body are in dis-ease. Health is not merely the absence of disease; health is when every part of the body is working together effortlessly, relaxed, and at ease.

## Too Much or Not Enough Energy

In The Chiropractic's Adjustor, D.D. Palmer, D.C. wrote, "...the basic principles of our science is that too much or not enough energy is disease." (1910, p. 36)

Everything in the human body works in biorhythms. Energy flows in waves through and around the body to energize the organs, glands, and systems. Wherever energy goes, a chemical or nutrition goes with it. Every organ has an energy charge. When it is over-charged or under-charged dis-ease or lack of ease occurs.

An over-charged organ is recognized by the production of too much chemistry or too much nutrition. As a result, body chemistry becomes imbalance, organs become enlarged, body shapes become disproportionate, obese, etc.

An under-charged organ produces such a slow metabolism or biochemistry that the body does not have sufficient energy to digest, absorb, or assimilate nutrients, to eliminate toxins and wastes, or to motivate itself in an alert, agile, swift manner. Wherever there is insufficient energy, there is also insufficient chemistry or malnutrition. When the body is not at ease, it is an effort to go on each day.

Dis-ease can create a domino affect. In speeding up or slowing down the body chemistry, it can cause organs and glands to become dysfunctional and inhibit cells from regenerating, repairing and growing. The eventual, long-term effect of dis-ease is disease, as we know it today.

## CRA Translates Energy into Information

B.J. Palmer, D.C. said, "The real doctor is the source that lives within you, that heals within you minute by minute every day." In other words, the healer within is the created and designed innate intelligence of the human body. When we cut our hand with a piece of glass, we do not have to command the body to close the wound and grow new skin. It knows how to heal itself. We do, however, have to nourish the skin by disinfecting it and removing the glass or it cannot heal.

Thus, the innate healer relies upon us to make healthy choices and to assist in this healing process. Our role is to:

- 1) Identify its needs.
- 2) Provide the substances required for healing.
- 3) Remove the obstacles or interferences to healing.

Contact Reflex Analysis or CRA is an energy assessment tool which translates human energy into information technology. This information provides the health practitioner with the ability to

identify the needs of the body's innate intelligence and to assess for the substances required or the obstacles inhibiting its healing.

Contact Reflex Analysis and the corresponding designed clinical nutrition was researched and developed by D.A. Versendaal, D.C., CRA, DCRC, DACBN. CRA is a system of analysis that isolates the key reflex points on the patient. The, by matching the reflex points with the appropriate nutritional supplementation and precision provider skills, the health practitioner can correct the patient's energy and nutritional imbalances.

Let's take a closer look at what the body requires for healing and the obstacles that inhibit healing.

The substances the body requires for healing are the very substances it requires to live. We know that the human body cannot survive and death would ensue without air, food, water, and sleep. These not only comprise the basic substances for the very existence of life itself, they also suggest that the quality of our air, food, water and sleep determine the quality of our life and health. Additionally, biochemical individuality dictates that people have individual requirement for these substances. Therefore, if deficiency is the cause of dis-ease, using CRA, the health practitioner can identify and recommend the exact dietary, nutritional lifestyle protocols each patient requires.

Sometimes it is not a lack of these substances that inhibit healing, but an excess, such as too much energy, too much nutrition, or too many poisons from our air, food, and water. Organs and mechanical structures are nutritional energy extensions of the brain and nervous system. Energy surges from organs innervated by pinched nerves can cause systems to burnout and self-destruct. If excess is the cause of dis-ease, the health practitioner can identify and assist in removing the cause of inference to healing by using CRA.

### **CRA and the Health Practitioner**

The fundamentals of Contact Reflex Analysis are to release the flow of energy and chemistry to all parts of the body. The health practitioner defuses the obstructions with precision CRA technology. To complete the healing process, the health practitioner must reverse the dis-ease by nourishing the body. The nutrients can then be utilized by the body to cope with the dynamic interactions of healing. This establishes the importance of comprehensive nutritional management. Sustained nutrition provide the ongoing chemical balance to prevent or reduce the electrical surges and optimize the potential for structural and organ physical fitness or "ease."

Using pre- and post- CRA energy assessment, the health practitioner now has realistic outcomes, immediate feedback as to the effectiveness of precision provider skills, and a map that leads to the patients' real needs—specific diet, nutritional supplementations, and an environmentally safe, healthy lifestyle.

### **A Body At Ease Is Ageless**

The free energetic flow of the chemistry of vitamins, minerals, enzymes, hormones, hormone precursors,, and synergist is like and orchestra—it brings about the harmony or homeostasis of all the parts of the body working together—relaxed, effortless and at ease.

The human body becomes agile, swift, flexible, fit and proportional. Body fat is reduced and muscles are increased. The skin regains color and firmness; the face become soft and smooth;

wrinkles are less or non-existent. This is the true art of preventive healthcare, which is the major thrust for healthcare into the 21st century.

The very manner in which the body is designed suggest that it was originally made for the purpose of healing itself and living a very long, healthy life. With 94% of old atoms being exchanged for new ones each year, aging, in its original design, was meant to be a very slow process.

Contact Reflex Analysis equips the health practitioner with the ability to identify disease and accurately assess each patient's energetic and chemical needs to provide the substances for and remove the obstacles to healing. With CRA, the health practitioner has the opportunity to work with the Healer Within—the body's innate intelligence—to assist in its ongoing process of health restoration and maintenance, and even slow down the aging process.

### **Conclusion**

By utilizing their precision provider skills, Contact Reflex Analysis, and designed clinical nutrition, CRA health practitioners have the opportunity to be leaders in the field of preventive healthcare—reversing dis-ease and promoting health (ease) and longevity well into the 21st century.