

Inner Healing Academy

Courses, Books, Coaching

Newsletter: October 2023: Issue 26



Is Dairy right for you?

Allergies, Acne, Hives, Asthma

More people than you might think have allergic reactions to dairy products. It can result in hives or stomach upset and the symptoms can be quite severe. Acne, certain eczema and asthma cases have also been linked to dairy. The most common food triggers being cow's milk and eggs. We have an ebook, a course and a coaching service to help you give up dairy and end the suffering. Go for it - you'll be so glad you did!



Click on the image above to listen to my interview with Dr Michael Klaper, physician, vegan health educator and author of articles and books of vegan medical advice.



The 'Go Dairy Free & Thrive' **COURSE** is currently **ON SALE!**

It's received 5-star reviews! Many people are now enjoying the benefits of going dairy free. Why not join them?

[CLICK HERE](#) for more details.



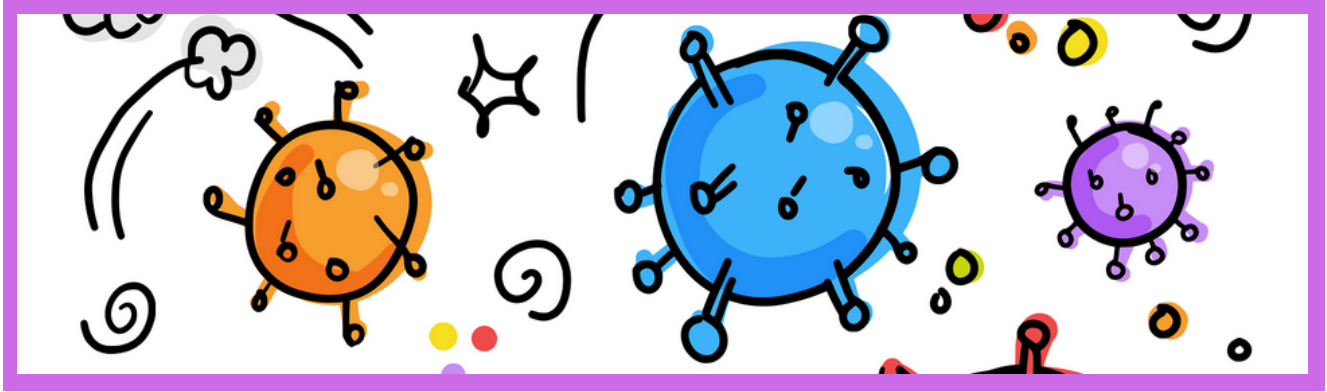
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The Germ Theory vs the Terrain Theory of Disease



Germ Theory

Many scientists introduced the theory that diseases are caused by infectious agents known as germs and it was Louis Pasteur who claimed to have scientifically proven the germ theory of disease.

A germ falls into 4 categories:

- Fungi
- Bacteria
- Parasites
- Viruses

Viruses

Viruses are different to the other categories of germs in that they are acellular microorganisms which means they are not composed of cells whereas fungi, bacteria and parasites are composed of cells. Also note that germs are considered to be living entities but a virus is not living; it is inert. A virus consists of proteins and genetic material but it cannot grow, reproduce or function metabolically without a host. It is only after a virus has invaded a host that it can be activated to reproduce.

Terrain Theory

This theory of disease states that disease is the result of our body's internal environment. It says that disease symptoms are simply the results of our body detoxing from harmful chemicals and foreign matter. The body detoxes so that it can keep us safe from toxic overload and return our body to homeostasis.

Messrs Claude Bernard (1813-1878) and Antoine Béchamp (1816-1908) were among the first to reason that disease occurs mainly as the result of changes that take place when metabolic processes become imbalanced. They stressed the importance of maintaining a healthy internal environment through, for example, good nutrition, detoxification and the maintenance of a proper pH or acid/alkaline balance. Antoine Béchamp was not in favour of injections. He said "The most serious disorders may be provoked by the injection of living organisms into the blood".

The Main Difference

The main difference between germ theory and terrain theory is that germ theory states that germs are the causative agents of most diseases while terrain theory states that our internal environment and its elements are responsible for the diseases.

Where is the proof?

No one has ever isolated, purified and/or scientifically verified and proven the existence of any virus as the cause of disease!

[See video on Youtube:](#)

