



# Why Am I Sick

*Dr. Robert Zee*

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## **Why Am I Sick** Dr. Robert Zee

Just what should a man or woman know in order to be "in the know" about health? Is there some inside information kept secret by some special elite, some special knowledge, or some secret formula that most health professionals either do not know or will not tell? If there is some special knowledge, where is it contained? If some secret formula exists, what is it, who has it, and how much does it cost? Can it even be bought? To many people, the thought of contracting incurable diseases and permanent conditions is deeply disturbing to contemplate. For one thing, the manifestation of a serious health condition seems unfair, people who have done nothing to deserve it are afflicted while others are seemingly not. Equally as disturbing is the thought that existence is dependent on taking pills every day. It is quite sad when someone finds out too late that something could have been done earlier to restore their health. With the proper information and guidance, however, restoring health can actually be accomplished quite easily. If the true cause of a disease or disorder can be identified and corrected, the disease process will ultimately reverse and health will be restored. Chronic disease sufferers not only suffer physically, but emotionally as well. In most cases, however, the disease process does not have to follow the expected course of taking its toll on the body and the mind. The expected course of a disease, incidently, is termed expected because if nothing is done to find the real problem and reverse the disease process, all sufferers of the same disease generally follow the same predictable downhill pattern. The expected course, however, is not the only course available. To avoid the expected course of a disease, all it comes down to is finding the problem, fixing it, and making sure the disease process is not allowed to happen again. When this is done, a new course is charted, the course to health. A type of individual, however, can be found that rarely, if ever, gets sick. Oddly, this type of person also rarely, if ever, seeks the advice of any health care professional. How could excellent health be afforded to this group of people considering the fact they are not even searching for it? If we can somehow learn their secret, and apply those principles to our life, will it make us healthier too? The diseases and syndromes discussed in this book have the common characteristic in that they originate from multiple causes. Additionally, the diseases discussed are primarily treated by the medical profession in a way that suppresses symptoms rather than treat the root cause. The goal of the illustrations presented is to encourage getting off the road of symptom suppression and onto the road of eliminating the real cause of the disease. Most important, however, is identifying the root causes and making sure the disease or problem does not happen again.

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