



The 3 Causes
OF ALL DISEASE

Dr. George Burroughs

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by Dr. George Burroughs

www.GetHealthyAlabama.com

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Hello and thank you for your interest in this report.

My goal is to help you improve your health by making ONE simple change... a change that won't cost you any money or physical exertion.

A change that will only require you to think differently.

Follow through on this and I feel certain that you will benefit from it for years to come.

Here it is:

The next time you don't feel good... the next time your health is compromised... DON'T limit your thinking to:

“What can I take to treat this?”

Instead, ask yourself:

“What is CAUSING this pain/sickness/disease?”

Identifying and correcting the CAUSE of your pain, sickness and disease is so much better than simply covering up the symptoms.

This report will help you discover the CAUSE of your health problems.

Specifically, you're going to discover what I consider to be...

“The 3 Causes Of All Disease”

Enjoy and Be Healthy!



George Burroughs, DC

Stop Treating Symptoms...

Identify And Correct The CAUSE!

Suppose three women visit their medical doctor... each complaining of headaches. The chances are very high that they would all leave with a prescription for the same exact drug.

Further suppose that, after taking the drug, all three women begin to experience some relief from their headaches.

For awhile.

Unfortunately, after a month or two, the effectiveness of the medication starts to wear off. Each woman returns to her respective doctor's office where they are now given a new prescription for either a stronger dose or a different drug.

Once again, let's suppose that this new prescription helps.

For awhile.

However, like before, the effectiveness starts to wear off.

Each of these women is now growing frustrated... and a little concerned. They are starting to notice side-effects to their medications. Side-effects that seem to be effecting their digestive systems and their moods.

Side-effects they want nothing to do with.

So, they each start looking for alternatives. Natural ways to deal with their headaches.

They ask around for suggestions and are referred to my office.

On their first visit with me, I explain to each of these women that I'm not interested in treating their headaches.

I'm interested in treating THEM!

Specifically, I'm interested in working with them to try to identify and correct the CAUSE of their headaches.

I explain to them that I believe that there are three primary CAUSES of all pain, sicknesses and diseases:

- 1) Physical Stress
- 2) Nutritional Stress
- 3) Emotional Stress

I then talk with each of them individually and follow that up with an examination for the sole purpose of identifying which Stress - or combination of Stresses - is causing their headaches.

Interestingly, here is what I find:

The first woman has misalignments to the upper vertebrae of her neck causing "pinching" (interference) to the surrounding nerves... causing her headaches.

A few Chiropractic adjustments over the next two weeks resolves her problem and eliminates her headaches.

The second woman doesn't have any significant problems with her neck. Instead, I determine through reflex testing that she seems to be sensitive to corn and that eating it might be causing her headaches.

She eliminates corn from her diet and, within two weeks, is free of headaches.

The third woman doesn't have much wrong with her neck and doesn't seem to have any strong food sensitivities. She is, however, under a tremendous amount of stress after going through a recent divorce and having been laid off at work.

Although I administer a few Chiropractic adjustments to her and give her some supplements to support her nutritionally, she shows the most improvement after joining a Church and working with a counselor. A few weeks later she finds an excellent job and, soon after, her headaches disappear.

In review, all three women found relief... through different treatments.

Why?

Because their headaches each had different CAUSES.

Three women with headaches. Each with a **different CAUSE**:

For the first woman it was a **Physical** Stress (neck misalignments)

For the second woman it was a **Nutritional** Stress (corn sensitivity)

For the third woman it was an **Emotional** Stress (divorce / loss of job)

After reading the story of the three women and their headaches, I hope you can see that the key to truly resolving any health issue is found in identifying and correcting the CAUSE of the problem.

This leads me to the main point of this report. Whenever you don't feel well, I want you to begin asking yourself:

“What is CAUSING my pain/sickness/disease?”

On the following pages, I'll help you answer that question by sharing with you what I feel are the:

3 Causes of All Disease

Specifically, we'll look at factors that contribute to:

- 1) Physical Stress**
- 2) Nutritional Stress**
- 3) Emotional Stress**

The 3 Causes Of All Disease

There are many reasons why a person can experience pain.

Many causes of sickness and disease.

A lot more than three.

Too little exercise, not enough sleep, eating junk food, lack of vitamins, chronic depression, harboring unforgiveness, mold in the home or workplace...

The list goes on and on.

However, each of these causes could also be placed under a category of one.

One thing that they all have in common... and that is:

They all cause **STRESS** to the body.

Stress to the body is the root of all ill health. It is the cause, in my opinion, of all pain, sickness and disease.

But, here's the catch. There is more than one type of stress.

Specifically, there are **THREE**:

- 1) Physical Stress
- 2) Nutritional Stress
- 3) Emotional Stress

I refer to these as the **3 Causes of All Disease** because I find that nearly everything that damages your health can be classified under one of these three Causes.

Here's a deeper look at the 3 Causes of All Disease, starting with Physical Stress:

Physical Stress

“Am I stressed Physically?”

When it comes to being stressed Physically, focus on these four “pillars”:

Exercise

Sleep

Balance

Alignment

That is, when considering whether or not your body is stressed Physically, ask yourself these four questions:

- A) Am I getting enough exercise?
- B) Am I getting enough sleep?
- C) Does my muscle tone and nervous system feel balanced?
- D) Is my spine (and head, legs and feet) properly aligned?

A) Exercise - when you don't get enough exercise, your health suffers. Strength training, flexibility and endurance exercises are all necessary.

B) Sleep - the same is true with sleep. When you don't get enough sleep, your health will suffer.

C) Balance - check your muscles for cramps and/or soreness. It may be time to see a massage therapist.

Also, you should be able to stand on one leg with your eyes open and then with your eyes closed. Check with your doctor before trying this. However, do try to incorporate it into your daily routine as it does impact your overall health.

D) Alignment - misalignments to the spine can cause sub-optimal health long before any symptoms may appear. Regular visits to the Chiropractor can be a great way to prevent health problems from arising.

Nutritional Stress

“Am I stressed Nutritionally?”

When it comes to being stressed Nutritionally, focus on these four “pillars”:



That is, when considering whether or not your body is stressed Nutritionally, ask yourself these four questions:

- A) Am I drinking enough water?
- B) Am I getting enough sunlight?
- C) Am I breathing clean air? Am I practicing my breathing exercises?
- D) Am I eating the healthy foods that my body needs and can digest?

A) Water - so many body functions depend on adequate hydration.

B) Sunlight - there is an epidemic of Vitamin D deficiency and one of the reasons is that most people don't spend enough time in the sun.

C) Air - clean air, whether indoors and out, is vital for good health. Also, breathing exercises can produce dramatic improvements in one's health.

D) Food - there is so much to be said about food. For now, just be reminded that a bad diet is THE cause of so many health problems in our society today.

Emotional Stress

“Am I stressed Emotionally?”

When it comes to being stressed Emotionally, focus on these four “pillars”:

Mindset

Purpose

Connection

Feelings

That is, when considering whether or not your body is stressed Emotionally, ask yourself these four questions:

- A) Do I “see” myself as healthy and strong? (Mindset)
- B) Do I feel a sense of purpose for my life?
- C) Do I have people in my life who I feel “connected” to?
- D) Am I in control of my feelings... or am I overly “emotional”?

A) Mindset - one of the keys to being healthy is to actual “see” yourself healthy. Expect to be healthy and back it up with your words and actions.

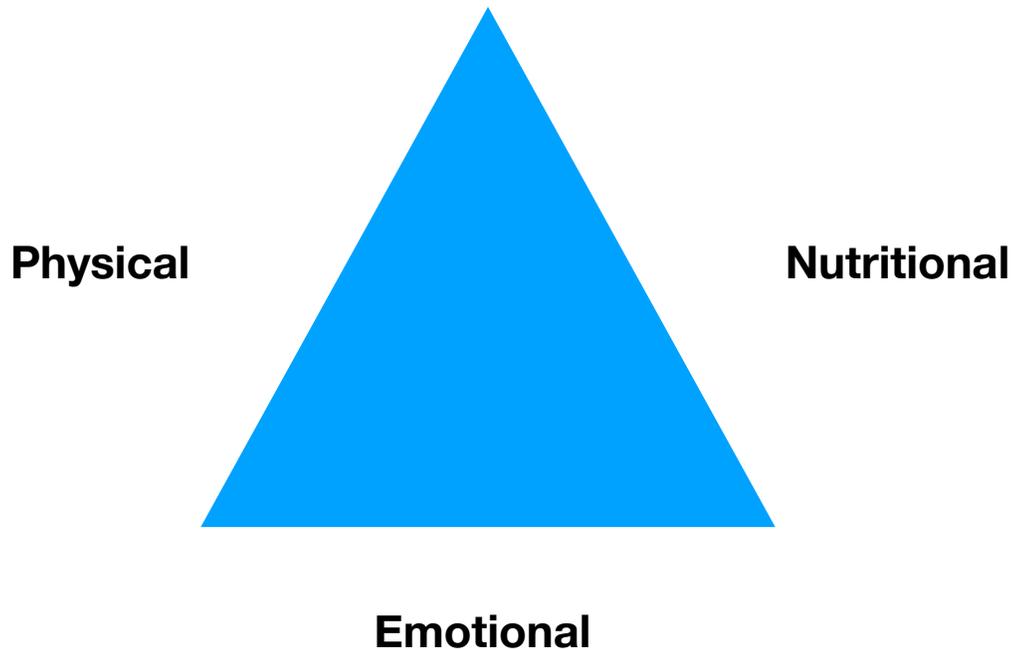
B) Purpose - you were put on this earth with a purpose and for a purpose. Knowing your purpose adds vitality to your life.

C) Connection - it is good for the body, mind and spirit to be “connected” to others. Neglect this and your health will suffer.

D) Feelings - we have “feelings”. That’s good. Problems arise when we get “stuck” feeling something that was intended to be temporary. Being “overly” sensitive or “overly” emotional can result in health problems.

The 3 CAUSES of All Disease

Putting It All Together



Up to this point, we have looked at each of the 3 Causes of All Disease individually.

However, the truth is that each Stress affects the other two. Like the the sides of a triangle, one side “touches” the other two.

For example, being stressed Emotionally is going to affect you Physically and Nutritionally. Specifically, your muscles can become tense and your cravings for sugar could increase.

The key is to always be aware of all 3 Causes. To ask yourself, anytime your health is compromised:

“What is stressing me Physically, Nutritionally, and Emotionally?”

Please take the time to read the pages about Physical, Nutritional and Emotional stress over and over again. In my opinion, the CAUSE of virtually all health problems is found on those pages.

With time and practice, you may find that there are a few “go to” questions that are incredibly useful for YOU and your body.

For example, when I don't feel well there are three very specific questions - one regarding Physical Stress, one regarding Nutritional Stress and one regarding Emotional Stress - that I always ask myself:

- 1) Have I been failing to get enough sleep? (Physical Stress)
- 2) Has my diet been poor? (Nutritional Stress)
- 3) Am I worried about something? (Emotional Stress)

It's amazing how the CAUSE of any health issue I deal with can be traced back to answering “YES” to one, or more, of these three questions.

It's even more amazing how, CORRECTING the CAUSE will lead to total and complete healing of my problem.

I want you to be able to do the same.

I want you to get good at figuring out, and correcting, the CAUSE of your health problems.

Let me know if I can help.

My office, Atlas Chiropractic, is located in Saraland, Alabama.

To find out more, visit my website at www.TryAtlasChiropractic.com or call me at (251) 679-1996

Also, keep listening to the Get Healthy Alabama podcast.

