

Theory of Cure

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Introduction

In 2016, five years after I created and began the study of healthicine, the arts and sciences of health and healthiness, I learned that I needed to understand the concept of cure. I began by searching dictionaries and medical texts for definitions of cure – only to find a significant absence of meaningful content. In June of 2016, I spotted an edition of Merriam-Webster’s Medical Dictionary Third Edition, 2008, in a used bookstore. I turned to the letter C, only to learn that ‘cure’ did not have an entry, skipping from ‘culture’ to ‘curettage.’ I then searched for ‘incurable’ – but the entries skipped from ‘incontinentia pigmenti’ to ‘index case’. Incurable also had no entry. I have since learned that the word cure appears in various forms over 40 times in the text, and incurable appears three times, although once in quotation marks. The next day, I scanned five different medical dictionaries for sale in my local Chapters bookstore. Three defined cure using standard dictionary definitions, and two did not contain a definition. Thus began my search to understand cure, which continues to this day. I have written several books about cure, initially hundreds of pages, which I managed to shrink over time to a more manageable size. This paper contains the latest of my analysis and discoveries as of early 2023.

Historical medical dictionaries abound, describing signs, symptoms, diseases, and treatments in detail. Yet, at the same time, medical definitions of illness, disease, sickness, and disorder are weak.

We have no scientific nor medical definition of cure in any current theory or practice of medicine, much less any attempt at a comprehensive definition. The word cure is not defined in many medical dictionaries (Merriam-Webster, 2008) (Black's, 1992) (Oxford, 2008) (Oxford, 2015), although it is often used. This is more than just a recent occurrence. The London Medical Dictionary (Parr, 1809), like many texts of the same period, uses the word cure hundreds of times without providing a definition. No current medical reference defines cure, much less providing an authoritative definition (Merck, 2011) (Harrison's, 2011) (Lange's, 2016) (Ferri Fred F, 2019) (DSM-5, 2013). Many references to cure in these texts are *no cure for*, *cannot be cured*, *incurable*, and similar phrases. There are many usages of the words ‘cure-rate’ in some variations – although most are clear that cure-rate does not measure cured. Incurable is undefined in several 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 often defines incurable only with respect to medical treatments, “*being such that a cure is impossible within the realm of known medical practice*” (Barron's, 2013).

Cured is defined medically for an infectious disease where the infectious agent can be killed or removed by an approved antibacterial, antifungal, or other antiparasitic medicine or a surgery. No other cures are officially recognized.

Currently, cured is not defined medically, in a testable fashion, for any non-infectious disease.

No medical practice, from Hippocrates medicine, Ayurveda and Traditional Chinese Medicine (TCM) to various so-called alternative medical practices from homeopathy, naturopathy, chiropractic, reflexology and others to the current systems of conventional medicine, Evidence Based Medicine (EBM), Functional Medicine, and osteopathy provides a functional definition of cure or cured. As a result, none can document or study cures scientifically.

We might wish to believe that if a medical condition judged incurable is subsequently cured, the case is documented, and the curative success changes it to a curable condition. On the contrary, all such cases are ignored or actively dismissed. It wasn’t a clinical study; therefore, it wasn’t scientific and doesn’t count. We have many cure claims for arthritis, autism, back pain, depression, diabetes, and even cancer. They can neither be scientifically validated; nor scientifically dismissed without a definition of cured.

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

The vocabulary of medicine is poorly suited to studying the concepts of cure, curing, and cured. Doctors who speak of cures are often confused about simple issues, such as “*do we cure the patient or the disease.*” The disease concept is not defined to facilitate understanding of cures, curing, or cured. Instead, it is designed to facilitate prevention, diagnosis, and treatments, most of which are simply non-curative.

To explore the concepts around cure, we need a new vocabulary – and to that end, this paper contains, an appendix, a vocabulary of terms necessary to define, study, and build our understanding of cure, cures, curing, and cured.

What is Cured by a Cure?

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

In 2004, Mildred Blaxter wrote: “*Disease is the medically defined pathology. Illness is the subjective experience of ill health. Sickness is the social role of those defined as diseased or ill.*” (Blaxter, 2004)

Do we cure the patient’s perception of illness, the doctor’s perception of the disease, or a community’s perception of the sickness? All three? Any two? Any one? The fields of medicine encompass many different practices that are individually and collectively without scientific theory, much less theoretical agreement. Perhaps we shouldn’t be surprised that cure is not well defined.

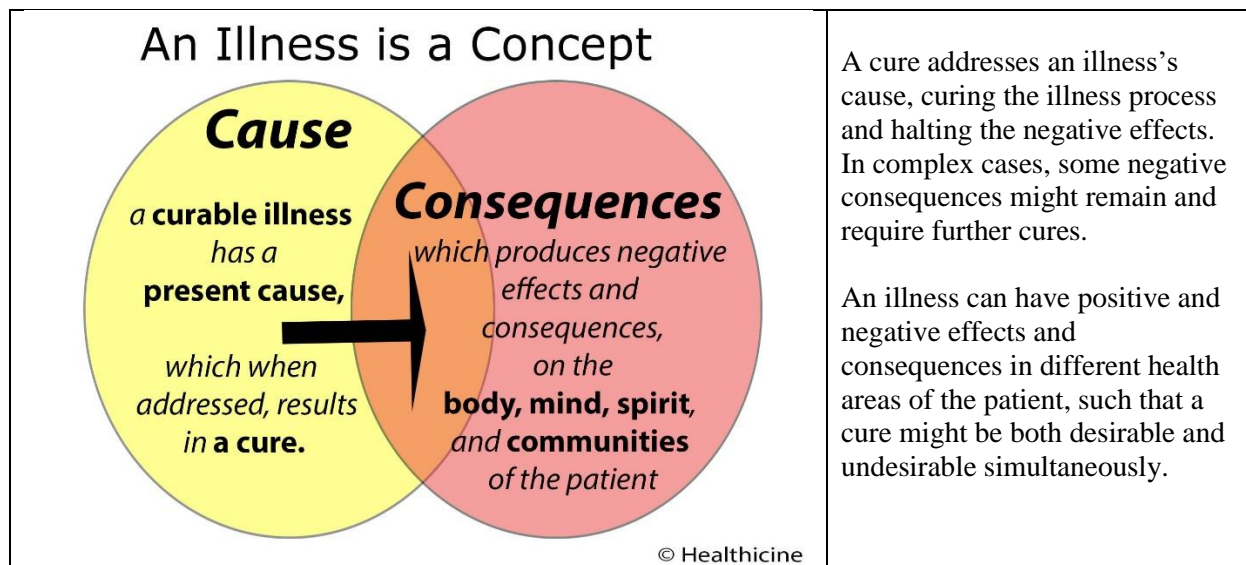
To define cured, we begin with a definition of what is to be cured. In this paper, I use the term **curable illness** to describe a case of **illness** that can be cured.

Illness

What is an illness? Health is whole. An illness is a hole in health, a hole in healthiness, a disruption in the healthy life processes of an individual living entity. Unhealthiness, not illness, is the opposite of healthiness. As healthiness grows, unhealthiness shrinks; as unhealthiness grows, healthiness shrinks. An illness is often the result of growth of unhealthiness.

An illness is a judgement that a hole is present. An absence of healthiness, might be present in our healthy life attributes, or our healthy life processes, each of which affects the others. A curable illness is a specific case, not a statistic.

A curable illness can be cured. References to illness in this text refer to *curable illnesses*. Incurable conditions, disabilities, handicaps, and 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, its present causes and cures can be mapped to curable illnesses.



The key to understanding and curing any illness is found in its present cause or causes. Every curable illness has a set of present causes, which either actively or passively maintain the illness state—a set of present causes which, when successfully addressed, results in a cure.

Element of Illness

An illness element is an intersection of a single present cause and its negative consequences on an individual's body, mind, spirits, and communities.

Any cause of illness might also be beneficial in specific ways. Unfortunately, we judge an illness as the negative consequences of a cause and often ignore or dismiss the positive ones.

An illness with more than one present cause is a compound or complex illness consisting of several elements requiring multiple cure actions. An illness element with a single cause might be easily cured by addressing that cause, or it might be a part of a more significant illness, having multiple present causes – the larger cure requiring us to address multiple causes, perhaps in specific sequences.

The Presence of Illness

This paper is about curable illnesses. Only a curable illness can be cured. A curable illness exists in the present. Its cause is present. When illness is present, “*a cure is better than a preventative.*” In addition, a cure is the best preventative for illness consequences, including other illnesses that the illness might cause.

Cause

An illness cause is present and responsible for an element of illness. Many medical researchers, like epidemiologists, study past causes, aiming to prevent illness – often with no intention to cure. We might hypothesize many past causes for any illness, but these can only be accessed to cure if they are also present causes. Many illnesses and most diseases have multiple present causes. Causes come and go. As a result, elementary illnesses are often cured quickly and easily. Compound and complex illnesses are more likely

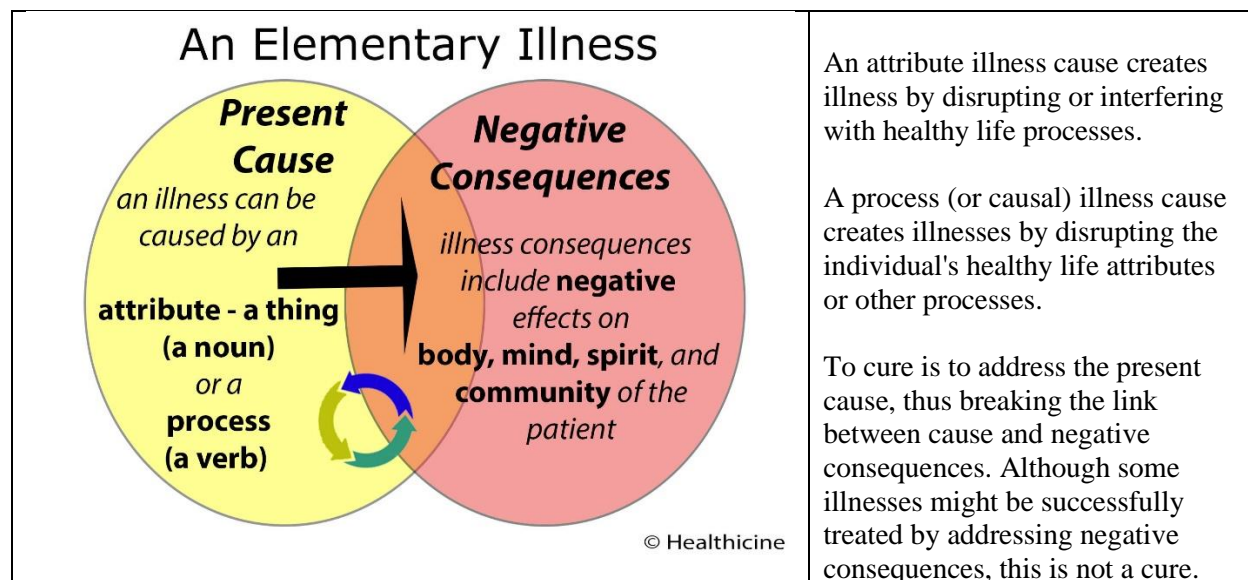
to persist, create injuries, and require intentional cure actions.

Element of Cause

The cause of an illness might be the presence or an excess of a cause or the absence or deficiency of a necessary healthiness. A present, excessive, deficient, or absent cause might foster healthiness in one situation or one dimension of healthiness while causing unhealthiness and illness in another.

There are two basic types of causes responsible for both illness and healthiness: attributes and processes, which can be more generally described as noun and verb causes. All systemic problem elements, not just living system illnesses, can be viewed as caused by an attribute (noun) or a process (verb). Therefore, any elementary systemic process consists of at least one attribute and one process – one noun and one verb. Every cause of an illness element is a present attribute (or its absence) or a present process (or its absence) judged responsible for the illness, to be tested and proven by a cure.

This following diagram expands the concept of elementary illness to illustrate the possibility of either an attribute cause or a process cause.



The immediate effects of a causal attribute are on a process, and a causal process are on a corresponding attribute – although the illness might not be apparent at that immediate location. A cure proves the cause.

Cure

A cure, or curative, is an action that addresses the cause and its consequences, ending the illness. A cure is the end of a specific case of illness. A cure, in this paper, is an action, not a noun, not a thing, not a medicine.

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.
James Lind, A Treatise on Scurvy, 1771

James Lind commented that there are many cures for scurvy, even though we now understand it to have a single theoretical cause – a deficiency of Vitamin C. Every illness cause has many potential cures.

Most illnesses are cured naturally by healthy actions. Some are cured by actions that trade one aspect of healthiness for another. Few are cured by actions that reduce healthiness. When an illness is completely cured, healing has completed, signs and symptoms have faded and gone, and no more medicines are required. But no cure is final: life goes on.

Element of Cure

An element of cure is an action or a set of actions that addresses a single cause, curing an illness element. Addressing a single cause and successfully producing a cure proves the cause. We might debate, but there is no better proof of cause and cure. Every cure is a single case, a story, an anecdote.

Physical, Mental, Spirit, and Community Causes

Diseases are generally judged to be present in the body, with present or current causes in the body, and treated with medicines or surgeries for the body. Mental diseases are poorly defined. Spirit and community cause illnesses are not recognized as such. As a result, no truly mental, spirit, nor community caused illness can be cured medically because the cause cannot be addressed by a medicine or treatment prescribed for the body.

From a broader perspective, the causes and consequences of illness might be present in our diets, bodies, minds, spirits, communities, and internal and external environments.

The concept of curable causes in mind, spirits, or communities of an individual does not exist in conventional medicine today. Changes to diet or environments are rarely identified as a cure, even when cures result. Medical discussions of *terrain* are often limited to specific internal environments. However, illnesses with causes in diet, mind, spirit, community or internal and external environments can only be cured by addressing the diet, mind, spirit, community, or environmental causes. When we cure a similar illness or disease by addressing a different cause – we prove *that was the cure cause*.

Attribute Causes: Attribute Illnesses

An attribute is a noun, a thing, or some aspect of a thing. Life creates, modifies, uses, and destroys attributes of diet, body, mind, spirits, communities, and environments to healthy advantage. Life is naturally healthy. Few attributes cause illness. Those that do only cause illness occasionally. The same attribute might cause or facilitate healthiness, unhealthiness, or cause illness in different circumstances.

Attribute Cures are Transformations of Cause

Illnesses with attribute causes are cured by transforming the present causal attribute, which might occur when an attribute is diminished, destroyed, increased. or created depending on its causal nature.

Attribute cures are permanent, one-time transformations. The causal attribute (or its absence) is gone. If the attribute cause is created or occurs again, a new case of illness might result.

Injuries are Attributes

Injuries are the most common attribute illnesses. Throughout our lives, we suffer many minor injuries, a few moderate injuries, and fewer severe injuries – some of us suffer one deadly injury.

The injury is an attribute, the present cause of negative signs and symptoms, the hole in healthiness. We might suffer injuries to our bodies, our minds, our spirits, or our communities as a result of excessive stress. However, the stress that caused an injury is usually in the past. Causes in the past cannot be accessed to cure unless they are also present.

Injury illnesses are negative attributes caused by stress, sometimes by an absence of stress. Stress is essential to life and stress normally facilitates healthiness. Life forms use stress to advantage, and no life process can function without stress. Most stresses of the mind and of body do not cause injuries.

Healing Cures Injuries

Most injuries are cured by the healing of body, mind, spirits, or communities. Healing is a natural transformation that absorbs, repairs, and creates new attributes and processes. The concept of an element of illness is less important for curing injuries because most injuries have natural cures – healing. Like any cure, healing is never perfect, even when the result is better than before. To cure, we must accept imperfection.

Process Causes: Causal Illnesses

Processes of diet, body, mind, spirit, community, and environment enable and facilitate life, healthiness, and also illness. Life does not exist without intentional processes. We use life processes to individual and community advantage. Life spirits are intentional processes to live, grow, survive, reproduce, and evolve.

A present, absent, excessive, or deficient process might create healthiness in one situation or aspect of life and cause illness in another. However, few life processes cause illness, and even those that cause illness do not cause illnesses in every situation.

Causal Cures

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

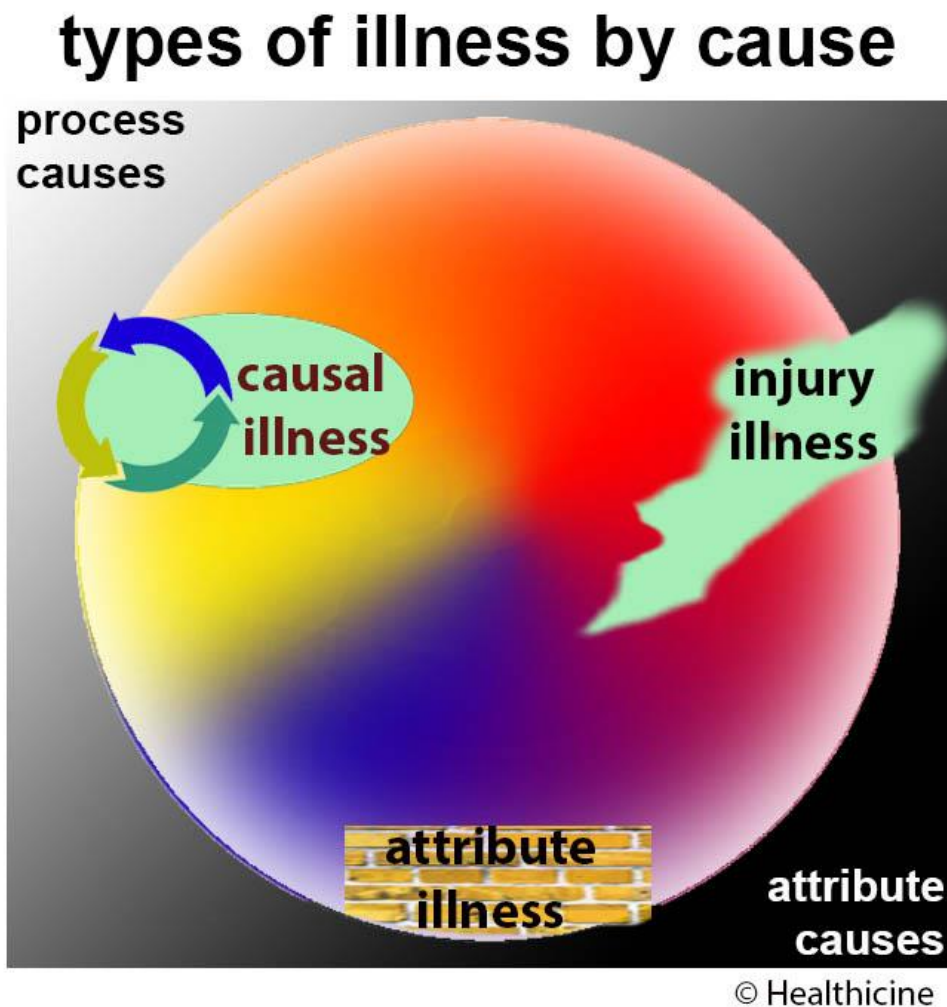
Preventative Causes

Causal cures are preventatives when illness is not present and curative when illness is present. For example, vitamin C prevents illness when scurvy is not present and cures when it is present.

It is essential to distinguish between causal cures, which also prevent illness, and non-curative preventatives. Most preventatives, including most medical preventatives – cannot cure any illness or disease.

The Illness Picture

There are two elementary causes of illness – attributes and processes. They result in three basic types of curable illnesses – attribute illnesses, injuries, and causal illnesses. This diagram brings these concepts together in a single image.



Each type of illness often starts small, almost insignificant, on the circle's borders and grows in severity as it moves towards the centre, the core of the living entity. Some illnesses grow faster than others – and a few, like a heart injury, might be instantly deadly.

There are no clear distinctions between the two types of causes, nor between the three types of illness. We create distinctions to facilitate and understand curing. When we cure with healing, the illness was an injury. When we cure with a one-time transformation, we have cured an attribute illness, one caused by a thing. When we cure with an ongoing process, we have cured a causal illness, one caused by a process.

Stress Causes

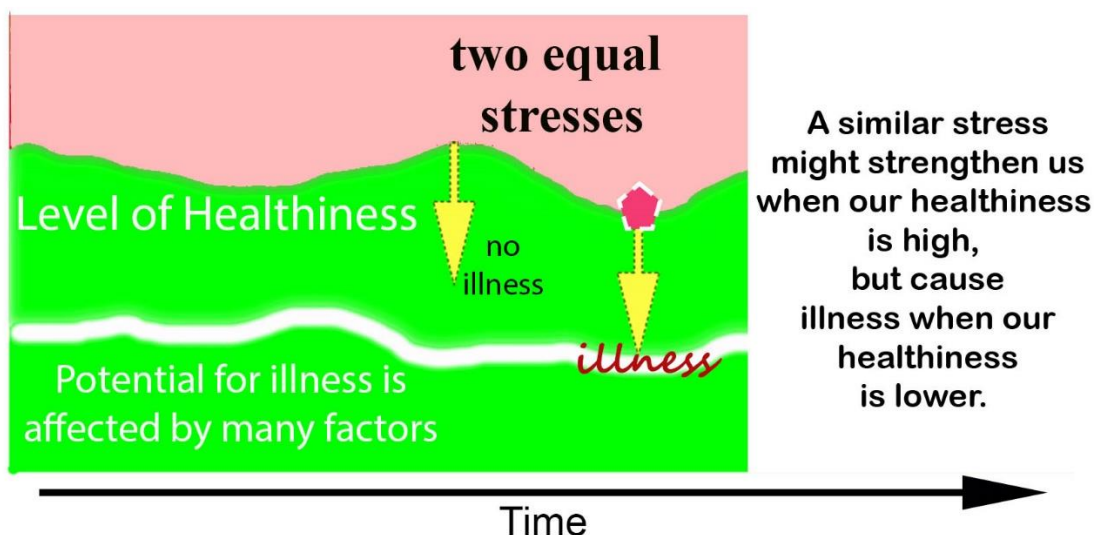
We often see reference to illnesses, not just injuries, caused by stress. Stress is a general term and stress can

lead to healthiness or to illness. Most stresses cause healthiness not illness. Individuals use stress to advantage. Stress is essential to life and health.

An elementary stress is produced by the interaction of a process (verb) and an attribute (noun). All illnesses might be viewed as caused by present or past stress, although this can lead to misunderstandings when the stress of a deficiency causes illnesses.

A stress that overcomes the strength and health of an individual can result in illness, injury, or both. When an individual is healthier, they can handle more and stronger stresses without illness and even use them to advantage.

Illness Occurs when Internal or External Stresses Overcome Healthiness and Strength



The stress that causes an illness might be the stress of a physical attribute, like dehydration, or it might be the stress of a process, like a faulty diet or social abuse. One stress illness might be cured by addressing the stress, another by increasing the healthiness of the individual, such that the stress is handled without illness. Increasing healthiness, not strength, is a key to curing these stress illnesses. Increased strength might become excessive, leading to unhealthiness and illness.

Our strength and healthiness naturally fluctuate up and down, growing as we mature and falling as we age. As such, the stress level that might cause illness rises and falls in similar fashion.

A deficiency is also stressful, but it's a different kind of stress, requiring different types of cures.

Deficiency Causes

A deficiency of a necessary to healthiness can result in an illness. Many deficiency causes, and the deficiency illnesses they cause, like scurvy, are always in waiting. Healthier individuals have more ability to handle and compensate for deficiencies without illness.

Deficiencies that can lead to illness include not just deficiencies of things, but also deficiencies of process, including deficiencies of stress, exercise, and rest. In contrast to stress causes, few deficiency-caused illnesses can be cured by improving other aspects of healthiness, although some might be better tolerated by such actions.

After a deficiency illness is cured, a new illness might occur if the same type of deficiency occurs again. The illness was cured. A second case is not remission followed by recurrence. Potential for many deficiency illnesses is always present, regardless of prior illnesses or cures.

Compound Illness

A compound illness is present when two or more present causes create similar or overlapping signs and symptoms of illness. Most diseases are named by consequences, not cause. Therefore, it is possible to have two very similar illnesses, with independent causes, which might have identical disease names. Compound illnesses are often diagnosed as a single disease. Few, if any, illnesses – except injuries – are diagnosed as compound diseases.

Illnesses uncured can accumulate causes, leading to compound illnesses, which are more challenging to analyze and cure. For example, a person who is obese might easily, over time, start eating even more and exercising less, creating a more compound illness. Compound illnesses are less likely to be cured naturally because multiple causes are present, so multiple cures are required.

Curing a compound illness requires one curative action for each present cause. The sequencing of cure actions might be important.

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

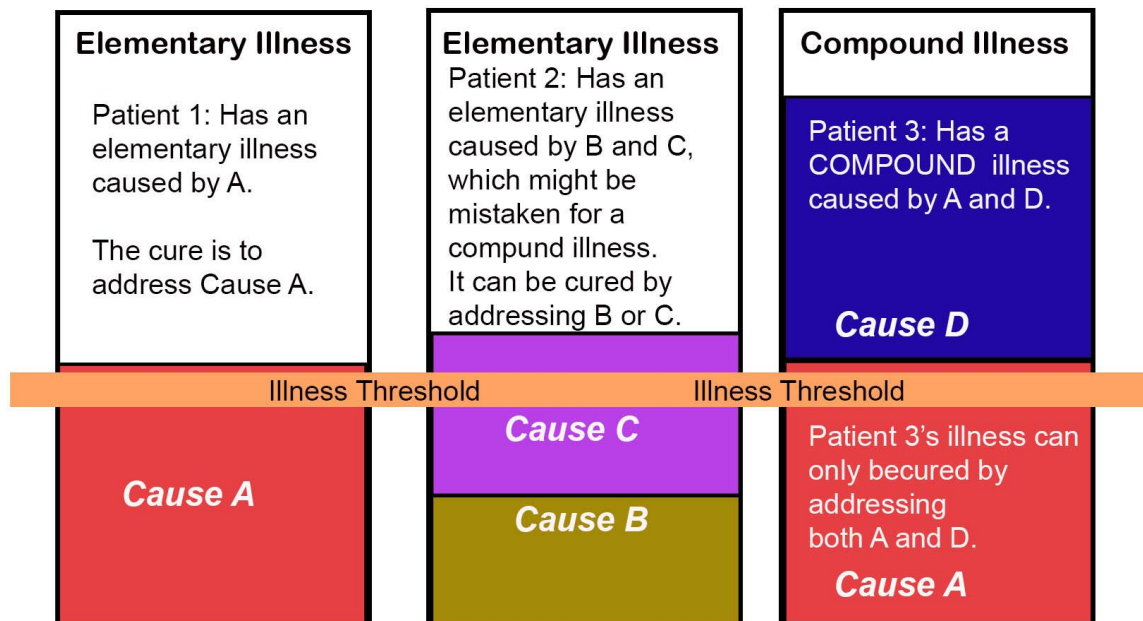
False compound Illnesses

We might also encounter *false compound illnesses*. A true compound illness requires two or more cures to address two or more causes. A false compound illness is present when we believe an illness has two or more causes – but it is cured by addressing a single cause. How might this happen? Understanding how it can occur, informs our knowledge of illnesses causes and cures.

The following diagram illustrates the difference between an elementary illness, an illness with two potential cures, which might be incorrectly judged as a compound illness, and a compound illness, which requires two cures.

Elementary vs Compound Illnesses

A false compound illness is a mistaken view of an elementary illness.



© Healthicine

An elementary case of illness might have one, two, three or more contributing causes, each of which, when addressed, results in a cure if addressing any single cause brings the set of causes below the illness threshold. From a cure perspective, a false compound illness is proven to be elementary when we cure it by addressing a single cause. As previously stated, there are often many ways to address any single cause. Once a cure is present, the cause has been proven by the cure. As a result, it can be easy, even common, that three patients with similar illnesses, diagnosed with the same disease, are cured by three different actions. We might debate that other causes were equally important, but the question is moot once a patient has been cured.

How can we be sure of a compound illness? A compound illness existed when it required two cures. The cure proved the causes. For example, if patient two was cured by two lesser actions that partially address Cause B and Cause C, then the illness cured was a compound illness. The cures prove the causes.

Secondary Illness

A secondary illness is present when one illness element has caused another. One illness, uncured, might cause many different secondary illnesses. The most common secondary illnesses are injuries, and many, perhaps most, diseases cannot be diagnosed until injuries occur. From the perspective of cures, an injury caused by an illness might be seen as caused by a failure to cure the primary illness. However, an elementary illness might cause other attribute or causal illnesses before it is noticed.

The secondary illness is different from the first illness with respect to present causes, signs, symptoms, and consequences. However, our medical systems often give a single disease name to an elementary illness and its secondary, tertiary illnesses and illness consequences. Diabetes develops over time into a challenging set of illnesses caused by illness, many of which fall under the incurable umbrella disease name “*diabetes*.”

Sometimes a primary illness is cured, leaving the secondary illness as the sole illness. In other cases, the primary illness persists, existing with, recreating and maintaining the secondary illness as a complex illness.

Complex Illness

A complex illness exists when a present illness is causing another illness. As a result, 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 because the primary illness recreates the secondary illness.

Sometimes, curing a primary illness facilitates the natural curing of the secondary illness. In other cases, two or more intentional curative actions are needed.

Temporary Illness

A temporary illness has a temporary cause. Many illnesses are cured by healing. Transient causes are common, and as a result, many illnesses appear and fade away quickly. Most injuries are temporary due to the natural processes of healing.

Repeating Illness

A repeating illness occurs when a cause repeatedly reoccurs after it has been addressed by a cure, creating a new case of a similar illness. Although repeating illnesses might be common, the concept of a repeating illness or disease does not exist in today's medical practice, perhaps because recognizing a repeating illness requires recognizing a repeating cause and its cure.

A repeating illness is cured by addressing the repeating nature or attribute of the cause. Each individual case must be cured as well.

Chronic Illness

A chronic case of illness has a chronic cause. Chronic causes, like all causes, are not necessarily negative. Healthy habits are chronic causes of healthiness. A chronic infection might result from the continued presence of infectious bacteria that repeatedly, chronically creates infections – or from chronic unhealthiness leading to gingivitis infections. Often a chronic illness cause is insufficient to cause illness when not chronic. Chronic obesity, for example, can be caused by over-eating, which might cause other illnesses, but not obesity until the overeating is chronic.

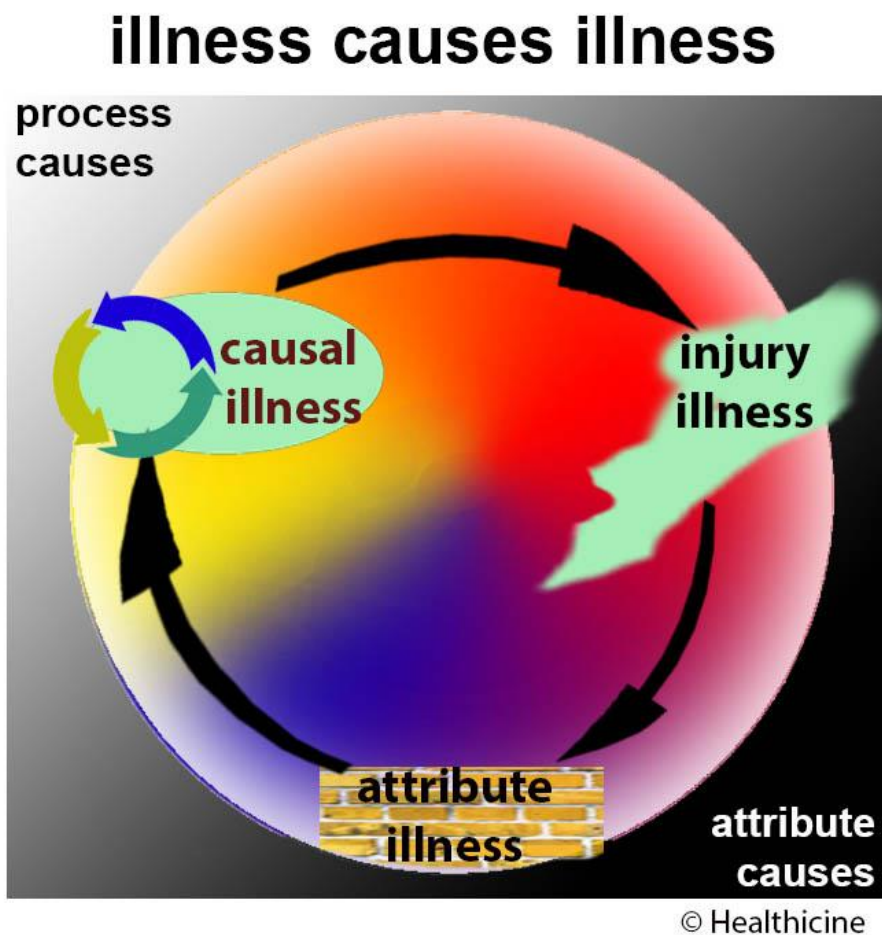
Unfortunately, conventional medicine often defines and diagnoses chronic disease without reference to cause and, as a result, fails to understand the nature of chronic causes. In addition, all mind and spirit-caused diseases are currently viewed as chronic and incurable because medicine cannot address their causes.

All chronic illnesses can be viewed as attribute illnesses, a consequence of the chronic attribute of the cause. Attribute illnesses are often naturally chronic, caused by the presence of an attribute that persists until it is transformed. Causal illnesses are also often chronic, lasting as long as the flawed process (or its absence) is present.

A chronic illness is cured by addressing or transforming the chronic attribute of its cause.

Circles of Illness

The circle of illness image shows the natural progression of many illnesses if they remain uncured. An illness might start at any part of the circle.



Causal illnesses create injuries – attribute illnesses. Injuries heal, but when they do not heal correctly, the result can be a negative attribute, causing an attribute illness. In addition, injuries and other attribute illnesses can cause changes in life processes and behaviours, which might create a causal illness.

Over time, a patient might acquire several elementary illnesses, which, if uncured, create independent or even linked circles of illness.

As illness uncured causes other illnesses, the circle becomes a downward spiral. Cures are the only exit.

Summary: Types of Cures

There are two fundamental types of illness cures: transformational (attribute) and causal (process) cures. Healing is an attribute transformation cure. Every cure is a change, a transformation of the present cause, which might be present in diet, body, mind, spirit, community, or environments.

Transformational Cures:

Transformation cures generally address attribute causes, although we might view all cures as transformations. Attributes are added, removed, or changed such that the illness is cured. An illness element cured by a one-time transformation of diet, body, mind, spirit, community, or environment was an attribute illness.

Healing Cures:

Healing, the most common cure, transforms injury attribute illnesses, progressing naturally through absorption of damage and regrowth that often function simultaneously. An illness cured by healing was an injury attribute illness.

Causal Cures:

Causal cures are the process's ongoing addition, removal, or change. Causal cures are ongoing. The curative process must be maintained to maintain the cure. An illness element cured by an ongoing change to a life process was a causal illness. A curative change to a process that does not require continual management is an attribute transformational cure, not a causal cure. Modern medicine does not currently recognize any causal cures.

Complex and Compound Cures:

Compound and complex illnesses require multiple cures – one for each present cause. They might require both attribute and causal cures. When an illness is cured by addressing a single cause, it was elementary, by addressing multiple causes, it was compound or complex. The cure proves the cause.

Temporary Cures

A temporary cure occurs when the cause of an illness is temporarily addressed. A temporary cure is sometimes useful to understand the illness's cause and produce a permanent cure. However, today's conventional medicine views almost all cures as temporary. As a result, patients and physicians live in constant fear of re-emergence, as if the cured illness was a beast or evil spirit gone into hiding.

Sometimes, an illness's cause is intentionally temporarily addressed, producing a temporary cure. Sometimes, a patient's healthiness is temporarily improved, resulting in a temporary cure.

In some cases, a temporary cure might be the best alternative. Infantile scurvy is cured with Vitamin C supplements because the diet will change over time such that the cured state persists. (Merck, 1951) In other cases, it's the wrong alternative. Attempting to cure adult scurvy with supplements, in addition to failing to cure it, can easily miss other illnesses related to the dietary cause.

Permanent Cure, Perfect Cure

Every true cure is permanent. The cause has been successfully addressed, and the present case of illness is cured. The illness disappears. A curable illness is a concept, a mental construct, the intersection of a curable cause and its consequences. It is not a thing, not a virus, bacteria, or an evil spirit – those are simply causes.

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

No cure is perfect. Life goes on. Life is about living, adjusting to reality, and adjusting reality to our needs, not perfection.

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

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 occurs 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 addressed. A partial cure might be temporary or permanent.

Healthy Cures

Most cases of illness are cured by improving healthiness. This concept can be challenging for two reasons.

Firstly, we have no science of healthicine. We don't have any techniques to measure healthiness outside of measuring illness – even when we know healthiness has been improved in some way. The World Health Organization's statistics about *health* are prepared by measuring illness. An illness is a hole in healthiness, not the inverse nor opposite of health.

Secondly, cures also improve healthiness. We might ask, “*which came first, the cure or the improvement in healthiness?*”

Although the common cold, measles, mumps, and influenza are often described as “*there is no cure for*” in current medical practices, most patients cure these illnesses easily. Are they cured by fighting the cause or by improving healthiness – or does it vary on a case-by-case basis?

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

Is Curing so Simple?

Is curing illness almost trivial? Identify the cause and action of the cure. Unfortunately, our medical systems view most diseases as incurable. By the time we die of old age, many of us have several diseases. How can these views be reconciled?

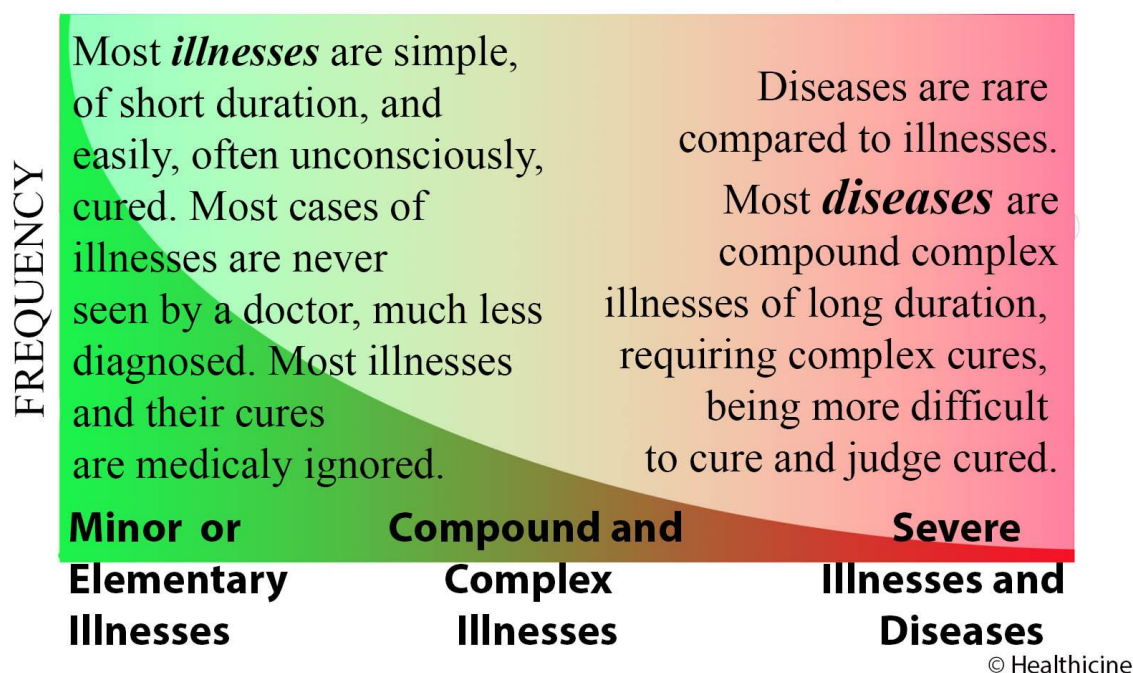
Perhaps the first thing we must clarify is that we do not cure “*diseases.*” Searching for “*the cure for cancer,*” or “*the cure for tooth decay,*” or “*the cure for depression*” is a fool's goal. We cannot expect to cure every cut, every bruise, and every broken bone, much less every case of cancer. We cure individual cases. Most cuts and bruises are easily cured. Dental surgeries cure many cases of tooth decay; others might be cured by nutrition or other actions. Most cases of depression illnesses are not even diagnosed as diseases, only as symptoms of depression. We might be surprised to learn, if we look at every case, that most cancer cases are cured today.

Most illnesses are trivial and easily cured. Many illnesses start gradually, as a tiny hole in our health. Many

are cured without conscious attention. For example, we often suffer minor cuts, bruises, and even infections, without being aware of them – unless someone points them out: “*Where did you get that bruise?*” response: “*I didn’t know I had a bruise?*” and then a few days or weeks later, it’s gone, forgotten, cured.

The following diagram illustrates the frequency of illness, from minor illnesses, easily cured to severe diseases that are difficult or impossible to cure.

Most Illnesses are Minor and Easily Cured



When we have a minor illness, a cut, a bruise, an infected tooth, an upset stomach, or a headache, we don’t want to bother a doctor with a trivial illness. If it passes, cured, all is well. Our doctors and our medical systems are generally unaware of these minor illnesses and also unaware of their cures.

When we visit the doctor with a moderate but easily cured illness, perhaps the doctor stitches a wound, prescribes a painkiller or antibiotic, or maybe provides some advice “*rest for a few days*” or reassurance – “*take two aspirin and call me in the morning,*” the illness – in many cases, is easily cured. But no cure is documented. The illness was hardly important – and the cure is also unimportant. Perhaps most importantly, although the doctor’s time can be billed – the recommendation cannot. It’s not a commercial product.

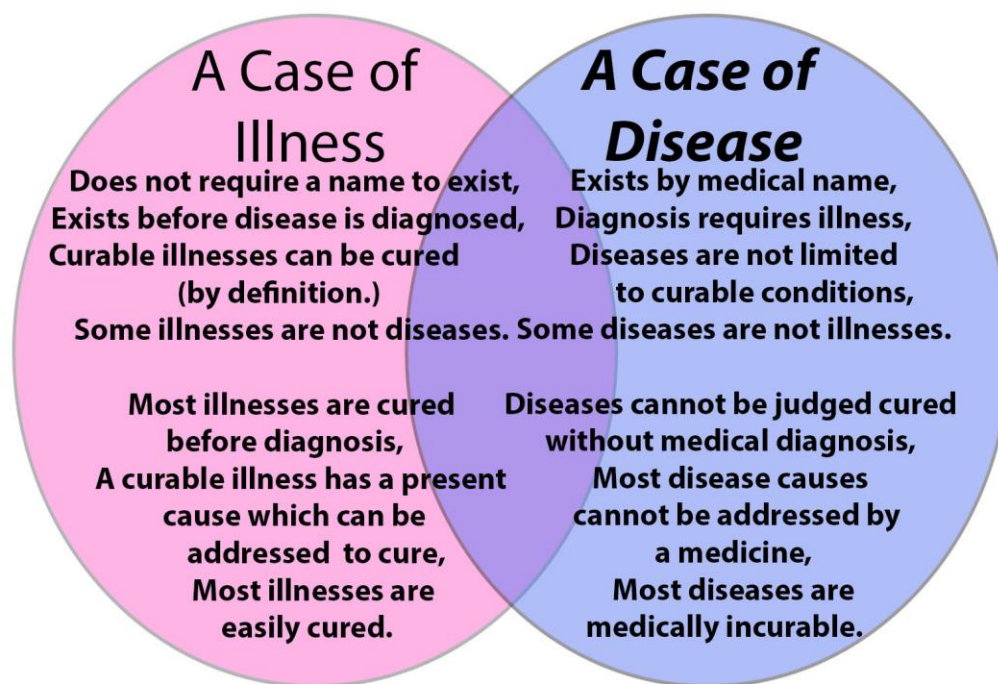
Doctors spend most of their time on severe incurable diseases because those diseases persist. A doctor might treat many single cases of a sprained ankle, a broken bone, or an upset stomach, but patients with arthritis, osteoporosis, Crohn’s, diabetes, and heart disease persist. Doctors see them repeatedly, and these patients become the main component of the medical view. Nine of the top ten causes of death in the USA are considered to be incurable. We get these diseases, and we have them until we die: heart disease, stroke, Chronic Pulmonary disease (COPD), lower respiratory infections, cancers, Alzheimer’s, diabetes, and kidney disease. Because these diseases persist, it’s essential and easy for our medical systems to focus attention on them. As a result, most diseases seen by doctors are considered incurable. This has led to our medical system drifting to a focus on preventing and treating incurable diseases. Cures have disappeared.

Our medical systems fail to see simple cures. Most elementary cures are not medical and do not require medical attention. We generally ignore cures of moderately severe illnesses and deny cures of severe diseases. Cured is medically defined for a few infectious diseases. Cured is not scientifically defined for any non-infectious disease. Cures are thus seen as impossible - miracles. Cure claims are generally viewed with suspicion, so much so that many doctors avoid the word cure and advise their staff to do the same. We have no statistics for cures.

Illnesses (curable cases of illnesses) can be cured. At the same time, some diseases cannot be cured. Our understanding of cure is so weak that we have little idea which might be cured or incurable. Limiting our view to curable illnesses is a powerful tool to study cure, but it excludes many diseases. On the other hand, doctors must treat all patients and cannot choose to treat only curable conditions.

Cases of curable illness are similar in many ways to cases of disease but also different in many ways.

A Curable Illness vs A case of Disease



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This diagram illustrates many differences between a case of curable illness and a case of disease. Diseases are not defined to facilitate curing. Many medical conditions and diseases are seen as incurable by definition. Most illnesses and diseases are *incurable by medicines*. However, many diseases considered incurable today – are curable. Cured is not defined for them – making them appear incurable by default or by the absence of a definition of cured.

The problem, the reason we cannot find cures, is not that cures are difficult. Some are difficult. Most cures are simple and relatively easy. Our current medical systems dismiss cures, avoid cures, and, without a clear definition of a cure for most diseases, can neither recognize nor disprove most cure claims.

Curing is simple in theory and often simple in practice. How simple? Most illnesses are cured before they

are diagnosed. Sometimes, we barely notice our illnesses before healing or intentional actions cure them – we ignore these cures, perhaps labelling them spontaneous cures, self-resolution, or placebo effects.

Theory of Cure: Conclusion

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

However, Hippocrates did not recognize that most illnesses are trivial. When he 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) he was simply wrong. His assumption that what he could not cure and a surgeon could not cure is incurable ignores most cures. Most cures come from health, not from medicines nor medical treatments.

We can learn to study and understand illnesses and curing by isolating and addressing single elements of illness by acknowledging, investigating, and documenting cures as they occur.

An element of illness has a single cure cause. An element of cure addresses a single cause, curing an illness element. Compound and complex illnesses have more than one cure cause and require multiple cure actions.

Most cures depend more on the actions of the patient than the actions of any medicine or doctor. Doctors cannot cure causal illnesses – except perhaps their own. They might facilitate cures by understanding illnesses, causes, cures, and patients and communicating their observations and knowledge. Most cure actions come from the patient. Unfortunately, as many doctors – and even patients - are aware, patients might prefer a medical treatment that does not cure over making curative changes in their lives.

Health is slow and steady. Health is honest and true.
The Healthicine Creed

As we study elements of illness and elements of cure, we will see that the cure for most illness elements comes from health improvement. There are no trick cures. We can’t trick health. When we view a disease as having a single, specific solution, we might easily miss or misunderstand its many causes and their cures.

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

Causal cures, for the most part, come from the patient, sometimes from caregivers or nurses – rarely from doctors. A doctor’s time is too valuable to maintain a causal cure unless it is their own – as in *physician, heal thyself*.

Vocabulary of Cure

Today's medical theories and practices have no defined vocabulary of cure words. The words cure, cures, curing, and cured are rarely defined in authoritative medical references, and definitions and use range from inconsistent to contradictory. In addition, cure and cures might be nouns, verbs, and processes, ranging from natural and intentional actions to random events to miracles. Concepts like heal, healing, and healed, being "*not brought about by a medicine*" are ignored medically. Standard medical terms like disease, disorder, sickness, and medical condition have similar weaknesses. Our current concepts of causes of illness are too weak to facilitate curing most diseases. Modern medicine has a primary focus on prevention, such that most diseases and most disease causes of death are considered incurable. Medical philosophers might ask, "*do we cure the disease or the patient,*" but do not have an understanding, a vocabulary, sufficient to answer such questions. As a result, actual cures, when they occur, are ignored. They are "*out of scope.*"

We need a basic dictionary or vocabulary of cure to study the concepts of cure. The following is the vocabulary used in this paper.

cause: a cause of illness might be a deficiency or excess of an attribute or process of diet, body, mind, spirits, communities, or environments. Until the illness is cured, the cause is hypothetical. Once cured, the cure action is or creates the inverse of the cause, curing the illness. The cause of an elementary illness is proven by a cure action which succeeds by addressing that cause.

attribute cause: an attribute cause of illness is a noun, something which, by its presence or absence, is responsible for causing the illness. The cause is proven by a cure action that changes the causal attribute.

bodily cause: an attribute or process of the body causing an illness, such that changing that attribute or process results in a cured state.

community cause: an attribute or process of the community causing an illness, such that changing that attribute or process results in a cured state.

cure cause: a present cause of illness which, when successfully addressed, leads to a cure.

dietary cause: an attribute or process of the diet causing an illness, such that changing the diet results in a cured state.

environmental cause: an attribute or process of the internal (terrain) and external environments causing an illness, such that changing that attribute or process results in a cured state.

mental cause: an attribute or process of the mind causing an illness, such that changing that attribute or process results in a cured state.

past cause: a past cause of an illness might be totally in the past, or it might also be a present cause. Only a present cause can be accessed to cure. Past causes are hypothetical and might be useful to prevent illness but cannot be accessed to cure unless it is also in the present.

present cause: a cause presently causing the signs and symptoms of illness. To cure is to successfully address the present cause of an illness.

process cause: a process cause is an ongoing process that, by its presence, absence, deficiency or

excess, causes an illness. It might be a process of diet, body, mind, spirit, community, or environments. A process cause is proven by a cured state resulting from an ongoing process change.

cure: a cure or a curative is an action or set of activities that address the cause(s) of an illness, ending a case of illness and rendering it cured.

attribute cure: a one-time transformation of an attribute that results in a cured state.

causal cure: a curative action that requires ongoing addition, removal, or change of a process to maintain the cured status and prevent future cases of illness. A preventative cure.

cure element: an element of cure, or a cure element, is an action that addresses a single cause of illness, resulting in a cured state.

complex cure: a cure of two or more illnesses when one present illness is the cause of another.

compound cure: a cured state brought about by two independent actions, which might address attribute causes, process causes or both.

element of cure: see cure element.

holistic cure: a cured state brought about by improving some aspect of healthiness. AKA healthy cure. Many holistic cures reduce some aspects of health while improving others.

medical cure: a cured state brought about or aided by an approved medical treatment, a requirement defined and enforced by the prevailing medical establishment.

preventative cure: a causal cure. A preventive cure action prevents illness before it occurs and cures illness when it is present.

partial cure: a curative action that partially addresses the causes of an illness, resulting in some improvements.

permanent cure: permanent cures do not exist. When any cause of an illness reoccurs, an illness might result.

temporary cure: a cured state attained by temporarily addressing the present cause, such that the illness returns when the temporary cure action or its consequences fade.

reductionist cure: a cure brought about by dividing or reducing aspects of healthiness. Reductionist cures are often a trade-off between different illnesses or states of unhealthiness. Cures can be both reductionist and holistic. Most medical cures are reductionist.

transformational cure: a cured state that results from a one-time change to an attribute or process. A one-time cure might result from healing, by intention, by a random event, or even by accident. We might view all cures as transformations – of an attribute or a process, the illness, and the patient.

deficiency: an absence of an essential to health. A deficiency that causes illness might be a deficiency of status or process of diet, body, mind, spirits, communities, or environment.

disease: a medical condition defined, recognized, diagnosed, and treated by the prevailing medical

establishment, which might consist of zero to many illness elements, having many causes, requiring many cures, and sometimes being incurable.

health: health is whole. A specific unit of health consists of a particular measurable healthiness and its inverse, an unhealthiness. The sum of a healthiness measure and its corresponding unhealthiness measure is 100 percent. Health is hierarchical, holistic, and emergent. Individual healthinesses working together create more complex and holistic healthinesses, facilitating the emergence of new healthinesses.

healthiness: a specific, measurable dimension of health. See unhealthiness.

healing: the natural transformation processes of body, mind, spirits, and communities that produce cured states by addressing attribute causes of illness in body, mind, spirits, or communities. Healing proceeds by destruction, absorption, and damage repair, concurrent with the growth of new attributes and processes.

illness: a case of disruption in the healthiness of a person judged to be an illness. Such judgement might be aided by medical professionals or not. A case of illness might be a case of disease or not.

attribute illness: an attribute illness is an element of illness caused by the presence, absence, deficiency, or excess of an attribute of diet, body, mind, spirit, community, or environment, proven by a one-time transformation of the attribute cause, resulting in a cured state.

causal illness: a causal illness is an element of illness caused by the presence, absence, deficiency or excess of a process of diet, body, mind, spirit, or environment, proven by an ongoing process change which produces an ongoing cured status.

chronic illness: a chronic illness has a chronic cause. It is cured when the chronic nature of its cause has been successfully addressed.

compound illness: an illness with two or more present causes, each of which must be addressed to produce a cured state. See false compound illness.

complex illness consists of two or more illness elements, where the first element causes the others and thus requires multiple cures.

curable illness is a case of illness that intentional or unintentional actions or processes can cure.

element of illness: see illness element.

false compound illness is one considered to have two or more causes, where addressing a single cause produces a cured state. See compound illness.

illness element: an elementary illness or an illness element consists of a single cause and its negative consequences. An action that successfully addresses the cause produces a cured state.

incurable illness: in this text, incurable illness is not defined. It is not possible to prove that any case of illness is incurable.

injury illness: an injury, or an injury illness, is an illness caused by stresses in the past, a cause which cannot be accessed to cure. Most injuries are cured by healing; some require additional actions or assistance. Injury illnesses are attribute illnesses cured by the one-time transformation of the attribute cause. Compound injuries are those that require compound cure actions.

present illness: an illness which exists in the present, one that has not yet been cured.

repeating illness: an illness with a cause that repeats or reoccurs after being addressed. The primary illness is cured each time the cause is successfully addressed. A repeating illness is cured when the repeating nature of its cause has been successfully addressed.

secondary illness is caused by another illness, which might be present or in the past.

temporary illness: a temporary illness has a temporary cause.

preventative: an action intended to prevent illness or progression of an illness. A preventative might or might not be a cure for the same or a different illness.

holistic preventative: a preventative action that functions by improving healthiness.

reductionist preventative: a preventative action that functions by dividing or decreasing healthiness.

stress: a general term defining forces of life, diet, body, mind, spirits, and communities in action. Stresses can produce healthiness or illness. The source of a stress might be internal or external.

unhealthiness: a specific, measurable unit of the unhealthiness of a patient is an unhealthiness. The inverse of a healthiness.

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