

**A Theory of Cure Paper**

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## Introduction

This paper is an update of the paper published in December 2023, *The Natural Evolution of Healing, Caring, and Curing*. After that paper was published, it was revised and included in the book *A New Theory of Cure*, but somehow it still did not provide closure. I believe this paper comes much closer to a powerful theoretical understanding of the three concepts, first by providing clear definitions, then investigating the various gradations between the three, leading to a clear comprehension of how the three concepts of healing, caring, and curing naturally evolved with the evolution of life forms. The word cure is often used for non-living systems and this concept is explored as well in this updated paper.

What are the differences between healing, curing, and caring? Are they the same, different? Sometimes? All the time? What are the differences between healing cures, caring cures, illness cures, and medical cures? What are the differences between healing processes, caring actions, and curative treatments? Where did healing come from? Where did caring come from? Where do cures come from?

Historical and modern medical practices have many confusing, often conflicting definitions of and distinctions between healing, caring, and curing. We have no generally recognized theory of cure and do not study cures, nor cured patients scientifically. Every case of cured is a specific case, a story, an anecdote, not a clinical study. Most medical journals clearly state they do not accept submissions of *cases studies* for publication. Medical science is more statistical based than factual. Facts are considered *anecdotal*, generally ignored. Most of what modern medicine does is to “*care for the injured and sick*.” Unfortunately, we also have no theoretical definition, much less any discussion or analysis of “*caring for the sick*.”

In the mid-1900s, Lydia Hall created the Care, Core, Cure Theory (Chinn, 2018), often referenced as a theory of cure, perhaps because no theory of cure is currently recognized. However, Care, Core, Cure Theory is about nursing, not cure. It’s about medical systems, where, in her model, *doctors cure*, *nurses care*, and the *patient is the core* of the practice. It contains no actual theory of cure, nor care, and no discussion of differences between curing and healing. In fact, healing is barely acknowledged, except to state that “*The source of energy and motivation for healing is the individual care recipient*.” Hall wrote about nursing, a specific, limited aspect of medical caring. In addition, her work is not a comprehensive theory of caring for the sick because most cases of illness are never seen by a doctor or nurse. If we went to a hospital, clinic, or a doctor for every minor cut, scrape, bruise, common cold, influenza, or even COVID, we would be admonished and then sent home to care for ourselves, to heal, and cure ourselves.

This paper uses the model of cure published in the book A New Theory of Cure (Kolenchuk T. , 2021-2025). The theory begins with a concept of curing elementary illnesses, as opposed to the vague complexity of medical diseases. Our current medical concept of disease is too poorly defined to facilitate a comprehensive theory of cure. A curable case of illness might be any injury, medical condition, disease, or other circumstances for which we seek a cure and of which a cure is possible. The theory is general enough for its concepts to be extended well beyond the fields of medicine, to a general theory of systemic problems. In the theory of cure,

the word *illness* describes what is to be cured, but in general, it refers to a *problem* to be *addressed*. A case of curable illness is an illness which can be cured. We cure illnesses, not patients.

The theory of cure uses the concept of *elements of illness* to understand more challenging cases, those that are compound, having multiple causes, or complex, where one illness causes another. A curable elementary illness, or an illness element, is defined as having a single present cause and potentially many negative consequences illness is present. It is cured when the cause has been successfully addressed such that the negative consequences of that cause stop occurring. However, cured is not medically defined for most diseases.

## Defining Healing vs Curing

In many dictionary definitions, healing is curing, and to cure is to heal, with no useful distinction. For example:

Webster uses each for the other.

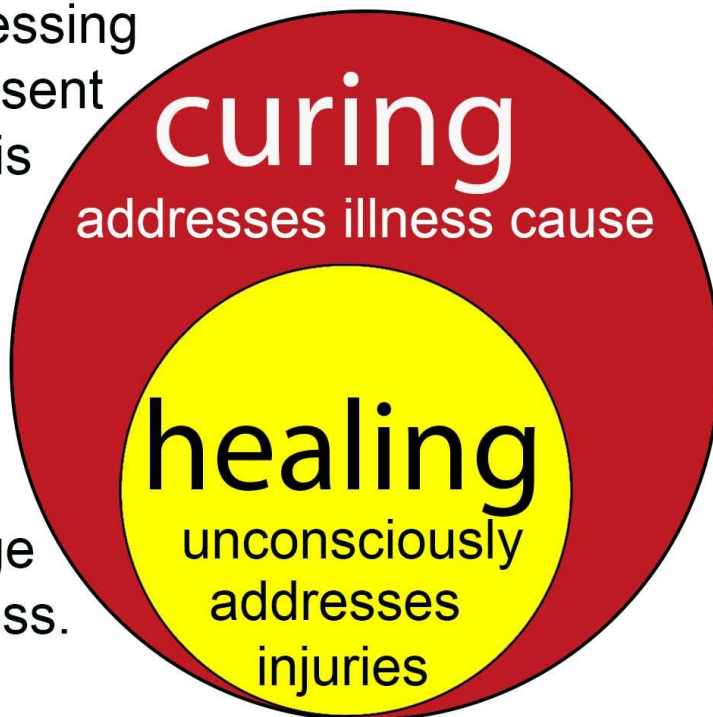
- “**healing** the act or process of **curing** or of restoring to health” and,
- “**cure** vb cured; curing vt : **HEAL**: a : to restore to health” (Merriam-Webster, 1995).

In the theory of cure, healing and curing are clearly distinguished.

Curing is addressing  
an illness’s present  
cause. Curing is  
not healing.

Healing is a  
natural cure  
of injuries,  
often of damage  
caused by illness.

Healing is curing.



Theory of Cure © Healthicine

Healing is a natural process, always active, functioning without need for conscious intentions. We don't think about healing; it just works. Healing patches up the most minor injuries invisibly, curing small wounds efficiently, often curing even severe (curable) wounds slowly. We often think of healing as only healing injuries caused by bumps, scrapes, accidents and many minor illnesses. Healing also addresses injuries caused by infections from viruses, fungi, bacteria, parasites, and social interactions. Healing also occurs in our minds, spirits, and communities. We can't mend a broken heart, but it can often be healed. It's often said that *time heals*, but it's more accurate to say that *healing takes time*. As we age, physical healing naturally slows and we might develop more physical illnesses that are *incurable within our lifetime*. There is some evidence that, as we age, we become wiser, and perhaps mental and spiritual illnesses are thus more easily healed.

## **Curing is distinguished Addressing the Present Cause**

In the theory of cure, healing and curing are generally distinguished by conscious intention to address the cause.

Most curing is intentional. Cures are intentional actions that successfully address the present cause of an illness, breaking the link between cause and consequences. Cure causes might be attributes – like poisoning or dehydration, or they might require processes – for illnesses like starvation or smoker's cough. Curing is more varied than healing because causes of illness are not limited to the domains of body, mind, spirit, and community. Cure causes can be present in the wider domains of diet, body, mind, spirits, communities, and environments.

### **Attribute and Process Causes**

The theory of cure recognizes two fundamental types of causes of health and illness: attributes and processes. Both types of causes are present in the domains of diet, body, mind, spirits, communities, and environments – and in most situation they do not cause any illness. Most causes are neutral or healthy most of the time. Life is a process that takes advantage of causes to survive, grow, reproduce, and evolve.

These two types of causes necessitate two types of cures:

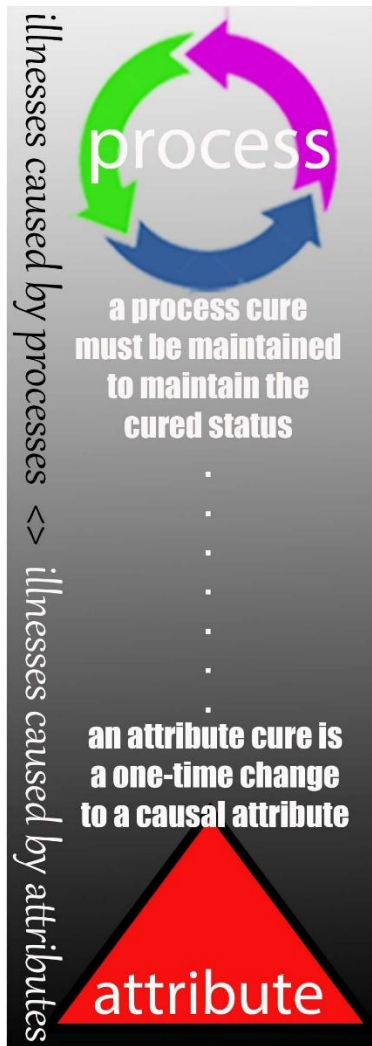
1. transformation of the attribute cause – with a one-time action, resulting in a one-time cure,
2. transformation of the process cause – with an ongoing process which must be maintained to maintain the cured status.

An attribute cause is a present noun; a thing or a status. When the attribute is changed or removed such that it no longer causes signs and symptoms of illness, the illness is cured. Sometimes, the attribute is causing illness by its absence, such that the cure is the addition of a missing attribute – like a dental implant. Attribute cures are one-time cures. If the attribute, or its absence, occurs again a new illness might be caused. A thorn, an infection, and an adverse health status like dehydration are all attribute causes. We cure by removing the thorn, the infection, or

addressing the health status. When a new thorn, a new infection, or a new case of dehydration illness occurs, it is a new case of illness.

A process caused illness is cured by an ongoing process, one that must be maintained to maintain the cured status, to prevent a new case of similar illness from occurring. A process cure is a preventative cure. The preventative process must be maintained to prevent future cases.

Simple scurvy is a status, an attribute illness, cured with Vitamin C. However, an older adult who does not eat a healthy diet and develops scurvy cannot be cured with a Vitamin C supplement. After the status cause is addressed a process, an ongoing process of healthy diet is required to maintain the cured state. Most process cures are natural healthy processes, which are only cures when a life process fails and illness occurs. Many process cures are accomplished and maintained through caring, taking care of ourselves and others. Sometimes, a process cure necessitates stopping a process and maintaining the stopped process. Smoker's cough is cured by stopping the process of smoking. Many process caused injuries are indications that another illness is present, perhaps below the level of the observable signs and symptoms, below the level of a diagnosis. For example, a case of scurvy often indicates that a wider set of malnutrition illnesses are present, and the best cures address not just the scorbutic state – but other failing dietary statuses and processes as well.



**cured by an ongoing process -- cured by a one-time transformation**

#### **Process Illness:**

A poor person suffering from scurvy because they cannot buy healthy foods cannot be cured by a one-time consumption of Vitamin C or a food containing it. The best cure, an ongoing healthy diet, often cures more than scurvy.

#### **Repeating Illness:**

A sailor who develops a Vitamin C deficiency while onboard ship, is cured repeatedly when they take time ashore where their diet meets their health needs. Curing the repeating illness requires a different action, a repeating cure action (or inaction).

#### **Attribute Illness:**

Someone who, simply becomes deficient in Vitamin C, is easily cured with a feast on healthy foods or with supplements.

Theory of Cure © Healthicine

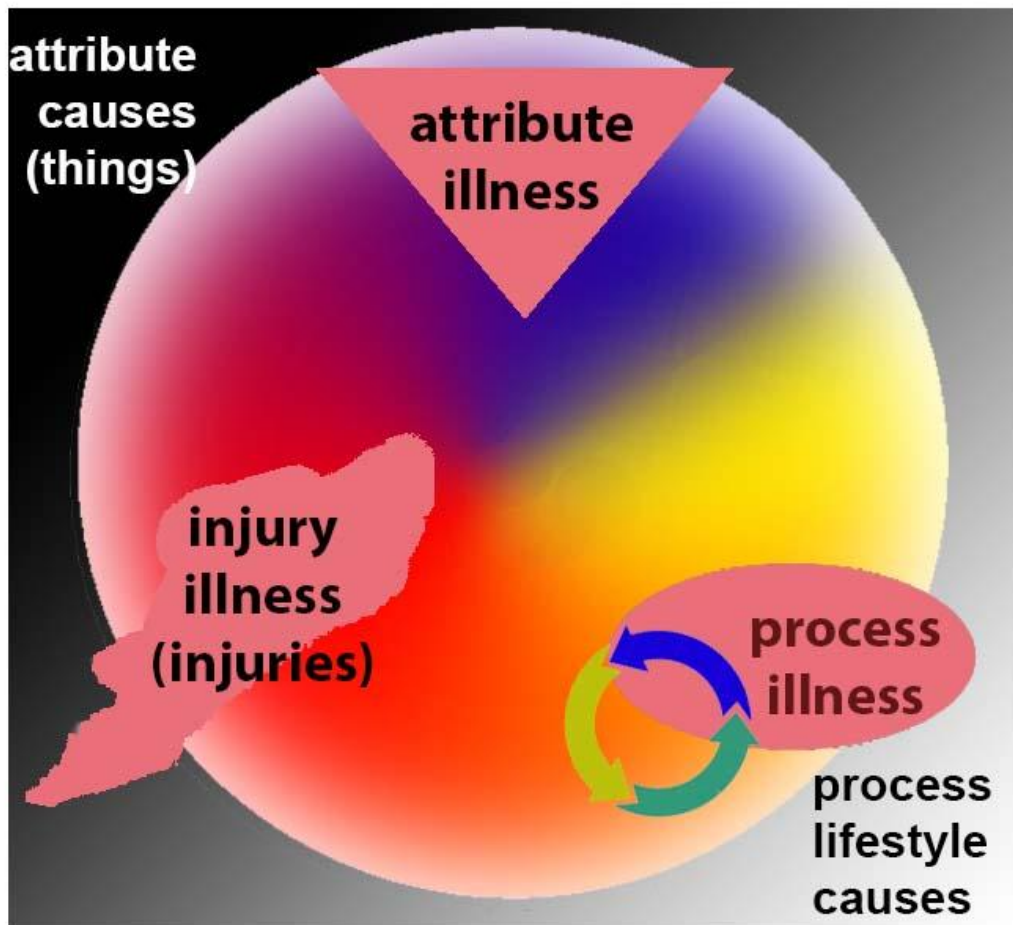
Many illness causes are on a gradient between an attribute cause and a related process cause. Proof of cause comes from the cure – which can also be on a gradient between one-time attribute transformational cures, and ongoing process, preventative cures. Many cases of illness might be seen as having either an attribute cause, or a process cause, until they are cured.

We might see the cause of a cold as not wearing a heavy coat, or working too hard, not getting enough sleep. But these are past causes and cannot be accessed to cure. If believe we cured our cold with sleep – the absence of sleep was also the present cause. If we try to cure our “*sleep caused cold*” with pills or chicken soup – they won’t cure it. Nevertheless, in a week, it will probably “*go away*” – we don’t say cured. Colds force us to rest, the more severe the cold, the more rest it forces.

## Three Elements of Illnesses and Their Cures

There are three elementary illness causes: injuries, attributes, and processes, creating three types of illness elements, requiring three types of cures. Note: injuries are attribute illnesses. This circle image illustrates the three illness causes:

### types of illness by cause



Theory of Cure © Healthicine

The circle illustrates the gradations between different types of elementary causes and their corresponding illnesses. Each specific case of an illness element is unique.

We easily think of most illnesses as having an attribute causes, like evil spirits. An elementary infection is caused by a germ. When we address the germ, the infection is gone. Poisoning is caused by a poison and cured when the poison is removed. A deficiency status is cured by addressing the deficiency, a one-time cure, and the illness is gone. A attribute illness elements have one-time cures, are cured by one-time changes to the causal attribute.

An elementary injury is defined as an attribute illness cured by healing, a one-time change to the present illness cause, the injury.

A process illness is defined as one having a process cure. Ongoing malnutrition, perhaps due to poverty or inability to prepare food is not cured by a healthy meal, it requires an ongoing process to ensure that food is available and consumed in a healthy manner. Elementary process injuries are caused by an ongoing process and only cured by countering ongoing process.

## **Evolution: Healing to Caring to Curing**

Healing is a natural force of life, of individual life entities, one which naturally evolves through communities, to caring. Caring naturally evolves to find better cures. Thus, caring evolves to curing.

Most healing is curative. Most caring actions are not curative. Most medical actions are caring, not curative. Most medicines make no attempt to cure. Most cure actions do not cure most of the time. They only cure when an illness is present such that the cure action addresses a present cure cause.

### **Healing**

Healing cures injuries. An injury is an attribute cause of illness, cured when the cause is successfully addressed, when the injury is healed – a one-time cure. In the theory of cure, healing is defined as curative actions competed by the individual without conscious intent. No one can heal us, we heal ourselves. When someone else causes a cure in our bodies, minds, spirits, or communities – it can be caring or curing, but not healing.

We normally think of healing as bodily. When our bodies are injured, healing repairs the damage and life goes on. However, healing is not limited to the body. All living organisms have some type of brain, and some level of mind, some ability to remember experiences and choose based on memories. Every living individual cell, plant, animal, or human has some spirits of life until it dies. Every multi-cellular life entity consists of communities of cells, tissues, limbs, organs, and organ systems. Healing is unconscious curing of those cells, tissues, organs and organ systems. Healing also occurs naturally in each of the domains of life – body, mind, spirits, and communities. Individuals are conscious, but healing works below the level of consciousness, even when we become aware of it.



healing invisible injuries

< ...---... >

healing perceived injuries

sub-clinical healing

..... observed healing

healing is always active even  
when no injury is perceived

**most healing  
is not noticed**

healing cures injuries and  
can be aided by intention

Healing occurs without any intentional actions by ourselves.

Most healing takes place without our conscious awareness.

Theory of Cure © Healthicine

Not all healing is curative. For example, we need to heal as new teeth grow into place.

## Caring

Caring comes from communities. All life forms live in communities of like and unlike life forms. A community can be defined by the presence of cooperation of individuals with their competition constrained by the needs of the community. Caring is a function of cooperation within a community. When we care for someone outside of our community, we bring them into our community. Communities are not self-conscious, they care for – and often cure – individuals unconsciously. Caring can be intentional or unintentional acts of individuals or communities.

Caring goes far beyond the scope of healing – because caring is the essence of cooperation, of community. We might care for a young chess player and shepherd their learning, or we might care for the planet by creating an organization clean up pollution in the oceans. Or we might care for a baby or an aging grandparent in the presence or absence of illness.

Caring is about making changes. Like curing, there are two fundamental types of caring. Caring actions like cures, can be one-time actions or ongoing processes.

One-time **attribute caring** occurs when we address specifics necessary to help people live with their illness, disease, and disability, often without any intentions to cure and often without improving their healthiness. Proving crutches to someone who has a deformed leg is a caring change. One-time caring actions can cure elementary and compound attribute illnesses.

Ongoing **process caring** addresses failing life processes – usually long before they cause illness. Caring processes improve the healthinesses of individuals, facilitating healthy consumption of foods, healthy excretion of waste, healthy exercise and rest of body, mind, spirits, and communities. Caring processes can cure illnesses that are due to a fall of healthiness. When a community provides access to food, not just a meal, the process addresses ongoing malnutrition. Ongoing process caring can also cure chronic illnesses and are often an important part of complex illnesses.

Address specific care needs < ...---... > Address ongoing care needs

attribute caring

..... caring processes

can cure some elementary  
and compound illnesses.

**most caring  
is non-curative**

can cure some complex  
and some chronic illnesses

**Most caring actions take place when no illness is present  
and thus do not cure. Many illnesses are cured by caring.**

Theory of Cure © Healthicine

Most caring is not curative, consisting instead of actions that address many needs and problems, not just signs and symptoms of injury, illness, inability, or disability. We use caring to maintain and improve healthiness in ourselves and others even when there is no illness.

The gradation between healing and caring is based on intentions. Healing occurs without consciousness – caring requires intentional actions of individuals in the community, although the intention can be instinctive, coming from the individual's sense of community. As we become conscious of ourselves and our communities, we can also work to improve our actions, to transition from healing to caring to curing.

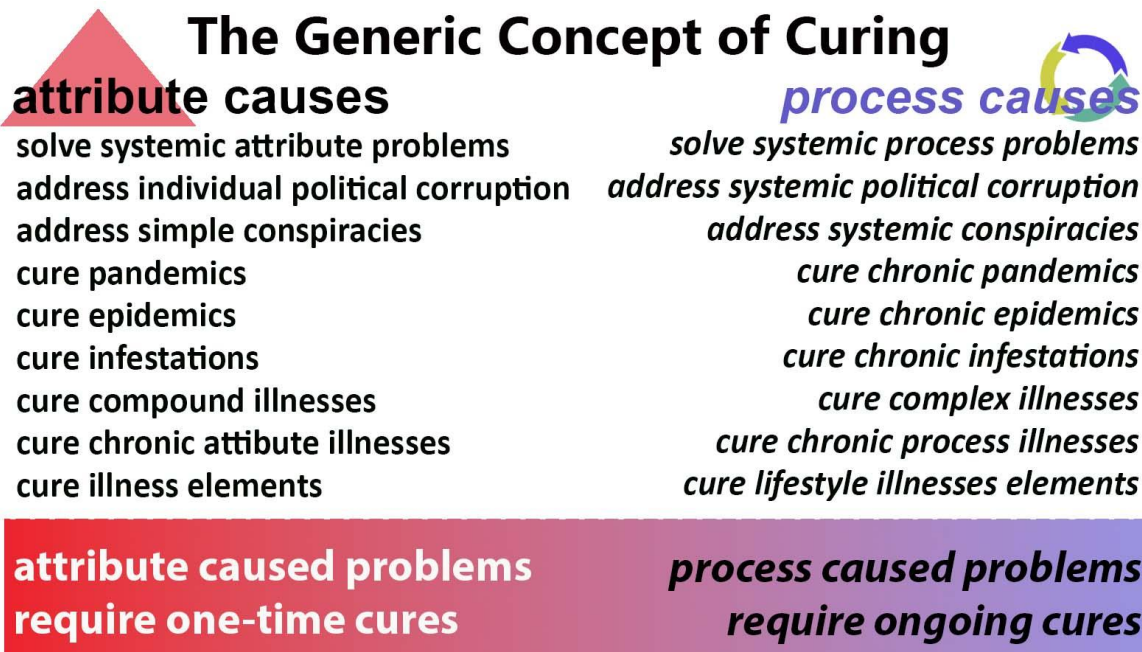
## Curing

*“One (physician) has to disclose that there cannot be any guarantee, warrantee and assurance regarding cure or success of treatment. It is unethical to enter into a contract of ‘no cure no payment’.”* - Legal Issues in Medical Practice, Mahesh Baldwa (et al)

The definition of curing, in medical practice, is quite limited. Physicians are seen as curing diseases – and often perceived as the only people who cure. However, most work of physicians is not curing, consisting largely of caring for the patient. In addition, most cures are not medical.

Curing, as defined in the theory of cure, consists of any actions that address an illness's present cause, its cure cause. Most illness treatments are not curative, only addressing care needs.

The concept of curing goes beyond the simple power of healing, by consciously addressing causes of illness or general systemic problems. As a consequence, the concepts and theory of cure can also be applied to epidemics in a building, a factory, a town, city, or country or worldwide pandemics, and even to other systemic problems like flat tires and weak economies, by identifying and addressing the present cause of the problem.



We can extend the concept of curing upwards from individual cases of illnesses to epidemics, pandemics and other systemic non-life entities.

Theory of Cure © Healthicine

There is no magic in curing, simply identifying and addressing the cause is sufficient. The cause is proven by the cure. Note: Curing can occur without conscious awareness that we are addressing the cure cause of the illness – it is only necessary to address the cause. Cures can be accidental or coincidental.

A dog bites or licks a thorn and pulls it out. When a veterinarian pulls porcupine quills from a dog, it's a medical community action. If it's done by a grandfather, it's not considered medical. Many cures also require healing. Healing takes over naturally to repair the damage done by the thorn and, if necessary, the damage caused by the surgery. The owner looks after, cares for the dog during recovery.

A curable element of illness is cured when its cause has been addressed, when signs and symptoms due to the cause are no longer occurring. Injuries or damage caused by an illness are independent illnesses, which might be curable or not. For example, a scurvy status is cured when the individual's Vitamin C status is restored to a healthy level, but a tooth lost or joint damage caused by the deficiency are independent illnesses, requiring independent cures, if they are curable.

In the theory of cure, a cure is finite. It has an end: cured. Remission and reemergence of signs and symptoms illness can only occur if the cause was not addressed – if the illness was not cured. If the illness has been cured, a new set of signs and symptoms indicates a new instance of a cause, possibly a different cause, requiring a new cure.

## Healing to Caring

*“The **relief of suffering** and the **cure of disease** must be seen as twin obligations of a medical profession that is truly dedicated to the care of the sick.”*  
– Cassell (Ingmar Pörn (auth.), 1984)

Healing is a natural life force of curing injuries. Caring is a natural life force of healing communities. We need both healing and caring to address different types of illnesses and their consequences and to maintain our healthiness when we have no illness.

addresses cause without intention <----> intentionally cares for the individual



**Caring can aid healing. It can also cure when  
caring actions address illness causes**

Theory of Cure © Healthicine

The gradation between healing and caring depends on intentions and community involvement. Healing cures are non-intentional and come from the afflicted individual's body, mind, or spirits. Caring actions are intentional, coming from the individual self or their communities to address a problem, which might be an illness, or not.

When caring is extended beyond the individual, when we care for our communities, we can view healing as a natural process of the individual to cure injuries to the individual and view caring as a natural process of the community to cure injuries to the community, as illustrated in this image.

healing cures individual injuries <----> caring cures community illnesses



**Caring requires two parties, the carer and the cared  
for. Caring, therefore is a community action.**

Theory of Cure © Healthicine



Healing is an unconscious act of the individual. Communities are not conscious; therefore, we can view caring as an unconscious act of the community.

When we care about someone, we care for them. Caring is not one-time, like curing, it requires commitment to individuals in our communities. We often care for individuals – even for ourselves – because we care about our communities. Healing, on the other hand, is an individual action. Our bodies, minds, spirits, and communities heal themselves, but we cannot heal another person’s body, mind, or spirits. Caring can, however, cure *injuries* in communities.

When communities heal, we call it caring. Caring is a natural evolution of healing extending from individuals to communities.

## Caring to Curing

As healing processes lead to caring, caring leads to curing. Most caring actions are not curative. Most medical treatments are not curative. When our communities – local, professional, medical, scientific, analyze the goals and objectives of caring, we discover curing. Curing is caring, focused on the present cause of illness, with intentions to eliminate the illness cause and thus eliminate the illness.

little or no intention to address cause <--> addresses cure cause

caring ... to ... curing

100 percent caring  
zero percent curing

< ...---... >

zero percent curing  
100 percent caring

The gradation between caring and curing depends on intentions and addressing the cure cause.

Theory of Cure © Healthicine

Caring consists of intentional actions by ourselves, our non-medical, and our medical communities, which do not require a specific illness or disease. Caring is directed at the individual, not the illness, nor any illness cause and as a result is rarely curative. Even when illness is present, most caring activities address only the negative consequences of illness on the patient. Many caring cures are actions that make the individual healthier, curing when illness has been caused by falling healthiness. These cures cannot be recognized by our current medical systems, cannot be recognized in our current medical paradigm. Sometimes effective caring requires intentional ignorance of cause. Sometimes, caring actions aid curative or healing processes. When caring cures, it’s also curing.

*“Palliative treatment is aimed at preventing pain and discomfort but does not seek to cure the disease. Treatment for end-term cancer and other serious chronic conditions can be palliative...”*

*Palliative surgery is usually indicated when a cure is not possible but the surgery will alleviate pain and discomfort.” - Human Diseases, Neighbors, Marianne;Tannehill-Jones, Ruth; 2023*

Palliative care is medically defined as care given to individuals for signs and symptoms of disease without any intentions to cure.

When we clip our own toenails, it's self-care. When we clip an elderly person's toenails because they can't reach them, we care for them, community care. But when they have an ingrown toenail - our actions can cure. When a nurse or surgeon is required or involved, it's called a medical cure. Caring for ourselves and others can also prevent or cure process illnesses, including many lifestyle illnesses.

The natural progression from caring to curing occurs when individuals or communities begin to understand the importance of the cause. Communities care for individuals in many ways. Curing requires that the caring community intentionally address not just the illness consequences, but also the cause.

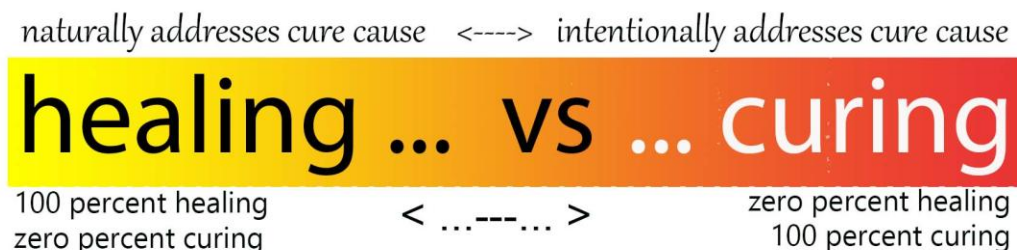
## Healing vs Curing

There is a natural evolution from healing to caring to curing that emerges as we, and our communities, gain understanding and experience dealing with illnesses and gain an ability to cure. At the same time, it is useful to compare and contrast healing with curing. Healing is curative, but curing is not healing. Some illnesses can be cured entirely by healing. Are there any illnesses that can be cured entirely without healing? Yes.

Natural healing processes cure by transforming injuries, the causes of our pain, distress, and danger. Curing transforms causes.

*“The art of medicine consists in amusing the patient while nature cures the disease.”*  
- attributed to Voltaire

The distinction between healing and curing is a gradation based on intentions.



The gradation between healing and curing depends on the presence of intentional actions to address illness causes.

Theory of Cure © Healthicine

The differences between and the progression from healing to curing occur when we focus on present cause, cure cause. All life forms can heal.

Curing, on the other hand, requires addressing not just about the illness consequences but also about the cause. This can occur naturally for injury illnesses, but more complex illnesses require more thought and more intentional actions. The concept of curing can be extended beyond the illnesses of life forms to problems in any intentional system, from a bicycle to a space station.

## **Healing Cures Injuries**

Healing is the original cure. Healing forces are a natural part of life and health, always active, addressing potential causes of illness, even when no illness or injury is present. In each of the domains of body, mind, spirits, even communities, most injuries are minor and easily healed. Healing's cures injuries, so easily that we often ignore both the injury and the cure, perhaps saying to ourselves or others "Oh, that's not important. It'll heal."

## **Curing Cures Curable Illnesses**

Curing occurs when we address causes of illness. Intentional curing occurs when we intentionally address cure causes.

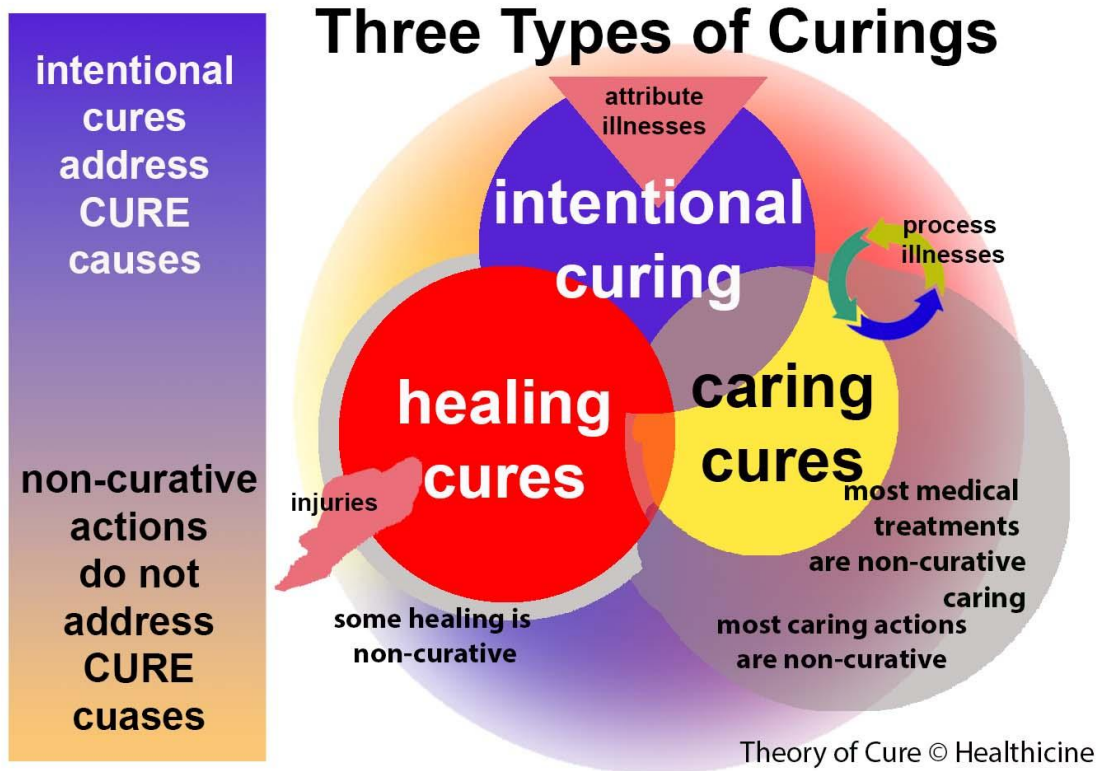
Curing often comes from communities, sometimes from individual actions, sometimes from the community of me, myself and I. A monkey pulls the lice off a neighbor or child, curing one tiny infection at a time. A grandchild, sister, or grandmother clips another's ingrown toenail. Medical cures occur when our medical systems intentionally address the present causes of a case of illness or disease. A doctor stitches a wound or surgically cuts out a cancerous tumor. However, at present, modern medicine largely ignores the word cured.

The distinction between healing and curing applies to all types of illness. A respiratory infection might range from mild, easily healed, to a severe cold, requiring significant time to rest and recover, to severe pneumonia, requiring severe medical attention.

## **The Three Curings**

We can map the three types of curing over the three types of illnesses causes and their cures. Injuries, process caused illnesses, and attribute caused illnesses map directly to unconscious healing cures of injuries, ongoing caring cures process caused illnesses, and one-time transformations cure attribute caused illnesses.

As illustrated in this diagram:



The core circles represent the three curings, healing curing, caring curing, and intentional curing. The grey circles illustrate healing and caring actions that do not cure, including medical actions that do not cure. These curings are presented overtop of the circle of cures, to show their relationship with the causes therein.

It is important to recognize that many healing, caring, and curative actions do not cure. Most healing cures. Some does not. Most caring actions do not cure. Some do. Most curative actions don't cure anything most of the time - most of the time there is no illness. When a specific action does not cure, it is not a curing action. Curing actions cure, or they are not curing actions.

The areas where circles overlap represent gradations of healing, caring, and curing. There are many examples of overlap. An intentional caring action, giving a person healthy foods or supplements containing Vitamin C to improve their healthiness, can only be a curing action when a Vitamin C deficiency illness is present.

We often bring multiple actions together when caring and curing are difficult. Healing, caring, and curing actions and processes can occur in harmony, sometimes in conflict; often referred to as holistic vs reductionist.

Healing came first. Almost all healing is curative. Healing is part of the natural unconscious processes of life, of body, mind, and spirits. Healing addresses causes and consequences of injuries. Some healing is not curative.



Caring comes from our communities. Caring raises the concept of healing from the individual to the community. Caring begins with self-care, with “*me, myself, and I*” and grows to include family, friends, medical communities, and many other communities. Caring consists of conscious actions for the individual's benefit, not limited to addressing issues in body, mind, spirits, and communities. We also care for our diets, our communities, and our environments. Caring consists largely of processes, rarely isolated actions, because caring is about community. Many caring actions are lifestyle actions. Caring is intended to help the individual – not to fight their illness. Caring also includes medical care for a patient.

Most caring activities are not curative.

Curing, as distinguished from healing and caring, is directed at the present cause of an illness, not just its consequences. We cannot cure a past illness, nor address a cause that is totally in the past. We might need to address its consequences, which we judge to be an injury or illness.

Plants, animals, and human individuals heal, live in communities, and care for and cure each other in many ways. Humans study healing and curing with conscious intention – to foster healing, to cure self and others. Medical doctors and medical systems study more complex cases of injuries, illnesses, and diseases, those more difficult or risky to treat, with ongoing intentions to care for the individual and sometimes to cure the illness. We cure the illness and care for the ill individuals, addressing the causes and the negative consequences of the illness.

Most illnesses are trivial, and most cures are simple. Perhaps that's why our medical systems easily lose sight of simple cures. They are not considered medically important.

## **Alternative Curings**

Every conscious curative action or process is an alternative, a result of a decision, a choice. Healing, caring, and curing are about success, about helping ourselves and others. Healing actions heal injuries to the body, mind, spirits and communities. Caring actions care for individuals and communities. Curing actions cure by addressing illness causes. Success succeeds.

## **Summary:**

Healing, caring, and curing are a result of the natural evolution of life forms, from simple to complex, to address causes and consequences of illness. Most illnesses are trivial, easily cured.

There are two basic types of illnesses, those caused by attributes and those caused by processes, and two corresponding cures, one-time transformations of an attribute cause and ongoing transformations of a process cause. There are, however, three types of cures.

Healing our injuries, caring for ourselves and others, and transforming cure causes are three different actions that can produce cured states. Most healing cures injuries. Most caring is

not curative, intended to help a person who might not even be ill. Intentional curing is curative, or, by definition, it is not a cure.

There are two basic ways to transform the cause of an illness, two ways to cure, whether the cure is healing, caring, or curing. We might cure by improving healthiness, or by addressing the cause. In many cases, both are important, and a blend is most effective. The best choices produce the best cures.

## **Healing**

Healing is a natural life force. All individual life entities heal. As life rises in complexity, from single cell organisms to algae like organisms, to plants, animals, and humans, healing needs and healing processes rise in complexity as well. Humans enable powerful unconscious and intentional healing mechanisms through our bodies, minds, spirits, and communities.

**Healing cures** are ongoing life processes, always present and active, that change – transform – injury attributes, resulting in a cured status. As long as we are alive, we heal.

## **Caring**

Caring is community healing. Communities are a fact of life. No life form is totally an individual, able to survive entirely by itself. Every individual, from the smallest bacteria to the most solitary hermit, lives in a community of life. What defines a community? Caring.

Caring is the act of a community to aid the community and its members, including the community of me, myself and I – self-care. Most caring is not curative. Caring extends beyond body, mind, spirits, and communities to include the domains of diet and environments.

**Caring cures** occur when caring actions, actions intended to help the individual with their illness, result in a cure. Most caring cures are processes, not one-time actions. Caring cures processes must be maintained to maintain the cured status. Caring cures are also preventative cures. Caring cures are the most important preventatives.

## **Curing**

To cure is to address the present cause, the cure cause of an illness. Most curing consists of intentional actions by individuals and communities to address cause. As individuals and communities aim to become more effective in caring for individuals who are ill, they naturally discover curative actions. In most, perhaps all cases, curing requires caring and healing to complete the process.

**Intentional curing** occurs when intentional actions transform, change the attribute cause of an illness resulting in a cured status, proving the cause and the cure. These cures are one-time cures. Once the individual is cured, the illness is no longer present. Once the problem cause is addressed, the problem is no longer present.

### **Cures are not Limited to Illnesses**

The concept of curing, of intentionally addressing causes of illness can be extended beyond life forms to intentional systems. We might cure a plant, an animal, or a human. We might cure a problem in a machine, a college, a community, or an economic system, by identifying and addressing the cause of the problem. The cure proves the cause.

In any case of injury, attribute illness, process illness, or systemic problem, if the cause occurs again, a new case of illness might occur, or not. Most causes do not cause illness most of the time.

It's time to begin serious studies of healing, caring, and curing.

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