

A
Theory
Of Cure

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A Theory of Cure: Introduction

“The beginning of wisdom is the definition of terms.”

-- SOCRATES

Scientific definitions, in conventional medicine, are few. Historical medical dictionaries abound, describing signs, symptoms, diseases, and treatments in detail, while medical definitions of illness, disease, sickness, and disorder are poor and poorly distinguished. The World Health Organization maintains an index of disease codes for statistical purposes but has no definition of disease that can be used to determine the inclusion or exclusion of any condition. Being injured by a cow has several disease codes in the ICD10 (International Classification of Disease Version 10). Gored by a bull does not have a code. (WHO, 2019)

Cure is not defined in any current theory or practice of medicine. The word cure does not appear in many medical dictionaries (Merriam-Webster, 2008) (Black's, 1992) (Oxford, 2008) (Oxford, 2015). This is not a recent occurrence. The London Medical Dictionary, published in 1819, uses the word cure several times but does not provide a definition. No medical reference provides a definition of cure, much less an authoritative definition (Merck, 2011) (Harrison's, 2011) (Lange's, 2016) (Ferri Fred F. MD FACP, , 2019) (DSM-5, 2013). These references use the word treatment approximately 10 times as often as cure, and the word cure is not used consistently, perhaps because each of many individual authors has their own concepts of cure. Cure rate, a measure of disease free survival, not an actual cure, is one of the most common usages of the word cure. A large number of references to cure are *cannot be cured*, *incurable*, or similar phrases.

Incurable is sometimes not defined in medical dictionaries, sometimes defined using the word cure, even in medical dictionaries that do not define cure (Merriam-Webster, 2008) (Barron's, 2013). (Keating, 1890)

Conventional medicine defines incurable with respect to medical treatments, *“being such that a cure is impossible within the realm of known medical practice,”* (Barron's, 2013) As a result, *“there is no cure for the common cold,”* (WEBMD, 2018) and similar nonsense is commonplace. The common cold is cured by health; when we are healthier, we get fewer colds and cure them faster.

The 21st Century Cures Act, enacted in the United States in December 2016, authorizing \$6.3 billion in funding, does not contain nor reference a definition of cure. (US Congress, 2019) Other than the document title, the word cure appears exactly 10 times, all of which are stock phrases like “diagnosis, cure, mitigation, treatment, or prevention.”

Cured is defined medically for an infectious disease where the infectious agent can be eliminated by an antibacterial, antifungal, or other antiparasitic medicine. Cured is not defined medically, in a testable fashion, for any non-infectious disease. Treatments for non-infectious diseases are tested using phrases like *works*, which might be restated as *improves the condition of the patient's signs and symptoms but does not cure*. Technically, no alternative treatments can cure non-infectious diseases either. All alternative treatments are evaluated by conventional medicine, using the same standard, where cured is not defined. .

Historically, the concept of cure is ignored and references to cure and cures are inconsistent. Hippocrates, the father of medicine said: *“What cannot be cured by medicaments is cured by the knife, what the knife cannot cure is cured with the searing iron, and whatever this cannot cure must be considered incurable.”* (Hippocrates, 1849) At other times, Hippocrates recognized that cures come from cause and from health with *“Diseases which arise from repletion are cured by depletion; and those that arise from depletion are cured by repletion; and in general, diseases are cured by their contraries”* (Hippocrates, 1849) Little has changed in the non-theories of cure.

Traditional medical practices, like Hippocrates medicine, Ayurveda and Traditional Chinese Medicine (TCM) do not define cure and do not study cures scientifically. Use of the word cure is often trivial, inconsistent, and non-medical, as “*purgatives can completely cure the problem of excess.*” (Ayurveda.com, 2019) Homeopathy uses the mantra “*like cures like*” (School of Homeopathy, 2019), without a definition of cure, often referring to a cure of symptoms. However, conventional medicine cannot challenge the theories of homeopathy, being without a definition of cure itself.

The original 1899 version of Merck’s Manual of Materia Medica contained many references to the word cure, without any definition. Most, like *rest cure*, *milk cure*, and *grape cure*^x are simplistic nonsense. However, “*Iridectomy: the only cure*” (Merck, 1899) (for glaucoma) is still in use today, “*A therapeutic iridectomy is the surgical removal of a portion of the iris for the cure or prevention of an ocular disease.*” (D, HW, & JR., 1997)

By the 1950s, the 8th edition of Merck’s manual has very few usages of cure, with no definition and little consistency. “*Some warts disappear spontaneously, but others persist for many years. Response to treatment varies from cure with the simplest measures to persistence despite intensive therapy.*” (Merck, 1950). Clearly – the cure does not come from the treatment, but this is missed due to a focus on medical treatment results. With infantile scurvy, “*In infantile scurvy 300 mg (of Vitamin C) daily given by mouth will usually result in a rapid cure.*” (Merck, 1950) The word cure is used for infantile scurvy, because as the child grows their diet changes and nature provides the cure, medicine gets the credit. However, for adult scurvy Merck in 1950, and today recommends a treatment, supplemental Vitamin C, which does not cure. The same error, offering a treatment and ignoring the cure of scurvy, is made by Lange’s and Harrison’s recommendations. (Kolenchuk, 2017) The words cure and cured are often confused with treatments and treated, in historical and also in current medical documents. In 1899 “*Mercury: temporarily cures in chronic inflammation of the cord and meninges. - Spinal Paralysis and Softening*” (MERCK, 1899), and “*children with uncomplicated rickets can be cured by giving vitamin D 40 µg (1600 IU) po once/day.*” (Merck, 2011)

“*Epidemiology is more interested in prevention and control of diseases than secondary and tertiary curative approaches*” (Timmreck, 1998). Although Epidemiology studies causes of disease extensively with statistics, dictionaries of epidemiology do not contain the word “cure” (Last, 2001) (Porta, 2008). Usage of cure is rare and without consistency, as in the above quote where the phrase “*secondary and tertiary curative approaches*” is without useful meaning. Epidemiologists study diseases statistically and ignore cures – in theory and in practice.

Survival Rate: “*The percentage of people in a study or treatment group who are still alive for a certain period of time after they were diagnosed with or started treatment for a disease, such as cancer*” (Cancer.gov, 2019) is often stated as “cure rate” without being defined. The phrase cure rate is often used for in cancer literature and publicity – although it is a statistical measure of survival of specific cancer treatments, not for cancers and not for cures – and does not prove cured in any case. The phrase cure rate is beginning to appear for other treatments – even some treatments like antibiotics and antifungals where cured can be tested and proven in specific cases. Thus “*Terbinafine (antifungal medicine) 250 mg once/day for 12 wk (6 wk for fingernail) or itraconazole 200 mg bid 1 wk/mo for 3 mo is used and achieves a cure rate of 60 to 75%.*” (Merck, 2011) In this case, cure rate is a percentage of cured and not cured by the specific treatment, not a measure of patient survival. No treatment can cure every case of disease.

Cure rate is calculated by specific conventional medical treatment. It is not calculated for any disease, illness or medical condition without reference to a specific approved treatment. Cure rate is not calculated for any alternative medical treatment. Cures are single cases, anecdotal; cure rates are statistical.

Remission and *reversal* are often used in place of cure, perhaps leveraging their vagueness. There’s little problem claiming remission or reversal, they are not defined. Due to the absence of a definition of cure, it

is not possible to scientifically distinguish between terms like remission and reversal vs cured. Reversal is not defined and probably cannot be defined scientifically. Life moves forward, not backwards. Recurrence and reemergence cannot be distinguished from any new case of an illness without a medical definition of cured. At present, all cures of non-infectious diseases can only be claimed to be *remission of signs and symptoms*. Cured being undefined cannot be proven. If a patient is diagnosed a second time, after any recovery, it is assumed to be a reemergence of the same disease. As a result of this situation, many doctors, especially many cancer doctors, refuse to use the word cure. (Prasad, 2014) (Kenneth Miller, 2013) Imagine taking your car to a mechanic who reports “*It appears your flat tire was in remission for a while, but the condition has returned,*” as if flat tires cannot be *fixed*. This is the current situation for non-communicable diseases.

The term *chronic disease* is also poorly defined in conventional and in alternative medical practices, perhaps partly due to the absence of a definition of cured for chronic disease.

Alternative medical practitioners use the word cure more often, but have no scientific definition and no consistency in usage even when a cure occurs. There is often confusion of terms with regards to healing, transformation, and curing. Alternative medical practitioners often use the word transformation, without any definition or target. Is the patient transformed, or the disease, or perhaps “*our relationship to the disease is transformed*”? (Nunn, 1994) Alternative practitioners often claim to use holistic methods and treatments. Which cures are holistic? How can we tell? “*What is holistic for one individual is frequently perceived as reductionist to another.*” (Christopher Lawrence, George Weisz)

There is no medical philosophy of cure, and the few historical attempts to define one have little to do with cure and more with fundraising, marketing, and other unscientific objectives.

There is no scientific nor medical distinction between curable diseases, conditions, disorders, disabilities, and conditions which cannot be cured. Of course, many general dictionaries defined cure. Definitions are vague and vary widely. The definitions of *diagnosis* and *diseased* sometimes create confusion around the word cure. Patients who are bitten by a rabid animal, for example, can be *prevented*. (Mayo Clinic, 2019) from developing rabies with a vaccine. The word *cure* is not used, perhaps because it occurs before the disease can be diagnosed

We might want to believe that when a medical condition judged to be incurable or a disability is subsequently cured, the curative action has changed it to a curable condition, and the cure is documented. However, such cases are all simply ignored or actively dismissed. There are many claims of cures of arthritis, back pain, diabetes, even cancer. None can be validated without a definition of cured.

“A patient goes to the doctor with an illness and returns home with a disease.” - unknown

The University of Ottawa ***Society, the Individual, and Medicine (SIM) curriculum*** (Oxford, 2008) course notes provide a useful perspective to distinguish between illness, disease, and sickness:

“Illness (the person’s subjective experience of their symptoms. What the patient brings to the doctor.)

Disease (Underlying pathology; biologically defined; the practitioner’s perspective. The illness seen in terms of a biological theory of disorder.)

Sickness (Social and cultural conceptions of the condition: cultural beliefs and reactions, such as fear or stigma. These affect how the patient reacts, and also what is considered a disorder suitable for medical treatment.)”

Unfortunately, this sounds like the infamous six blind men and the elephant. Illness, it seems, is the patient’s perspective, disease the physician’s perspective, and sickness the society’s perspective. To complicate matters, they each talk to the other, mixing terminology, having not studied at the University of Ottawa. To complicate the issue, society’s view affects the patient and the medical treatment recommendations. There is no attempt to name or define the reality of any word for illness, disease, disorder, or medical condition. Wellness, often described as the absence of illnesses, is even less well defined.

Conventional medicine is a practice, with many different views, devoid of theory. Perhaps we shouldn’t be surprised that cure is also not defined. Do we cure the patient’s perception of illness, the doctor’s perception of the disease, or the society’s perception of the sickness? All three? Any two? Any single one?

In order to define cured, we must begin with a definition of what is to be cured. In this paper, I use the term illness to define cause and cure.

What is an illness?

An illness is a hole in health, a hole in healthiness¹, a disruption in the healthy processes of an individual living entity.

A curable illness is that which is curable, that which can be cured. References to illness, in this text, refer to *curable illnesses*. Incurable conditions, disabilities, handicaps, natural or unnatural features that must be accepted, but cannot be cured, are out of scope. When a disease, a sickness, a disorder, or a medical condition can be cured, the condition, the cause, and the cure can be mapped to a curable illness.

“Every problem contains within itself the seeds of its own solution.” – Stanley Arnold

The seed of the solution to any problem is the present cause. We can only resolve a problem by addressing the present cause.

Every illness is a problem to be solved, an illness to be cured. It’s not difficult to define curable illnesses, beginning with a study of a simple or elementary illness and using those concepts to build an understanding of compound and complex illnesses and cures.

Every present illness has a present cause. The key to understanding and curing any illness can only be found in its present cause.

¹ Unhealthiness, not illness, is the opposite of healthiness. As healthiness grows, unhealthiness shrinks; as unhealthiness grows, healthiness shrinks. An illness is a disruption, a hole in healthiness, often the result of an unhealthiness.

Illness

An illness is a specific case. The intersection of a present cause and its negative consequences on an individual².

Negative is a judgement. The presence of an illness is a consequence of a negative³ judgement by the afflicted individual, a judgement often aided by other individuals or communities.

An illness is a specific instance in an individual or an individual community⁴.

Cure

A cure, or a curative, is an action⁵, that addresses the cause ending the illness by addressing the present⁶ cause and its consequences.

A cure is the end⁷ of a case of illness.

Most illnesses are cured naturally, by healthy actions.

When an illness is cured, signs and symptoms have faded and gone. No more medicines are required.

Cured is a judgement. Who dares to judge cured? If we are to find cures, we must learn to judge cured. Today's medical practitioners and theorists deny cures far more often than they validate any claim.

² An illness afflicts an individual.

³ Negative is a judgement. An illness is a judgement by the affected individual.

⁴ As a community grows stronger and becomes more concrete, it also acquires attributes of an individual which can acquire undesirable health conditions and illnesses.

⁵ No curative is a thing. A cure is always a result of a change that transforms the cause.

⁶ An illness can only be cured by addressing present causes. Past causes cannot be accessed. Addressing future causes might prevent illness but cannot cure unless those causes are also present.

⁷ No cure is final. Life goes on. The end of an illness is the end of a specific case.

Elements of Illness and Cure

An element of illness has a single cause⁸ and multiple consequences. It is defined⁹ by its single cause.

An element of cure is a single action¹⁰ that addresses the¹¹ single cause, curing an element of illness.

Cause

An illness cause is judged present¹² and responsible¹³ for an element of illness.

A single cause can have many illness consequences.

The cause of an illness might be the presence or an excess of a cause, or the absence or a deficiency of a necessary to wellness.

A present, absent, deficient, or excessive cause might foster healthiness in one situation and unhealthiness or illness in another.

There are two basic types of causes, responsible for both illness and healthiness: processes and attributes¹⁴.

Physical, Mental, Spirit, and Community Illness

Current conventional medical practice does not recognize any curable mental, spirit, or community causes of illnesses. Diseases are generally judged to be present in the body, with present causes in the body, and treated with medicines or surgeries for the body.

⁸ When a disease, illness, sickness, or other medical condition has more than one present cause, it is a complex or compound illness, consisting of several elements.

⁹ Diseases are often defined solely by consequences.

¹⁰ An elementary cure action can be any action that cures an illness.

¹¹ Addressing *a single cause* and successfully producing a cure proves that it was *the cause*. There is no better proof of cause and cure.

¹² Most medical references to cause refer to past causes, which cannot be accessed.

¹³ Like an illness, every cause is a judgement.

¹⁴ Process and attribute causes can be more generally described as verb and noun causes. Any problem element, not just illnesses, can be viewed as caused by a process (verb) or an attribute (noun).

The concept of curable causes in mind, spirits, or communities of an individual does not exist in conventional medicine today. As a result, no mental, spirit, nor community caused illness can be cured medically, because the cause cannot be addressed by a medicine prescribed for the body.

Mind, spirit, and community caused illnesses can only be cured by addressing the mind, spirit or community cause, which might be a process or an attribute.

The Presence of Illness

A curable illness¹⁵ exists in the present¹⁶.

An element of illness has a single present cause, which when successfully addressed, results in a cure.

Every cause of an illness element is either a present process or its current absence, or a present attribute or its current absence, judged to be responsible for the illness.

Compound illnesses have multiple causes, a collection of two or more causal elements.

Causes are Reductionist

Analysis of cause is reductionist.

Causes range from deficiencies that cause illness, to sufficiencies that enable wellness and healthiness, to excesses that cause illnesses. Causes can originate in body, mind, spirit, community, or environment.

We study causes of illness by reducing our focus to specific individual¹⁷ causes and taking specific actions to address each cause, to cure.

We accomplish and prove cures, by reducing them to single actions that address and prove individual causes of illness elements.

¹⁵ Only a curable illness can be cured. This paper is about curable illnesses.

¹⁶ An illness is a problem. All problems that can be resolved exist in the present.

¹⁷ Statistical studies of causes lead to statistics, sometimes to preventatives, occasionally to unhealthiness and disease, but not to cures. There are no statistics, at present, for cures of any disease.

Consequences are Holistic

Consequences of illnesses are holistic. The consequences of any cause can affect body, mind, spirit, community, and environment.

Every cause has many consequences, which can have many consequences, which might be causes of healthiness or illness.

Consequences are unlimited because they can project into the future of the organism, its communities, its environment, and the evolution of its species.

Cures range from Reductionist to Holistic

A cure is a cause. Reductionist.

We cure an element of illness with a single action, a single cure cause.

Every illness element has a single present cause. For every cause, there are many actions with the potential to cure. A case of an illness can only be cured once – and then it is no longer present. The set of possible alternative cures is reduced by the single successful action that cured.

Consequences of a cure are holistic, affecting body, mind, spirits, and communities of the individual.

Healthier cures are more general, more holistic. When we aim to cure with a medicine, the cure is intentionally less holistic, to minimize other negative effects. When we aim to cure by improving healthiness, the cure often has positive consequences, even if it fails to cure.

Stress Causes

Stress is a general term. All illnesses can be seen as caused by stress, although this view can lead to misunderstandings when deficiencies cause illnesses.

Stress is essential to health. Individuals use stress to our advantage. We move forward by falling and recovering. Without stress, we cannot move. Most stresses do not cause illness.

A stress that overcomes the strength and health of an individual can result in an illness. When an individual is healthier, they can handle more and stronger stresses without illness.

Any stress illness might be cured by addressing the stress, or by increasing the healthiness¹⁸ of the individual such that the stress is handled without illness.

¹⁸ Increasing healthiness, not strength, is a key to curing some stress illnesses. Strength might be excessive, leading to unhealthiness and illness.

A deficiency is also a stress, but a different kind of stress, with different attributes requiring different types of cures.

Deficiency Causes

A deficiency of a necessary to healthiness can result in an illness. Healthier individuals have more ability to handle deficiencies without illness.

Deficiency causes, and the deficiency illnesses they cause, are always in waiting. There are many deficiencies that can lead to illness, including absences of process, by deficiencies of stress, exercise, rest or other processes or attributes.

In contrast to stress causes, few deficiency caused illnesses can be cured by improving other aspects of healthiness.

After a deficiency illness is cured, if the same type of deficiency occurs again, a new illness might occur¹⁹.

Process Causes create Causal Illnesses

Processes of body, mind, spirit, community, and environment enable and facilitate life, healthiness, and illness.

Life uses processes to individual and community advantage. Life does not exist without the intentional use of processes. Life spirits are intentions to live, to grow, to survive, reproduce and evolve.

As a result, few processes cause illness, even those that cause illness do not cause illnesses in every case.

A present or absent, excessive, or deficient process might create healthiness in one situation and cause illness in another situation.

Process causes create *causal illnesses*, which are cured by addressing the causal process on an ongoing basis.

Causal cures must be maintained, or a new case²⁰ of the illness might occur.

¹⁹ When an illness has been cured, a new case is not a recurrence followed by remission.

²⁰ An illness is cured, or not. It does not go away and return. Causes, on the other hand, might be addressed and return at a later date.

Stress Causes create Injuries

Stress is essential to life. Life forms use stress to advantage. No life process can function without stress.

Most stresses do not cause injuries. Stresses normally facilitate healthiness.

Injury illnesses are negative attributes caused by stress²¹. However, the stress that caused the injury is in the past and cannot be addressed to cure.

The injury is the present cause of negative signs and symptoms.

Injuries are cured by healing the present injury, a natural transformation that absorbs, repairs, or creates attributes. Healing, like all cures, is never perfect, even when the result is better than before. To cure we must accept imperfections.

The concept of an element of illness is less important for curing injuries because all injuries have the same cure – healing.

Attribute Causes create Attribute illnesses

Life creates, modifies, and uses attributes of body, mind, spirits, communities, and environments to advantage.

Few attributes cause illness. Those that do only cause illness occasionally.

An attribute might cause or facilitate healthiness, unhealthiness, or illness.

Attribute causes create attribute illnesses, which are cured by transforming the present causal attribute.

Attribute cures are permanent from the perspective of the present case of illness. Of course, if the cause is created again, a new case of illness might result.

Chains of Cause

Only causal illnesses, with a present causal process, have present chains of cause.

A causal illness might be cured by successfully addressing any link in the present chain of cause.

²¹ An elementary stress is produced by the interaction of a process (verb) and an attribute (noun). The attribute might be a process.

Attribute illnesses, including injury illnesses, have chains of cause in the past, which cannot be accessed to produce a cure.

Sometimes we might address the wrong attribute when two or more attributes interact, or perhaps not the attribute that most effectively produces a cure. Diagnosis of cause is not trivial – and only proven by a cure.

Compound Illness

A compound illness exists²² when two or more present causes create similar or overlapping signs and symptoms of illness. A compound illness is often diagnosed as a single illness or disease because many diagnoses ignore causes. Few, if any, diseases – except injuries – are diagnosed as compound.

Illnesses uncured can accumulate causes²³, leading to compound illnesses, which are more difficult to analyze and cure.

Compound illness are less likely to be cured naturally because multiple causes are present.

Curing a compound illness requires multiple curative actions, one for each present cause. The sequencing of cure actions can be important.

It can be difficult to determine or prove that an individual element of a compound illness has been cured. Signs and symptoms often remain, although perhaps diminished. Many illnesses wax and wane without intentional curative actions making evaluation problematical.

Secondary Illness

A secondary illness exists when one illness element causes another²⁴.

The secondary illness might be a causal illness an injury illness, or an attribute illness. The most common secondary illnesses are injuries. Many diseases cannot be diagnosed until injuries occur.

The secondary illness is different from the first illness, with respect to causes, signs, symptoms, and consequences.

²² Just as it is possible to have two dogs named Otto. It is possible to have two illnesses, with independent causes, but identical names.

²³ A compound illness is not limited in types of causes. For example, a causal illness uncured might grow due to an injury or attribute cause that creates similar signs and symptoms.

²⁴ One illness uncured might cause many different secondary illnesses.

Sometimes the primary illness is cured by natural healthy activities, leaving the secondary illness as the sole illness. In other cases, the primary illness persists, creating a complex illness.

Secondary illnesses, like many illnesses, are often cured by healing or other natural healthy activities.

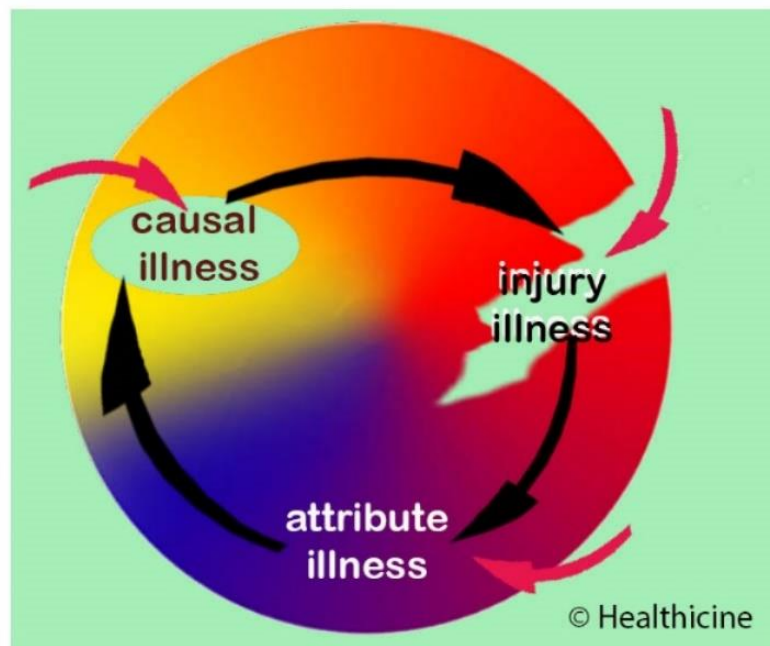
Complex Illness

A complex illness exists when a present illness is causing another illness. Two or more illness elements are present. Therefore, two or more cures are necessary.

Curing the secondary illness when the primary illness is still present often fails. The primary illness will recreate the secondary illness.

Sometimes, curing the primary illness facilitates the natural curing of the secondary illness.

Circle of Illness



Circle of Illness

The circle of illness image above shows the natural progression of many illnesses when they remain uncured.

An illness might start at any part of the circle.

Causal illnesses create injuries. Injuries heal, but when they do not heal correctly, the result can be a negative attribute, creating an attribute illness. An attribute illness causes changes in behaviours, which can lead to causal illnesses.

Illness uncured causing illness can change the circle to a downward spiral.

The circle of cures reverses the direction.

Repeating Illness

A repeating illness²⁵ occurs when a cause repeats after it was addressed by a cure, creating new cases of similar illness.

An illness is an imaginary construct, a view of cause and consequences as a unit. It is not something that can go away and return.

Only causes can go away, or be addressed, and return.

Repeating illnesses are cured by addressing the repeating nature or attribute of the cause. Each individual case must also be cured.

Chronic Illness

A chronic case of illness²⁶ has a chronic cause²⁷. Often the cause is not sufficient²⁸ to create an illness when not chronic.

All attribute illnesses are chronic, caused by the presence of an attribute that persists until it is transformed.

All chronic illnesses can be viewed as attribute illnesses, a consequence of the chronic attribute of the cause.

²⁵ Although repeating illnesses are common, the concept of a repeating illness or disease does not exist today's medical practice.

²⁶ Conventional medicine often defines or diagnoses chronic illness without reference to a present cause.

²⁷ Chronic causes, like all causes, are not necessarily negative. Healthy habits are chronic causes of healthiness.

²⁸ A chronic infection might be a result of continued presence of infectious bacteria that repeatedly, chronically, creates infections. Chronic obesity, on the other hand, is caused by over-eating, which might not cause any illness when it is not chronic.

A chronic illness is cured²⁹ by addressing, or transforming the chronic attribute of the cause.

Summary: Types of Cures

There are three types of illnesses and cures: causal cures, healing, and transformations. All three are changes, transformations of present illness cause in body, mind, spirit, or community.

Causal cures are the addition, removal, or change of a process, which must be maintained to maintain the cure³⁰. An illness element cured by an ongoing change to a life process was a *causal illness*.

Transformation cures address attribute causes. Attributes are added, removed, or changed such that the illness is cured. An illness element cured by a transformation was an *attribute illness*.

Healing cures injury illnesses. Healing is a natural transformation progressing through the absorption of damage and necessary regrowth. An illness cured by healing was an *injury illness*.

The cure proves the cause. To cure is to change the present cause.

Medical Cures

Most of today's medicines are designed, tested, manufactured and marketed without any intention to cure, without any claim to cure. Most clinical studies are written without a definition of or test for cured and cannot recognize or document a cure if it occurs. Cures are out of scope. Few illnesses can be cured by medicine because few medicines are designed to address the present cause of an illness. Most medicines are designed to address signs and symptoms of disease.

An illness is cured when no more medicines are necessary for its signs and symptoms.

The only currently provable cases of medical cures are transformational cures, where the medicine kills an infectious agent, or a surgery removes it. E.g. Where the medical treatment addresses the cause.

²⁹ Conventional medicine views all chronic diseases as incurable and curable diseases as non-chronic. All mental and spirit diseases are currently viewed as chronic and incurable.

³⁰ A single change that produces a cure is a transformation. A curative change to a process that does not require continual management is an attribute transformational cure, not a causal cure.

Surgery can cure many attribute illnesses, by transforming the present cause³¹. But there are no medical tests nor documentation of cured for most surgeries.

No causal cures are recognized by conventional medicine at present.

Partial Cures

Partial cures are common, a necessary part of many curative processes.

There are several ways to produce a partial cure of an illness.

A partial cure can occur when the cause of an illness element is partially addressed,

A partial cure is present, but might not be provable when one or more, but not all causes of a compound illness are cured.

A partial cure might be temporary or permanent depending on the individual case.

Temporary Cures

A temporary cure³² occurs when a cause is temporarily addressed. A temporary cure is sometimes necessary to understand the illness cause and produce a permanent cure.

Sometimes, an illness cause is intentionally temporarily addressed, producing a temporary cure.

Sometimes, a patient's healthiness is improved by intention, or by other circumstances, producing a temporary cure.

In some cases, a temporary cure might be the best alternative³³. In other cases, it's the wrong alternative³⁴.

³¹ A dentist cures cavities. An eye surgeon cures cataracts. An osteopath cures blocked fascia. These cures are not currently recognized and cured cannot be proven.

³² Currently, conventional medicine views almost all cures as temporary, and individuals and physicians live in constant fear of re-emergence.

³³ Infantile scurvy is cured with Vitamin C supplements, because the diet will change over time and the cured state persists.

³⁴ Attempting to cure adult scurvy with supplements, in addition to failing to cure, can easily miss other illnesses related to the dietary cause.

Permanent Cure

Every true cure is permanent. The cause has been successfully addressed and the present case of illness is cured. It disappears. Illness is a concept, not a thing – it was never there, and now it's gone.

No cure is permanent, in the sense that the illness will not occur again if the cause occurs again. While we are living, the cause might arrive again, creating a new case of illness.

No cure is perfect. Life goes on. Life is about living, about adjusting to reality and adjusting reality to our liking, not about perfection. Fifty percent of cures are below average. It is important to choose the best cure for the case. But, even when we do, fifty percent of cures will still be below average. Fifty percent will also be above average, unless we fail to cure.

We need to search for cures, to judge cures, to study cures, in order to find and acknowledge cures, to find better cures, to find best cures.

The Standard of Cure

Conventional medicine often makes reference to a *standard of care*³⁵. For most diseases, the standard of care defines how a patient should be treated when we give up on cure.

Many, perhaps most cures are currently outside of our standards of care.

We need to move beyond standards of care, to create *standards of cure*³⁶. The standard of cure is about health, about moving illnesses towards healthiness, not simply treating signs and symptoms with a standard medicine and no curative goal.

Most cures come from healthiness, not from medicines. Healthy cures entail less risk. Even when they fail – the patient is healthier.

Health Cures

Most cases of illness are cured by natural healthiness without medicines. The common cold, measles, mumps, and influenza are often documented as incurable in the current practices of medicine, even as most patients cure them with health and healing.

³⁵ Bureaucrats and insurance companies like standard of care, it makes payment decisions easier.

³⁶ Standards of cure are much more difficult to manage in a bureaucracy, especially when no definitions of cured exist.

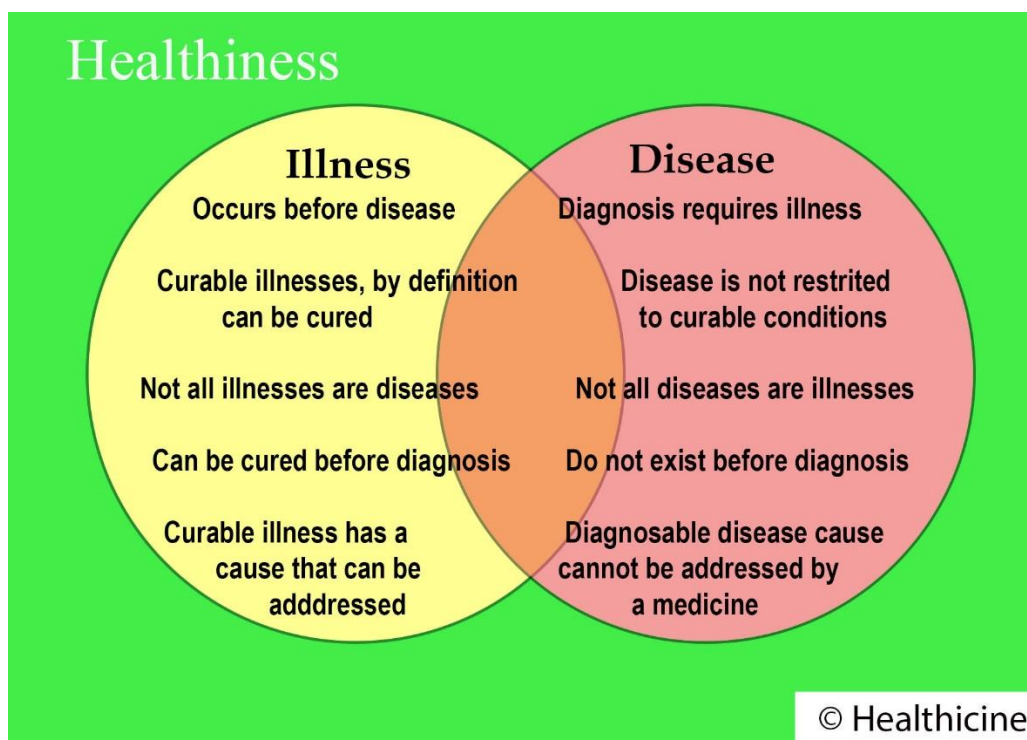
Health is the best medicine, the best cure. When we cure illnesses, we improve healthiness.

When we improve healthiness, we cure illnesses.

Is Curing so Simple?

It seems that curing illness is almost trivial. Identify the cause, action the cure. But our medical systems view many diseases as incurable. By the time we die of old age, many of us have several diseases at once. How can these views be reconciled?

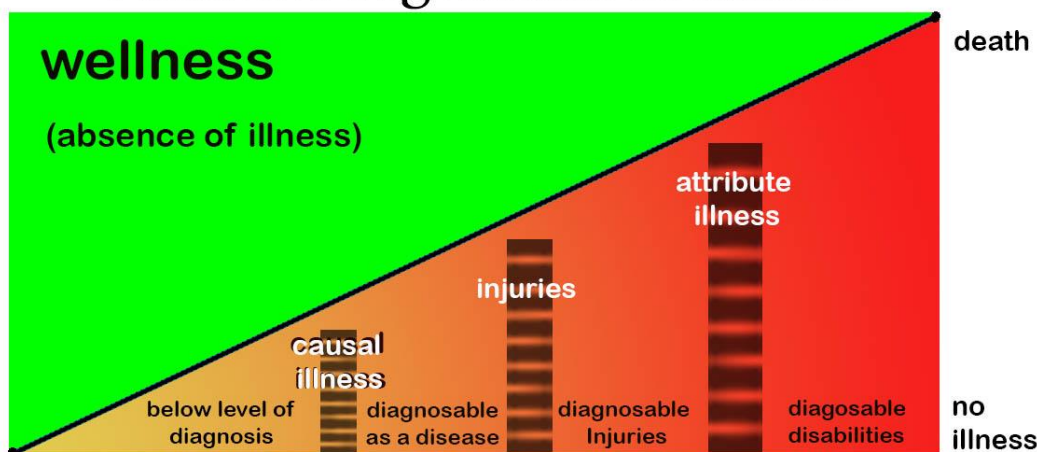
Illnesses (curable illnesses) can be cured. Many diseases, not. There are several logical reasons for this difference. Limiting our view to curable illnesses excludes many diseases. Doctors must treat all patients and cannot choose to treat only curable conditions. There are many other important distinctions. Illnesses and diseases are similar but different.



The prior diagram illustrates many differences between a curable illness and a disease. Diseases are not defined in a fashion that facilitates curing. Many medical conditions or diseases are incurable. However, many diseases considered incurable today – are actually curable. Cured is simply not defined for most diseases – making them appear incurable by default, or by the absence of a definition of cured.

Let's look at a different view of illness and disease.

Natural Progression of Illness



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This diagram illustrates the natural progression of illness to disease, injuries, disability, and death. Many illnesses exist below the level of diagnosis as a disease. Some patients exhibit signs and symptoms of illness for years, even decades, without any disease being diagnosable. In some cases, there is no disease to match the illness condition, so no diagnosis is possible. However there is a more important consideration.

Diseases are treated with medicines. Medicines are usually dangerous. A doctor's prescription is required to ensure that the danger of the disease warrants the danger of a medicine. Defining the diagnosis point of a disease is a balancing act designed to maximize diagnosis where medicine is deemed necessary and to minimize risk of damage by the medical treatments. Doctors are trained to avoid diagnosing and medicating illnesses that are easily cured. Patients often expect medicines, and medical bureaucracies and corporations want to sell medicines. When cure is not the goal, many non-cure goals are in conflict.

Many diseases cannot be diagnosed until they progress to the level of causing injuries. By that time, the illness has progressed from a simple to a complex illness. The medical profession often focuses treatments on the injuries, the serious and dangerous signs and symptoms, and as a result ignores cause. The injury becomes the present illness of importance. An injury might be healed naturally, or healing might become a continual nagging process as the cause of the illness continues to create more injuries and more severe injuries. No medical treatment can cure an injury.

In addition, many diseases, in the time it takes to become diagnosable diseases, can acquire multiple causes – becoming compound illnesses, requiring multiple cure actions, making single medical cures impossible.

Even when the cure is possible through healthy actions, it can remain hidden by the distress of severe signs and symptoms and by the complexity of the illness.

When a disease progresses further it can cause negative attributes, leading to attribute illnesses. Few cures of attribute illnesses are recognized as cures. A patient suffering gingivitis might acquire cavities, cured by dental surgery. But dental caps and fillings are not recognized as cures. Even when cures occur due to medical treatments – they are often ignored. The patient might still have gingivitis, or not, as some secondary illnesses are cured.

The problem, the reason we cannot find cures is not that cures are difficult. Some are difficult. Many cures are simple, relatively easy. Our current medical view dismisses cures, avoids cures, and without a clear definition of cure for most diseases, cannot see many cures even after a cure has occurred.

A Theory of Cure: Conclusion

*Health is slow and steady. Health is honest and true.
We can't trick health.*
The Healthicine Creed

Hippocrates, the father of medicine, was right: recognizing that cures come from health, and from cause when he said “*Diseases which arise from repletion are cured by depletion; and those that arise from depletion are cured by repletion; and in general, diseases are cured by their contraries.*” Diseases are cured by contraries to their causes.

Hippocrates was not a surgeon, and his advice in the Hippocratic Oath “*I will not use the knife, even upon those suffering from stones, but I will leave this to those who are trained in this craft.*” Hippocrates did not recognize that many transformational cures that are much more subtle than surgeries. “*What cannot be cured by medicaments is cured by the knife, what the knife cannot cure is cured with the searing iron, and whatever this cannot cure must be considered incurable.*” (Hippocrates, 1849) He was wrong to assume that what he could not cure, and a surgeon could not cure, is incurable. Most cures come from health, not from medicine or medical treatments.

We learn to understand illness and cure by isolating and addressing single elements of illness with single elements of cure and by acknowledging cures when they occur..

An element of illness has a single cause. Compound and complex illnesses have more than one cause. Often the causes are related or linked.

A single cure is an element of cure, which addresses a single cause, curing an element of illness. More compound or complex illnesses require more compound and complex cures.

As we study elements of illness and elements of cure, we will see that the cure for most illness elements is an improvement in healthiness. We might have guessed that. As a result, most cures rely more on the actions of the patient than the actions of any medicine.

Doctors cannot cure causal illnesses. They need to facilitate cures by understanding illnesses, causes, cures, and patients, and communicating their observations and knowledge.
The cure actions come from the patient.

Doctors cure when they facilitate or make transformations that address attribute causes. We need to acknowledge that transformation cures can come from many sources, not just from surgeons, but also from the patient, their communities, and sometimes even from seemingly random events or changes in the patient or their environment.

Notes:

This paper is written based on the concepts published in the book: **The Elements of Cure**

and in the paper **A Definition and Exporation of Cure, Kolenchuk, 2018.**

The foundation for these concepts comes from studies of **Healthicine: the Arts and Sciences of Health and Healthiness**, a study outside of the fields of medicine and alternative medicine.

The concepts explored in these documents and in this paper are continually evolving. Their consequences have hardly been explored.

This paper is, to the best of my knowledge and research, the first and only statement of a comprehensive *theory of illness and cure*. It is the result of several years of research, that have taken me in many directions, exploring many concepts and resulted in several publications. My understanding of cure is constantly evolving forward as I study and write. I am certain there are errors and omissions and look forward with anticipation to further developments, additions, and corrections.

My intentions are not to dismiss the actions of any doctor. My life has been saved more than once by conventional medical staff. I have also been cured by an alternative medical practitioner on occasion.

At the same time, I recognize that most illnesses can only be cured by improving the health of the patient – a factor the patient controls more than the doctor. Doctors can facilitate curing, but are rarely solely responsible for the cure.

To your health, tracy

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