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Health is whole.

An illness is a hole in health.

A cure fills the hole.

Most cures come from health.

Introduction to Curing

Today, no medical theory nor practice has scientific, functional, or technical definitions of cure, cures, curing, nor cured, much less a comprehensive definition covering all curable types of illness, sickness, and disease. The book [A New Theory of Cure](#) defines the basic concepts of cure, which can be summarized as follows:

1. A cure is the result of successfully addressing the present cause of an illness. Past causes are studied for preventative purposes, but cannot be accessed to produce a cure unless they are also present during the illness.
2. An elementary illness has a single present cause and is cured by addressing that cause.
3. There are two fundamental types of illness causes that might cause illness due to their presence or absence: attributes (nouns) and processes (verbs).
4. Attribute causes are addressed by transformation, by changing, adding, or removing the causal attribute. Attribute cures are permanent. A new case of illness can occur if the attribute cause occurs again. Injuries are also attribute illnesses cured by transforming the injury with healing, which addresses the present causes of signs and symptoms of illness.
5. Process causes are addressed by ongoing changes to a process or by adding or removing the causal process on an ongoing basis.
6. Compound illnesses have multiple causes.
7. Complex illnesses are present when one illness causes another.
8. Chronic illnesses have chronic causes. Attributes, being nouns, are naturally chronic, creating illnesses that are chronic until they are cured. Process causes might be short-term, periodic, repeating, or chronic, resulting in short-term, periodic, repeating, or chronic illnesses.
9. Cures move health and life forward, not backwards. No cure is perfect, even when cures result in the patient's health being better than before.

Most diseases are compound, complex, or chronic because simple illnesses are easily cured. We ignore simple cures because they are trivial. They generally do not require medical attention.

To understand cure, we must study cause. There are dozens of theories of "what causes disease," each of which ignores the fundamental truth:

Every illness has a cause.

When we aim to cure, we can expand the concept to include cures:

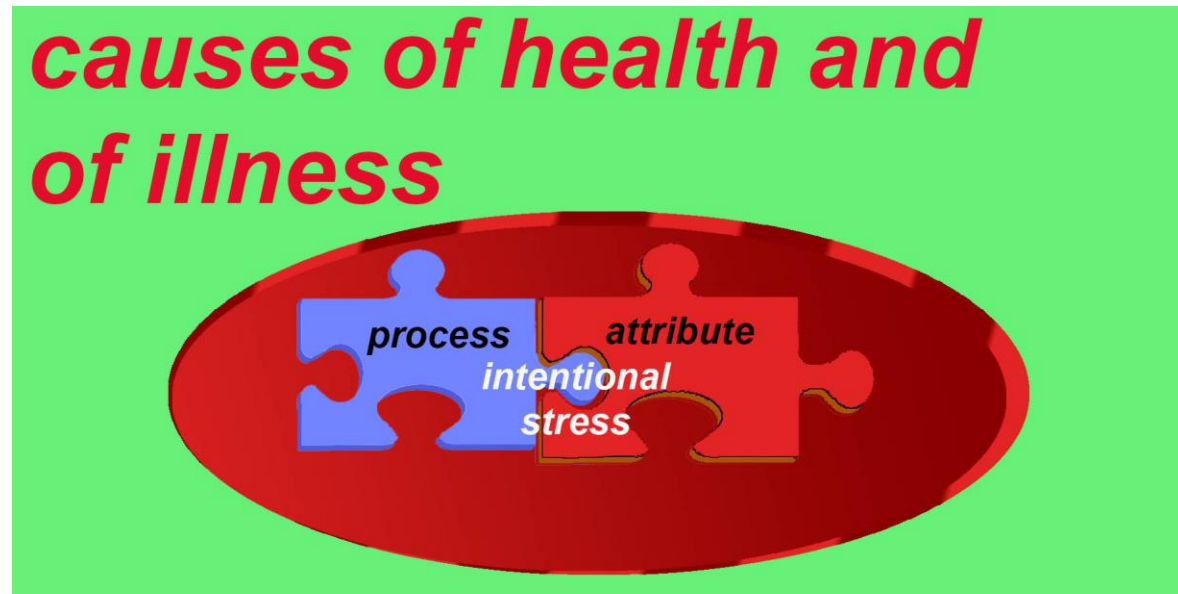
Every curable illness has a cure cause.

The cure cause is a part of the illness, present with the illness, which results in a cure when addressed. To cure, we must find the present cause that leads to a cure.

Of course, most diseases are complex and compound, having multiple causes, making them difficult to cure and difficult to understand when a cure is present. So we begin with elementary illnesses to understand cures, to cure more complex cases. Even scurvy, often considered simple, can range from a trivial condition, easily cured, to very complex cases, very difficult to cure.

Theory of Illness Cause

There are two basic types of causes of illness: attributes and processes, which can be generalized as nouns and verbs. There is a logical or technical reason why this is so. Every element of life consists of an intentional action – a force or process – against a thing – an attribute, as in this illustration.



Every life process consists of a verb and a noun, a process and an attribute, linked by an intentional stress.

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Every elementary aspect of life can be seen as the interaction of a process, an intentional force and an attribute. Healthiness and illness are the natural consequences of many life actions. Most intentional life forces or processes can produce healthiness or illness depending on the specific situation. Illness results when the intersection is unhealthy or faulty.

When an illness is present, we might produce a cure by changing the process – the force - or the attribute. Changing either alters the nature of the intersection. The cure proves the cause. Most life processes are very complex and deducing the elementary intersection is problematic. The closer a cure action is to the intersection of process and attribute, the less clear the distinction between process or attribute causes, as in this illustration. Often, the most effective way to prove a cause is to try a cure.

An attribute cure is a one-time transformation of cause. A causal cure need be ongoing. Causal cures are preventative cures, which must be maintained to maintain the cure.

The phrase "*prevention is better than cure*" is simplistic. Some preventative actions, like a healthy diet, are curative but must be maintained to maintain the cure. Other preventatives, like wearing a seat belt, are statistical – and cannot cure the disease they prevent. Cures of any disease prevent secondary illnesses from occurring.

Thus: *A cure is the best preventative.*

Two Types of illness Causes

<i>attribute cause (a noun)</i>		<i>process cause (a verb)</i>		
<i>cure #1</i>	<i>cure #2</i>	<i>cure #3</i>	<i>cure #4</i>	<i>cure #5</i>

There is no clear distinction between an attribute cause of illness and a process cause of illness. The cure defines and proves the type of cause.

Sometimes, it's more complex, such that the perspective of the viewer, the curer or the cured, defines the type of cause.

When the cure is completed - does its type matter?

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The distinction between attribute cures and causal cures is helpful to find and understand cures, their successes and failures. However, we must not make the mistake of believing that any illness or disease has only one possible cure or only one type of cure. Illness and disease are rarely defined by cure cause. Cures, however, are defined by cure cause, the present cause which, when addressed, produces a cure

We also need to attend to the concepts of proximal and distal causes. A proximal cause is close to the intersection, a distal cause is farther away. The challenge is to find the best cause. Sometimes the cause we address is too close, resulting in a failure to cure a higher level illness. Sometimes, it is too theoretical, too far away, resulting in a failure to cure the specific case.

Introduction to Scurvy

It is interesting and useful to study many variations of scurvy and their cures. We tend to think of scurvy as a trivial disease, easily cured. On the contrary, each case of scurvy is unique, with many possible variations of cause, severity, consequences, and cure.

In 1753, James Lind noted, in **A Treatise on the Scurvy**, *“I do not mean to say that lemon juice and wine are the only remedies for the scurvy; this disease, like many others, may be cured by medicines of very different and opposite qualities to each other.”* Since then, his claims have been supported and challenged by many. Still, today, there is no scientifically or medically recognized proof of a cure for scurvy. Why not? It’s not a failure to understand scurvy. It’s a failure to study and understand cure. Scurvy cured is not medically defined. So no cures can be proven.

Scurvy is a deficiency of Vitamin C, a nutrient needed to maintain healthiness. A minor deficiency of Vitamin C is also an illness rarely diagnosed before signs and symptoms of scurvy appear. The diagnosis of scurvy is not clearly defined, scientifically or medically. Diagnosis is a judgement. This was clear when James Lind wrote his Treatise – it is still true today. There is no clear distinction between a case of Vitamin C deficiency and a case of scurvy, even though their causes, consequences, and cures are identical. The only difference is the severity. When this text uses the word scurvy, it includes Vitamin C deficiencies that might not be judged severe enough to diagnose as scurvy.

Some, probably most cases of Vitamin C deficiency are never diagnosed, much less diagnosed as scurvy. Each case of scurvy might be a single acute case of illness, or it might be slow, chronic, repeating, or periodic. When diagnosed as Vitamin C deficiency, we might consider the case to be trivial, easily cured. Even though some can be compound, having multiple causes, requiring multiple cure actions. Advanced cases of scurvy are complex, with the scurvy illness caused by or causing other illnesses, each of which requires individual curative actions.

Attribute Scurvy: The scorbutic state of being deficient in Vitamin C is an illness state that is quickly and easily cured with healthy foods containing Vitamin C or Vitamin C supplements.

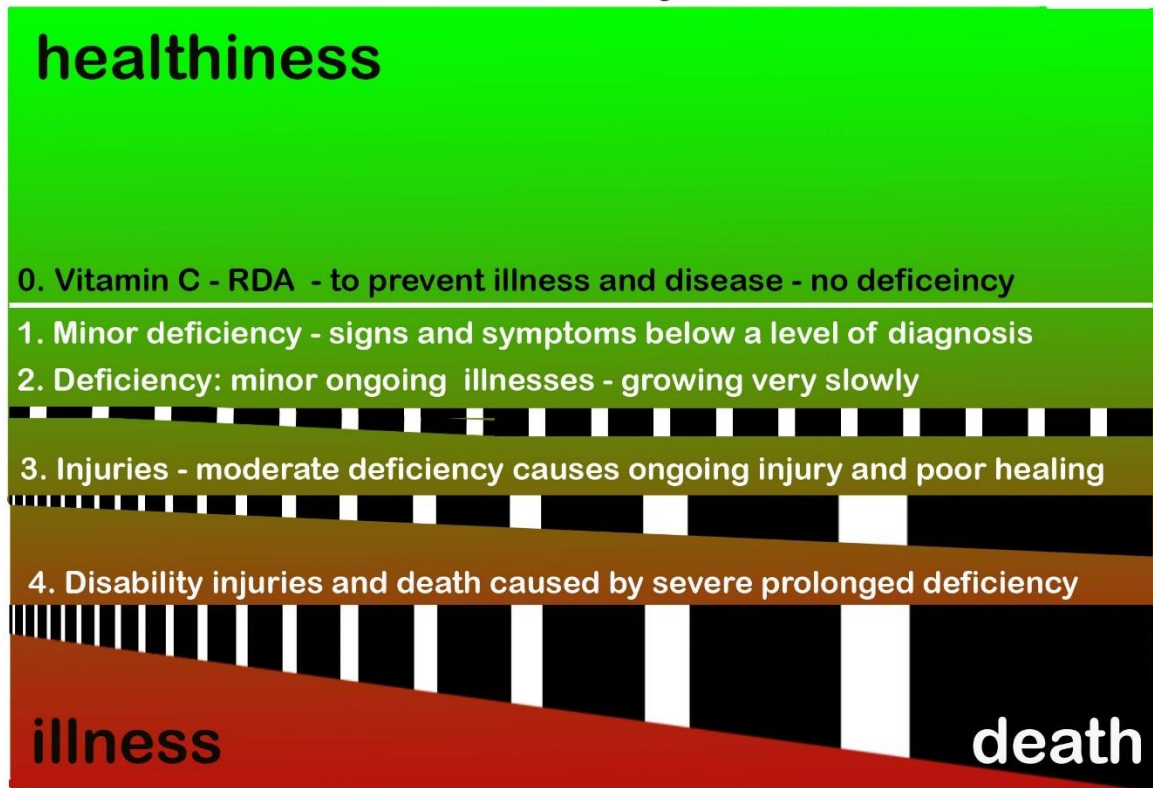
Causal Scurvy: an ongoing case of scurvy illness is an illness caused by the absence of a process, the healthy consumption of Vitamin C. It can only be cured by a process that provides for healthy consumption. A cure for a case of causal scurvy also requires a cure of the scorbutic state, the attribute scurvy illness.

An illness is a hole in healthiness. A case of a deficiency disease is defined by the area of the hole in health, which consists of the level or percentage of deficiency multiplied by the timespan at that level. A total deficiency of Vitamin C for a single minute, hour, a day, or a week has few negative consequences.

With a severe deficiency, a person develops early signs and symptoms of scurvy, including weakness, unexplained exhaustion, reduced appetite, irritability, aching legs, low-grade fever in about four weeks. Individually, these signs and symptoms are rarely diagnosed as scurvy without other information because each can have many other causes.

This diagram illustrates the progression of different levels of illness caused by a deficiency of Vitamin C.

Vitamin C Deficiency Causes Illness



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Past Causes of Scurvy

Dietary consumption of Vitamin C at or above the RDA is required on an ongoing basis to prevent illness and disease. We understand a failure to consume sufficient Vitamin C to cause Vitamin C deficiency and scurvy. However, these “*past causes*” of the illness, cannot be accessed to cure. We can only cure by addressing the present cause. A deficiency of Vitamin C can be present in variations from minor to deadly.

1. When a person consumes slightly less than the RDA amount of Vitamin C for a very short period, the body adapts with only minor danger. If the deficiency continues, minor signs and symptoms of illness continue as long as the deficiency continues. Thus, the body adjusts at a lower level of healthiness. In these cases, diagnosis of a disease and identification of the cause is unlikely.
2. When a deficiency is higher – for short periods, there is illness but no disease can be diagnosed. Diagnosable scurvy is a result of a deficiency with a significant timespan. We can do without breathing for a few seconds without problems, for a few minutes without damage – but longer periods lead to disability and disease. The deterioration from a deficiency of Vitamin C is much more gradual, but the pattern is the same.

3. With a higher level of deficiency, perhaps the person is only consuming 20 to 50 percent of the required amount of Vitamin C. The deficit will cause injuries and slow healing. Over time, those injuries will grow and heal in cycles as the body continually adjusts. The patient will develop ongoing chronic disease, but they might not die from the deficiency for a very long time. In these cases, if the patient resumes healthy consumption of Vitamin C in the diet or by supplements, most injuries will heal.
4. A much higher or total deficiency of Vitamin C will cause damage that continues to grow until it causes disabilities – injuries that cannot be healed.

Medically, a minor deficiency of Vitamin C causes signs and symptoms of illness, but the patient stabilizes, their healthiness counters the deficit with a minor chronic illness. After one to three months, of severe deficiency, symptoms of untreated scurvy can include: anemia, gingivitis, skin hemorrhages, or bleeding under the skin, raised bumps at hair follicles and hairs that are corkscrewed, twisted, or break easily, large areas of black bruising, tooth decay, tender, swollen joints, shortness of breath, chest pain, eye dryness, irritation, hemorrhaging in eyes, reduced wound healing and immune health, light sensitivity and blurred vision, mood swings, irritability and depression, gastrointestinal bleeding, and headache. Uncured scurvy can lead to life-threatening conditions and death: severe jaundice of skin and eyes, generalized pain, tenderness, and swelling, hemolysis – serious anemia, fever, tooth loss, internal hemorrhaging, neuropathy, or numbness and pain in limbs, convulsions, organ failure, delirium, coma, death.

Present Causes of Scurvy

To cure any illness, we must distinguish between past and present causes in each case. Present causes are those which we can address to produce cures. We can only address a past cause if it is also present.

The success of a curative action is proof of cure and, therefore, proof of *present cause*. If the curative action is the transformation of an attribute – the present cause was an attribute cause. If the curative action is an ongoing process or activity – the present cause was a causal process. The cure proves the cause and the type of cause.

Distinguishing cause: Attribute vs Process

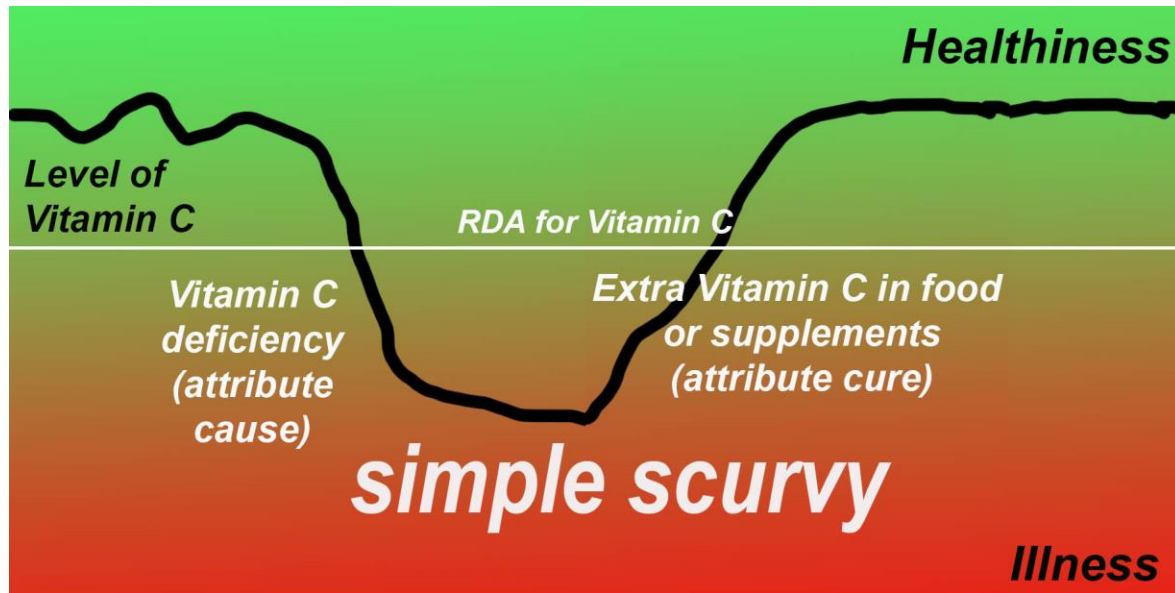
It is essential to distinguish between attribute and process causes to find and recognize and distinguish between true, false, ongoing, and permanent cures. The distinction between an attribute cause and a process cause of the illness is specific to each case, specific to each cure. Sometimes, it is dependent on “*how we view*” the curative action. This will become clear as we encounter different scurvy cures and view them from different perspectives.

We can apply the following model of curing scurvy to many illnesses – from nutritional diseases like beriberi and rickets to other diseases like arthritis, depression, hypertension, and many infectious diseases – even some considered incurable, like the common ones cold, influenza and COVID.

Let’s look at some examples of curing scurvy to illustrate these concepts.

Attribute Scurvy – Infants and Adults

A case of attribute scurvy is the status of being scorbutic, physically deficient in Vitamin C. The attribute is the presence (of an absence) of healthy levels of Vitamin C. The scorbutic status is cured with foods or supplements containing Vitamin C, transforming the scorbutic state into a healthy one. If there is no ongoing deficiency, the illness is completely and permanently cured. Note: the present cause, not the patient, is transformed.



We see scurvy as a simple disease caused by a deficiency of Vitamin C, cured with Vitamin C.

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Infants can easily develop scurvy due to a limited diet. The cure is trivial – as recommended by The Merck Manual, 8th Edition in 1950, “*In infantile scurvy, 300 mg (of Vitamin C) daily by mouth will usually result in a rapid cure.*” The cure is to transform the scorbutic state with supplemental Vitamin C, an attribute cure. The deficiency is ordinarily temporary and does not reoccur because the child’s diet changes naturally to a healthy status. The phrase “*will usually result*” is not explained in the text, but is necessary because each case of scurvy, like each patient, is unique, having a unique present cause.

Note: No current medical text mentions a cure for infant scurvy, nor scurvy in adults. Illnesses that are easily cured are rarely documented as such, perhaps because no medical attention is required. We can easily miss and misunderstand many cures when we believe or assume that medical attention is required to cure.

Many illnesses in children and adults can occur due to temporary dietary changes. For example, some foods traditionally became unavailable in winter, potentially leading to a deficiency of Vitamin C and other nutrients. Supplemental Vitamin C can prevent this temporary scurvy. When such an illness occurs, Vitamin C cures the scorbutic state.

Most cases of scurvy are part of a more extensive malnutrition illness. In these cases, supplementing Vitamin C only addresses one element of a more complex illness, while possibly allowing the others to continue and grow.

Causal Scurvy

A case of causal scurvy is a Vitamin C deficiency or scurvy maintained by the absence of a process that provides healthy levels of Vitamin C on an ongoing basis. When the cause is an ongoing process, supplementation cannot address the higher-level cause. An illness with an ongoing process cause can only be cured by an ongoing process change. Adult scurvy cases usually have a scorbutic status, cured by foods or supplements containing Vitamin C, and also a process cause requiring a causal cure.

There are many ways for a person's diet to change, resulting in a deficiency of Vitamin C causing scurvy. Let's look at some example causes:

Poverty: a person might not be able to afford healthy foods.

Aging: an older adult might no longer be able to prepare and eat healthy foods

Life situation, employment, or residence might fail to provide a healthy diet.

Dietary Decisions: a person might intentionally limit their diet and become scorbutic.

Addiction to drugs or alcohol might cause the person to ignore essential dietary needs.

In each of these cases, the illness is due to a dietary process or absence of a necessary process; the regular consumption of foods containing Vitamin C. Supplemental Vitamin C addresses the scorbutic state but not the process cause. When the supplements stop, if no other changes are present the signs and symptoms of illness, the disease will reoccur. Thus, there are two illnesses, one with an attribute cause, the scorbutic state, and one with a process cause, the ongoing deficiency. Two cures are required.

The cure for a causal illness is an ongoing process change – an ongoing transformation, addition, or removal of a life process. Each successful cure proves the cause. Let's look at some cures for the above examples:

Poverty:

- The scorbutic state needs to be cured with concentrated sources of Vitamin C in foods or supplements. As Lind noted, there are many attribute cures (although he did not recognize this distinction). Cures might range from fruits to some vegetables and even meats that contain Vitamin C.

To complete the cure, we must address the poverty, the ongoing cause.

- Providing ongoing funds to purchase healthy foods can cure that scurvy. When this process works, it proves the cause and the cure. If it fails – we need to look for another cure cause.
- Moving the patient into a care facility that provides healthy foods can also provide an ongoing cure.
- In some cases, providing the patient with a job might be sufficient to cure. In this case, we might view the cures as an attribute transformation – from unemployed to employed, while the patient views it as a causal cure because they need to work every day.

There are many ways to cure a case of scurvy caused by poverty. Each is a cure for the individual's poverty, which is not perceived as an illness.

Aging:

- The first cure, in all cases, is to address the scorbutic status.

We cannot change the patient's age. But, to complete the cure, we must address the issues that result from aging, the ongoing causes.

- The aged person, who can no longer choose, prepare, and consume healthy foods, also needs ongoing assistance to cure the causal illness. The preventative cure process must be maintained lest the illness reoccur. Causes, not illnesses, might return.
- The patient might be moved to a care home, or
- have someone assist with meal preparation, or
- move in with a family member who ensures a healthy diet.

Although many different actions might produce a cure, each case can only be cured once. In each case. Thus, the cure proves the cause of that case of illness.

Life Situation:

- As in all cases, the scorbutic state must be cured. Once that is addressed, or even as it is being addressed, a change to the person's life situation, employment, or residence is necessary to address the ongoing cause of the illness, producing a cure.

To complete the cure, we must address the life situation, the ongoing cause. Many different cure actions might be successful depending on the situation. The successful cure action might be a transformation or a process, an attribute or a causal cure, defining the illness as an attribute or causal illness.

Dietary Decisions:

- First, the patient's scorbutic status must be cured by a transformation.

To complete the cure, we must address the diet, the ongoing cause.

- patients who changed their diet resulting in a case of scurvy must either
- a) change their diet again – in some forward direction, to include foods containing Vitamin C, or
- b) return to the previous, scurvy healthy diet.

Many different dietary changes might cure the ongoing disease. However, each is causal and must be maintained to maintain the preventative cure.

Addiction:

- The first cure for the addict is to address the scorbutic state.

Although supplemental Vitamin C cures the scorbutic status of an addict, this temporary cure can be difficult to maintain unless the addiction is cured. In addition, other malnutrition illnesses – perhaps hidden by the more severe signs of scurvy, will continue and grow in severity unless the diet changes. To complete the cure, we must address the addiction, the ongoing cause.

The higher level cure is:

- a) a cure of the addiction, for which there might be many possible cures, or
- b) to change the addiction state such that it does not cause malnutrition and scurvy. As always, many different actions have the potential to cure.

Compound Scurvy

A compound illness has more than one present cause and thus consists of more than one element of illness. When an illness is compound, we need to cure each element – each cause of illness. When an illness is cured by two or more actions, or two or more types of actions, it was compound. Most cases of disease are compound – because simple diseases are cured easily by single actions. When a similar illness is cured by a single action – that case was elementary.

Many illnesses accumulate causes when not cured. For example, someone who is sick because of poverty might become alcoholic. Someone who is alcoholic might lose their job and become poor, as they grow older.

A person diagnosed with scurvy might be poor, alcoholic, and aged. What appears, based on signs and symptoms, to be a case of simple scurvy might be compound, having two or more causes, requiring two or more cure actions.

A poor elderly patient might need sufficient income, on an ongoing basis, to purchase healthy foods, and they might also need support to choose and prepare healthy foods. As in the above examples, there are a wide variety of cure options that might work. Each successful cure proves a cause.

In some cases, an elementary cure might be possible. Suppose an elderly, poor, alcoholic patient moves to a care home where alcohol is not available, where healthy meals are provided. In that case, the single transformative event might produce an ongoing cure of their scurvy. Hindsight is 2020. The cure proves the cause.

Partial Cure

Partial cures are common. A partial cure can occur when we partially address the cause of an illness. A partial cure can also result from addressing one or more, but not all, causes of a compound illness. We can only identify a partial cure by studying the concepts of cause and applying our knowledge to specific cases.

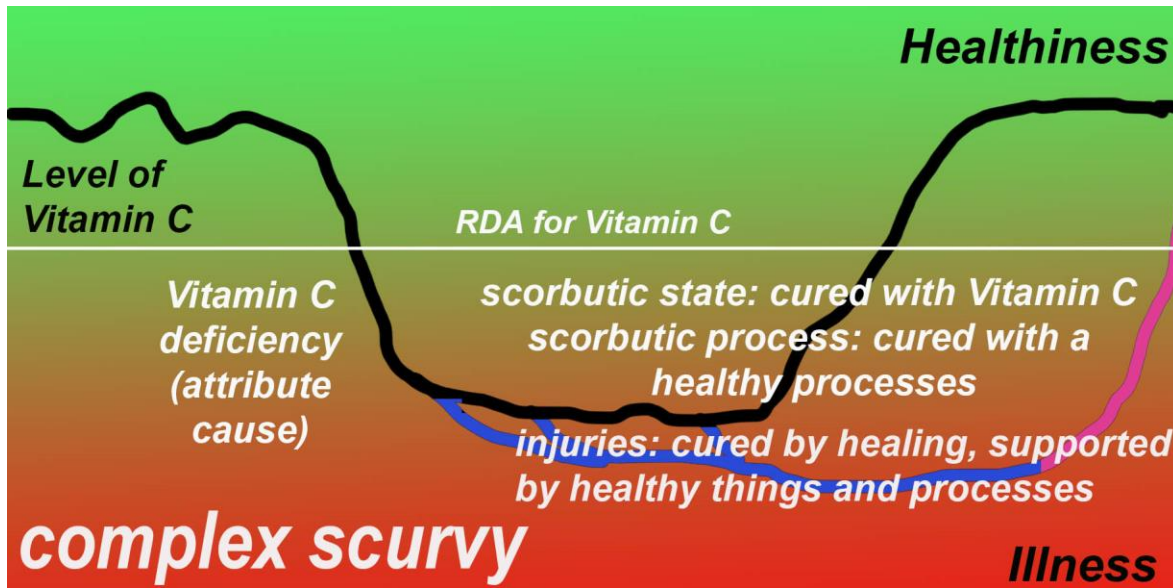
Complex Illness

A complex illness exists when one illness is the present cause of another illness. In these cases, two cures are required, and sequencing might be important. Curing the secondary illness will not address the primary – and the secondary illness is likely to reoccur. There are two basic types of complex illnesses. Scurvy provides an illustration.

Complex Scurvy 1: Scurvy Causes Illness

A case of scurvy becomes complex when the initial illness, a deficiency of Vitamin C, is severe and prolonged such that it causes other illnesses. Because Vitamin C is required for healing, a deficiency quickly leads to injuries, creating a complex illness. A simple deficiency might be cured before it can be

diagnosed, because a diagnosis of scurvy requires injuries. When not serious enough to cause injuries, the illness is a Vitamin C deficiency.



When scurvy continues uncured, the illness becomes complex, with secondary injury illnesses, each of which must be cured independently. © Healthicine

Once injuries are present, more cures are required. A severe case of scurvy might be very complex, resulting in many injuries, possibly permanent disabilities or even death.

Injuries are cured by healing. However, healing requires Vitamin C. Healing slows or stops when the patient is deficient in Vitamin C. Therefore, a patient with scurvy injuries requires typically at least three, sometimes more curative actions:

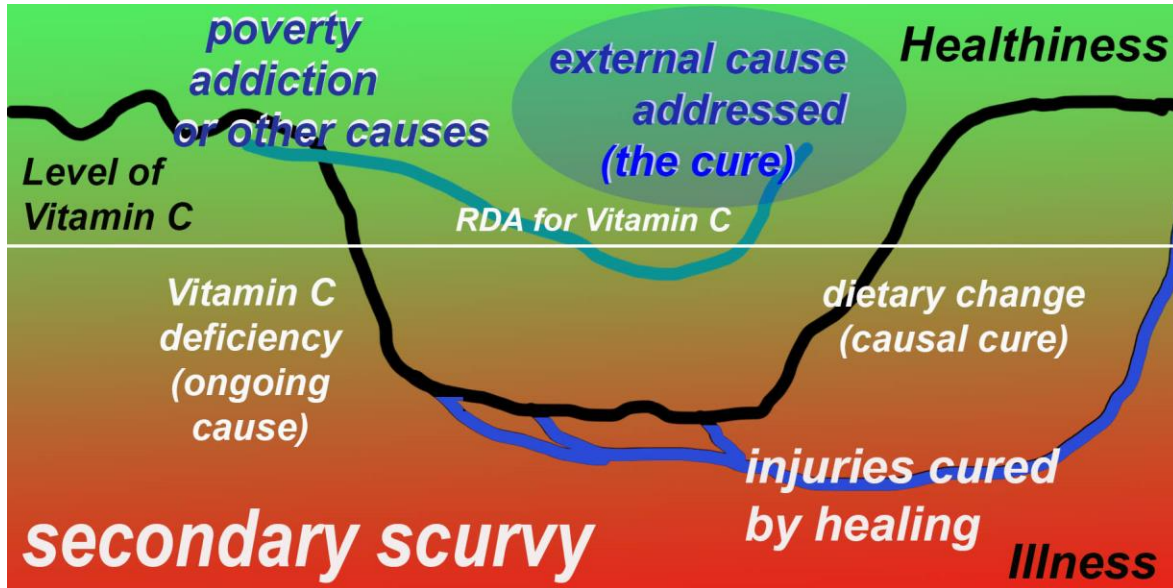
1. to address the present scorbutic state, an attribute cure.
2. To address the cause of the deficiency, usually a causal cure.
3. To heal or cure the injuries, a natural transformational attribute cure.
4. Injuries that are too severe to be healed, like damaged teeth, might require a medical cure.

A sailor working on a ship whose diet does not contain sources of Vitamin C might develop a severe case of scurvy over several months, resulting in many injury signs and symptoms, from swelling, bone pain, to gum disease and loss of teeth. The number of additional cures required depends on the injuries. Minor injuries can be quickly healed. Healing is aided with Vitamin C supplements. The ongoing or causal illness cause is only addressed if the sailor's diet on the ship changes or they get a job onshore. Damage to teeth and gums may require dental surgery, a medical cure.

Cure sequencing can be important. First, Vitamin C, an attribute cure, addresses the scorbutic status and facilitates healing. Second, changing either the job or diet is necessary to address the ongoing causal illness element. Some surgical repairs might be best delayed until some recovery is attained and the damage is clearly defined; others might require immediate actions to keep the patient alive.

Complex Scurvy 2: Illness causes Scurvy

A person addicted to drugs or alcohol might neglect their diet, resulting in a scurvy illness caused by the addiction illness, which might be denied.



When the scurvy is caused by poverty, or something else, supplements cannot cure, although they promote healing. The prior cause must be addressed. © Healthicine

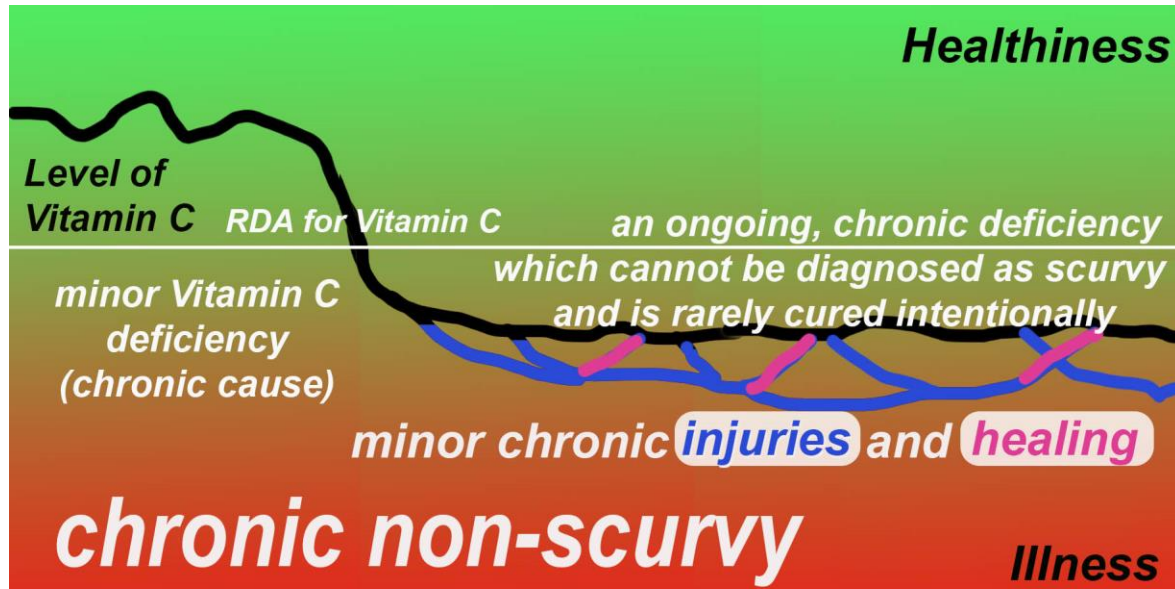
In these cases, a complex illness is present. A complex cure is required. Vitamin C is needed to address the scorbutic state. In addition, a cure of the addiction is necessary to address its consequences: the scurvy. These are clear examples of a case where food, supplements, or medicines cannot cure the scurvy. Natural (often called *alternative*), and unnatural (medical) cures both fail.

When the standard cures fail, we should not give up. We must address the present cause of the addiction to cure the scurvy. Thus we might find a scurvy to be cured by community support, or by hypnotism, or religion, or by a physical, mental, or spiritual “*whack on the side of the head*” – that cures the addiction. There are no magical nor mysterious cures – only cures we fail to understand.

Until the underlying addiction illness is cured, it may be useful to provide a temporary, ongoing process cure of supplemental Vitamin C to prevent the scurvy from reoccurring. However, with an addict, even this solution can be problematic. In addition, it ignores other illnesses caused by the faulty diet.

Often when we focus on a single disease – scurvy or the addiction, we miss other diseases that are present at a lower threshold. These only become visible when we study the situation more carefully or when the visible illnesses are cured.

Chronic Scurvy



When low level Vitamin C deficiency continues uncured, the illness becomes chronic, continuing until the low level chronic cause is addressed . © Healthicine

Scurvy can be deadly, so we tend to think of it as a non-chronic disease. However, a lesser deficiency of Vitamin C can bring about chronic illness that persists as long as the deficient process is present. Chronic Vitamin C deficiency is difficult to diagnose by signs and symptoms alone, and not typically diagnosed as scurvy. It is not deadly and shares signs and symptoms with many other illnesses.

It is possible to develop a low-level chronic case of Vitamin C deficiency that rises and falls over time as the deficiency status rises and falls. We might mistake it for other diseases like allergies, inflammation or arthritis. Even today, severe cases of scurvy are sometimes misdiagnosed and mis-treated, perhaps partly because scurvy – but not Vitamin C deficiency – is rare.

The cure for chronic low-level Vitamin C deficiency or chronic scurvy is a process to address the chronic nature of the cause, to health the patient's diet on an ongoing basis. Medicines can only address the signs and symptoms of a causal illness – not the cure cause. Sometimes, as in the case of infectious diseases, a medicine can provide a transformation, curing an attribute illness. However, most cases of attribute illnesses are not cured by medicines either.

Repeating Scurvy

A Vitamin C deficiency or scurvy illness might be repeating for many reasons.

- A person might suffer Vitamin C deficiency or scurvy every winter due to an inability to access certain foods until spring.

- A sailor might repeatedly work on a ship that provides a faulty diet, for several weeks at a time, developing minor cases of scurvy that are cured between jobs.
- A repeating illness cause, like repeating bouts of alcoholism, joblessness, or depression can cause repeating cases of scurvy.

To cure a repeating case of scurvy we must address the repeating nature of its cause, perhaps:

- storing healthy foods for winter,
- Or taking Vitamin C supplements or certain foods while working on the ship with a faulty diet,
- Or by curing underlying repeating illnesses that causes scurvy.

Other Illnesses

We can see from these examples that, although curing scurvy is trivial in theory, in curative practice, it varies from trivial cases to compound cases and both types of complex cases, where a scurvy illness causes other illnesses or is caused by another illness.

Conclusions:

This analysis of scurvy demonstrates that what we see as a single simple *disease* has many possible present causes and many variations of cause in individual cases. In addition, we might successfully address each individual cause, curing the resulting illness in many different ways. We can find a wide variety of causes and cures for any disease.

To cure, we need to move beyond the one-disease one-treatment paradigm to find better and best cures for each element in any case of illness. Each disease name, whether it is cancer, arthritis, depression, or even scurvy, includes many cases with a wide variety of cure causes. The search for a single cure of any disease concept is a distraction from understanding cures. The search for *the best cure* for a general *disease* is a similar error. The search for a Standard of Care is normally a search for the best non-curative action – often one that slows or prevents damage. We can do better. We can cure. We need to develop Standards of Cure based on cause.

Most cures come from health, not from medicines or medical treatments, from improving the healthiness of the patient.

It is essential to clearly distinguish between remissions -- where signs and symptoms fade or disappear, but we have not addressed the illness cause, and cures – where the cause of illness has been addressed. An illness in remission is still present and bound to reappear over time. At the same time, we must be aware that total elimination of an identified cause is rarely necessary to cure. Many illnesses are caused by deficiencies – such causes can rarely totally eliminated. Others are caused by attributes where a transformation of cause, often to a lesser state, is often sufficient to cure.

When an illness is cured, a reoccurrence of cause creates a new case of illness. An illness is the intersection of cause and consequences. It cannot *hide* nor *reappear*. It is cured or not cured. A new case occurs if the cause reoccurs.

The best cures function by improving the patient's healthiness; improving diet, exercise, and rest patterns of body, mind, spirits, and communities. However, a severe cure, like cutting off a gangrenous foot caused by diabetes or scurvy, is sometimes necessary even as it decreases overall healthiness to fight a dangerous secondary illness.

Every cure is a transformation of a present cause, of which there are two basic types, attributes and processes. Attribute cures are one-time actions that transform the cause. Process cures are ongoing preventative processes necessary to address an ongoing cause. They must be maintained to maintain the cured state, to prevent new cases of a similar illness.

There are two basic causes, attributes and processes, and three basic cures: the transformation of an attribute, a transformation of a process, and healing – a natural transformation. Cures might be intentional, unintentional, or even accidental, each a result of changes to an attribute or process cause. The distinction between different types of cures is resolved by the cure, not by the disease.

Today, no current medical practice has a scientific or medical definition of cured for most diseases. As a result, most diseases can be and are considered incurable. Most cures are ignored at best. Even cures of trivial cases of the common cold, influenza, measles and COVID are simply ignored. Many cure claims

are dismissed, shamed, or worse, not due to an absence of cures, rather due to the absence of any cure theory, science, or practice.

No single action can cure a compound or complex illness. By definition, their causes are not elementary. When this appears to happen, the cure has defined the illness and its cause as elementary. Sometimes, addressing an illness cause facilitates a healing cure.

Most elementary cases of illnesses are cured by health before they reach a diagnosable disease state. Healing, a natural attribute transformation, cures most cases of illness. Time does not heal all wounds. Healthiness produces healing. An absence of healthiness can result in an absence of healing.

A case of disease might consist of zero to many curable elements of illness requiring zero to many healing and curative actions. Most cases of disease have progressed beyond a single element, and thus require multiple cure actions, multiple cures.

Sometimes a transformation of a single cause facilitates a healing cure of a complex illness consisting of primary and secondary illnesses. Sometimes a curative action begins slowly and builds force and effect, without a noticeable effect. These cures might appear to be miracles when we finally notice the change. However, the science of cure has no need for miracle cures. Every illness and every cure has a cause.

Scurvy provides a powerful example of curative issues and their complexities. When we study elements of illness, their variations and combinations, and cure them with elements of cure, we create and expand the science of cure. Only curing can lead us to a better understanding of the cause and cure of each case of illness or disease.

We will find better cures only when we look for cures, only when we study cure, cures, curing, and cured.

To your health, to your cures, tracy