

The Self-Healing Body

by Dr. Phil Harris

Greetings from Indianapolis, Indiana. My name is Phil Harris, and I am honored to have this opportunity to contribute to a book full of health turnaround stories. Nothing is more powerful than hearing the testimonials of people who were once trapped in some illness, magnetized to medications, embarking on endless disappointing journeys with standard allopathic medical approaches, and seemingly seeing no hope for recovery. Yet, when shown “principle-based” wellness, and it is put into action, miracles seem to happen, and hope becomes a reality.

I will talk more about principle-based wellness later in my story, but for now, this tale begins in the small Midwest town of Anderson, Indiana where I was born and raised. My mother and father had 2 sons, but we came along late in life. Mom was in her mid-thirties when we were born, just two years and five months apart. They were from the south, Tennessee to be exact. Tobacco, biscuits and gravy, fried chicken, fried potatoes, and lots of homemade desserts were the norm. My father was not overweight, had no previous major health issues, yet one night after dinner, he went out to run the tiller to prep for a garden and fell straight back on the lawn at age 42. He had a heart attack. Unfortunately, no one was there to apply CPR, and he passed away.

My mother never remarried, she said she didn't think she could love anyone like she loved my dad. As a result, financial problems began to arise, life stresses began to build, and mom began to have depression issues which soon moved to full-blown mental health concerns with complete breakdowns.

I was four and a half years of age when my father passed, and my younger brother was just two. I began my life's journey with insecurity, fear, loss, and no father. By the time I was 11 years old, my brother and I were in a children's home/orphanage as my mother was no longer able to care for us. When I was in grade school, and even through junior high, I remember not wanting to be at school and felt loneliness, fear, and anxiety often. This laid the foundation for what was to become a full-blown panic disorder otherwise known as “Panic Attacks.”

If you haven't ever had these trust me, you do not ever want them. You think you are going to die almost every time they occur, and you never know when they will show up. There were already signs of anxiety and depression in my life as early as kindergarten, and in retrospect, it's easy to see how that could be.

As life unfolded and responsibilities increased, marriage, a daughter, college, work, bills, etc., began to weigh heavily on me, things got worse. I think I had my first panic attack in my late twenties—heart racing, mind racing, cold sweats, and no immediate reason why this would be happening. To make things worse, while in bible school in Tulsa, OK, my family and I were in a bad car accident. We were hit almost head-on at about 40 mph. There is never a good time for a car wreck, but having one while under the pressures of college, work, young daughter still at home, and previous panic attacks having already begun, this was “VERY BAD TIMING!”

However, it was also a “wake-up call” and the beginning of my “Health Turnaround

Story.”

I was soon in the office of a chiropractor/naturopath, who was about to lay the foundation for what would be not only a major key to my health turnaround but my future employment. Dr. Joel Robbins was his name, and he was extremely well trained in principle-based wellness. He taught me 5 foundations that became the building blocks for what is now my career.

#1. The body has no idea how to be sick, and symptoms are our friends. Symptoms are our “Check Engine Light” so to speak. Our symptoms alert us that there’s a problem that needs to be addressed, and without that, we may never know to take action to get our health back on track.

#2. The body needs raw living foods, foods from the vine, free of toxins and impurities for us to be healthy, survive, and thrive.

#3. The Body Needs Clean Water. The human body is about 72 % water, our blood 80 plus %. Making certain that you not only have ample water intake but that you are consuming the best quality water is paramount to good health.

#4. Attitudes must be managed. Hate, grief, anger, fear... are just a few among a host of negative energy-generating states that must be rectified/resolved and not stored in our emotional system. Forgiveness is vital, and mindfulness is a key strategy.

#5. The body’s nervous system must be free of interference, whatever that interference may be: toxic elements, unresolved emotional issues, etc. In addition, 90 % of the nerves in our spine do not conduct pain. They simply send communication to organs, thus the need for chiropractic adjustments is critical for optimal functioning.

BOY, WAS HE EVER RIGHT! Through taking his advice and beginning to apply these principles, not only did my family recover from the car accident more rapidly and completely, but many other health issues we had before the accident began to heal! My daughter for instance had a history of ear & eye infections, as well as eczema. All of which completely healed without pharmaceutical medications. Why? It’s because of the 5 building blocks, but it all rest on truth #1 “The Body Has No Idea How to be Sick”. You see the human brain has 1 primary function and it is SURVIVAL! It will always strive to keep the body alive. When my daughters diet changed to more “Living Foods”, more water intake and less sugar-based beverages, chiropractic adjustments to free up nerve communication, detoxification began to happen, Interference was leaving, and the body did the only thing it is programmed to do, “Be Well and to Heal”.

My daughter had a stool while still in the womb due to stress, and medications/injections given to my wife during the birthing process added to the problem. My daughter took a breath while still in the womb and was born with meconium poisoning. She was taken out of her mother’s body in a rush with forceps, roughly I might add, which set her up for scoliosis and

nerve communication issues. Antibiotics were pumped into her lungs to resist potential infection. I later learned this was the foundation for her seemingly unrelated development of health issues later in life.

Remember this quote “There is no mystery to disease; there is always a cause.” I would like to add that I am thankful for what the hospital was trying to do to help my daughter. Here in the USA, we are the best in the world at emergency medicine, but when it comes to degenerative diseases such as cancer, diabetes, heart disease etc., we don’t even rank in the top 40% globally. 75% of people in the USA over 40 have a chronic degenerative disease. Today, the #1 killer in children 10 and under is cancer, second only to accidents.

This was not true in 1950; however due to political agendas, lack of knowledge, changing our farming methods to more unnatural—chemically and genetically engineered models with inhumane animal treatment, and now more than 80,000 manmade chemicals in the USA being used somewhere in our environment, we are on the express train to degenerative disease.

As for the anxiety, depression, and panic attacks I was experiencing with little to no change from standard psychiatry/counseling and unwanted/unpleasant side effects from psychotropic meds, I began a new journey in principle-based wellness and rejuvenation. Dr. Robbins pointed me to a very special urine test that measured vitamin and mineral deficiencies. I found some very valuable information. I was severely deficient in B vitamins and Calcium. I was not digesting fats well, and adrenal fatigue was present. This was the road map that pointed me to how to correct my body’s functional and nutritional bankruptcy. That’s right... bankruptcy.

Although my body was trying to restore to health, balance, and homeostasis daily, it simply could not pay the bills—nutrient bills, that is. You see, almost all medications work like credit cards, and they ignore deficiencies. They simply put the body on loan. Let me explain: Your body has no idea what Aspirin, Tylenol, Prozac, Statins. and so on are! They artificially seem to pay a bill when your body is demonstrating adverse symptoms. What if you paid your regular bills with a credit card, are your bills really paid? NADA! NOPE! IT’S AN ILLUSION!!

Our bodies can only pay their nutrient bills with nutrients. It is the correct currency. You cannot get your bank to take a bag of marbles as a ligament deposit, right? If you can, let me know where you bank because I am going to switch banks for some easy money! But you see that’s just it, we often want easy ways out of our health issues with no commitment to change the root causes of the problem. This will never get you into a state of health successfully but pays well to Big Pharma and all their buddies in the standard medical model.

Having learned this from Dr. Robbins, I made a commitment to truly pay my nutritional and functional debts correctly. Here was the result: it was the end of my depression, anxiety, and panic attacks. If you do just a little research on B Vitamins, Calcium, Fatty Acids, and the job of the adrenal glands, you’ll find that all of these play a huge role in mood stabilization, brain, and nervous system health. B vitamins are critical to mood stabilization but are burned up quickly when you’re under stress; they are water-soluble and do not store in the body.

Calcium has a relaxing effect on the nervous system and therefore is not only important to teeth and bone but also for mental wellness. Fatty acids help to lower inflammation in the brain and other parts of the nervous system. Adrenal glands are the #1 supporters of serotonin, which helps with mood and weight management. Without these elements in proper balance, it is virtually impossible for the body to heal and for the nervous system to function

properly.

This concept applies to all “dis-ease” in our bodies. We are simply bankrupt in something when we are “dis-eased”. This also includes the need for friendship and unconditional love since our emotional health plays a massive role in our wellness picture. I want to leave you with a few final thoughts:

Principles are “First Laws.” The word, “prince” means “first.” These laws are written into the universe by Almighty God and are not going to change unless He changes His mind which is unlikely. Gravity is a “first law;” it is not an enemy unless we attempt to violate this law. When sitting, gravity is our friend keeping us firmly in the chair and on the ground. However, if we step off a 2-story building hoping to violate that law, it will cause serious damage to us. We must stay in compliance with health principles, which are rarely taught in schools or mainstream medicine.

Here are four statements that I have authored that if understood and implemented will change anyone’s life forever:

#1. Your body is not impressed by where your doctor went to school. Just to bend to pick up a pencil your body must talk to itself at 100 million signals per second. If just one human body’s DNA was connected in a string, it would go from the earth to the sun 100 times.

#2. Your doctor does need to be impressed by what your body is schooled by: Its name is Innate Intelligence. Why? Because “Innate” is smarter than all doctors or practitioners. Innate intelligence is what is wired into every single cell of your body. It is best described as “The ability to learn or understand or deal with new or trying situations” and this is exactly what every fiber of your being is capable of when we remove interference.

#3. Health was here before money. Your body has NO idea how to be sick, “Health” is the programming inside of you, and it cannot be purchased but rather nurtured and assisted.

#4. Money has very little to do with “TRUE” health care and staying well. I know millionaires who could afford any health treatment or doctor in the world yet do not have health because they refuse to apply the simple principle “get to the cause” and make the necessary changes. Note: Statements (Copyright 2017)

** Here in the USA we have 1 doctor for every 8 patients, and we spend more money on what we think is health care than any other country in the world. Yet we are the sickest nation in the world.**

Many Thanks to Dr George Grant of Canada, founder and president of Academy of Wellness, and Austin Haines of Flashpoint; thank you both for inviting me to participate in this book.

I am grateful to you both for your hours of study and your willingness to impact the lives of others, for your knowledge and mentorship, and I look forward to continuing my education

so I may help others, as well as myself, stay well for a lifetime.

Remember, when God is healing anything or anyone, He has a harvest on His mind. I am now director of metabolics at one of the top five wellness centers in the Midwest, Indy Family Chiropractic. The clinic sees over 1,100 patients per week. I am the founder of Life Fix Now a wellness consulting business. I also function as a clinical pastoral counselor and hold a double master's degree in that field with an additional 108 hrs. of certified study in drugless therapy. God is good, respect His design; He is wiser than the wisest man by far.

I wish you the best of health!

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