



Applied Nutritional Medicine

Extract from the book "How to live to 150" by Dr. Dimitris Tsoukalas

Chapter 1 – The secret of medicine

Every subject, science or discipline is always based on one main datum more important than all the others and to which all other associated information relates in one way or another, without exception.

In the first chapter we will cover the key datum regarding health. What is the fact that applies to all forms and methods of therapy, traditional medicine, homeopathy, and alternative, holistic and functional medicine, among other types?

Here is the secret to medicine.



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What many of us fear and worry about most of all is illness. If we fall ill, will we be able to fully recover?

How does medicine help the human body to heal in the event of illness?

What is the secret of medical science?

In order to answer these questions we need to consider the qualities of life itself.

It has been observed that, as human beings, we have a natural tendency to seek joy and pleasure on both a physical and a spiritual level. Pleasure (or beatitude, as Plato described it) is such a powerful incentive that it can give us the strength to endure a lot of pain to obtain a little of it.

The pursuit of joy and pleasure, by definition, involves the effort of distancing oneself from pain and suffering. It is a trait that defines life itself and appears to be common to all living things.

These observations have been made over time by many philosophers and researchers, and allow us to understand, in greater depth, life itself and the laws that govern it.

Pleasure is directly associated with good health, feeling full of energy and a sense of confidence and optimism to face life and the future. Today this seems to be all the more difficult to attain. Is there hope to change a situation that is gradually worsening on both an individual and a social level?



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Life and natural laws

Here is a practical example to better understand the quality of life in relation to the physical universe. Let us suppose that your mobile phone slips out of your hands, falls onto the floor and breaks. What is the probability that, if you left it there on the ground for a period of time, it would repair itself and be restored to perfect working order? Do you think that putting it in plaster would help it to mend and return to normal?

In our experience, and according to the second principle of thermodynamics (a branch of physics that studies the properties of energy and matter in relation to heat), the probability of that happening is, quite simply, nil.

The second principle of thermodynamics states that the universe is experiencing constant deterioration of its state of order.

One of the most interesting scientific and philosophical debates of the past century is the one concerning the relationship between life and this same principle, and whether life defies or not this principle of physics.

Let us apply the same observation to the human body and suppose that, while hammering a nail into the wall, you hit your thumb by mistake. What would you expect to happen over the next month, in a situation such as this? You would normally expect the finger to heal and be perfectly all right again. If this



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did not happen, you would be worried and, most probably, seek medical attention.

We take for granted that the human body can heal itself, while anything non-organic cannot, for if it did, it would go against the laws of physics.

Why, then, do living creatures head towards a higher state of organisation, if only for limited periods?

The purpose of this dissertation is not to resolve this problem, which is certainly interesting from a scientific point of view, but to draw your attention to the fact that the human body has an intrinsic ability to heal itself and restore, when possible, a normal state of order.

No procedure, medical act, operation or form of surgery would work if this attribute of life, the capacity to organise matter and energy, even for limited periods, did not exist. In the case of the finger, if the doctor decides that it needs to be put in plaster, would it be the plaster that heals? Certainly not. The plaster simply allows the innate reparatory processes to proceed in the right direction.

As Voltaire said in the 18th century:

“The art of medicine consists of amusing the patient while nature cures the disease.”

Hippocrates described the same thing in a different way:

“Primum non nocere”



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According to Hippocrates, in order to cure an illness, the doctor should, above all, not cause damage. The capacity for self-healing is considered a certainty and all the doctor needs to do is more good than damage to cure the illness.

This constitutes one of the founding principles of modern medical ethics and the key principle of emergency medicine throughout the world.

Our body has a tendency for health

As mentioned above, the human body has an innate tendency to be healthy. It does not tend to just fall ill like many of us believe. There are only two reasons for illness:

- 1) When the damage caused by act or by omission exceeds the ability and speed of the body to repair itself.
- 2) When the substances required for repair are not available. The body repair damage as long as it has the substances available, and generally this occurs without us even noticing. The problem arises when the body's resources gradually run out and the repairing process remains incomplete. The accumulated damage manifests itself as an illness.

Each one of our cells is subjected to 10,000 lesions every day.



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Specific anti-oxidising mechanisms are activated to correct most of these lesions.

It is our choice to either continue to add to these lesions with an inappropriate diet, smoking, excessive consumption of alcohol, the use of drugs, the abuse of medicines, or to keep the repair mechanisms in good condition by eating fresh, wholesome food, drinking plenty of water, taking exercise and meeting the needs of our body with the nutrients required to ensure health rather than illness.

This book that you are holding in your hands unveils how you can help your body attain the condition to which it is naturally inclined: health. We are perfectly able to do this because nature wants us to be healthy. It takes a constant and persistent effort to make ourselves ill.