

Cure Theory Fundamentals May, 2026

Introduction:

None of today's medical practices has a defined theory of cure for diseases, much less a theory that is generally understood and accepted. The very concept of disease suffers a similar deficit. The only functional definition of a disease is "*that which is treated by a medical professional.*" Although our medical systems often use the word cure, especially in regulations and marketing, the concept of cure remains poorly defined. Many medical texts confuse the words cure and cured, and make only poor distinctions, if at all, between *is cured* and *has been cured*. Cured is not medically defined for most diseases and there are few tests for cases of disease cured. Those that exist only function in specific situations. As a result, no doctor, clinic, hospital, medical system, nor insurance company can count cured cases, much less maintain or analyze statistics of cured cases of disease. We have no studies of cured cases of any disease. Clinical studies are for the most part studies of treatments, not of diseases and today, most clinical trials do not contain a definition of cured and cannot recognize, much less document cured cases. As a result, no meta-study can analyze all cured cases of any disease. Bureaucratically, a cure is an approved product, not an action, not a process. Medically, most diseases, from the common cold or influenza, to arthritis, to cancers, to zika virus disease, are considered incurable – even as most cases are cured. Cured cases are simply ignored. We have no theory, barely a basic understanding of cure. If we ask any doctor, in any conventional or alternative practice of medicine, any medical researcher, any medical philosopher for a functional definition of cure – we rarely receive a response, much less any agreement. This is the problem to be resolved with a general theory of cure.

Presence: Health, Illness, Cause, and Consequences

The fundamental concept necessary to understand cure is presence. The presence of health, the presence of illness, the presence of causes and consequences of health and illness. We can only cure a specific case of illness when it is present. When an illness is present, its causes and consequences are also present. It is important to separate the present consequences – the signs and symptoms of a present illness case from the injuries and damaged caused by the illness, which can be independent illnesses, requiring independent cures. To cure any present case of illness is to address its causes, such that the present negative consequences of those causes are no longer occurring, no longer present. When the case of illness is no longer present, it has been cured.

A cure is an action, a process undertaken in the present to address causes of illness, to create a new status: cured, in the new present, to move the illness, its causes and negative consequences into the past.

No causes, signs, symptoms, nor consequences of illnesses, except for injuries, by themselves, constitute an illness. The presence of an illness, by definition, consists of present causes and the ongoing negative consequences of those causes.

Curable Illness

The theory of cure is about curable illnesses. A curable illness can be cured. Incurable cases are out of scope. The theory is about cases of illness that are present, that we want to cure, that can be cured. A curable illness consists of a set of causes and negative consequences that are linked such that when the causes are addressed, the negative consequences stop occurring and the illness is cured. References to illness, in this text, refer to curable cases of illness. Disease, on the other hand, is a medical term. A case of disease might be curable, or not. Medically, most diseases are considered either incurable or "*there is no cure for,*" even for diseases like the common cold that are easily cured.

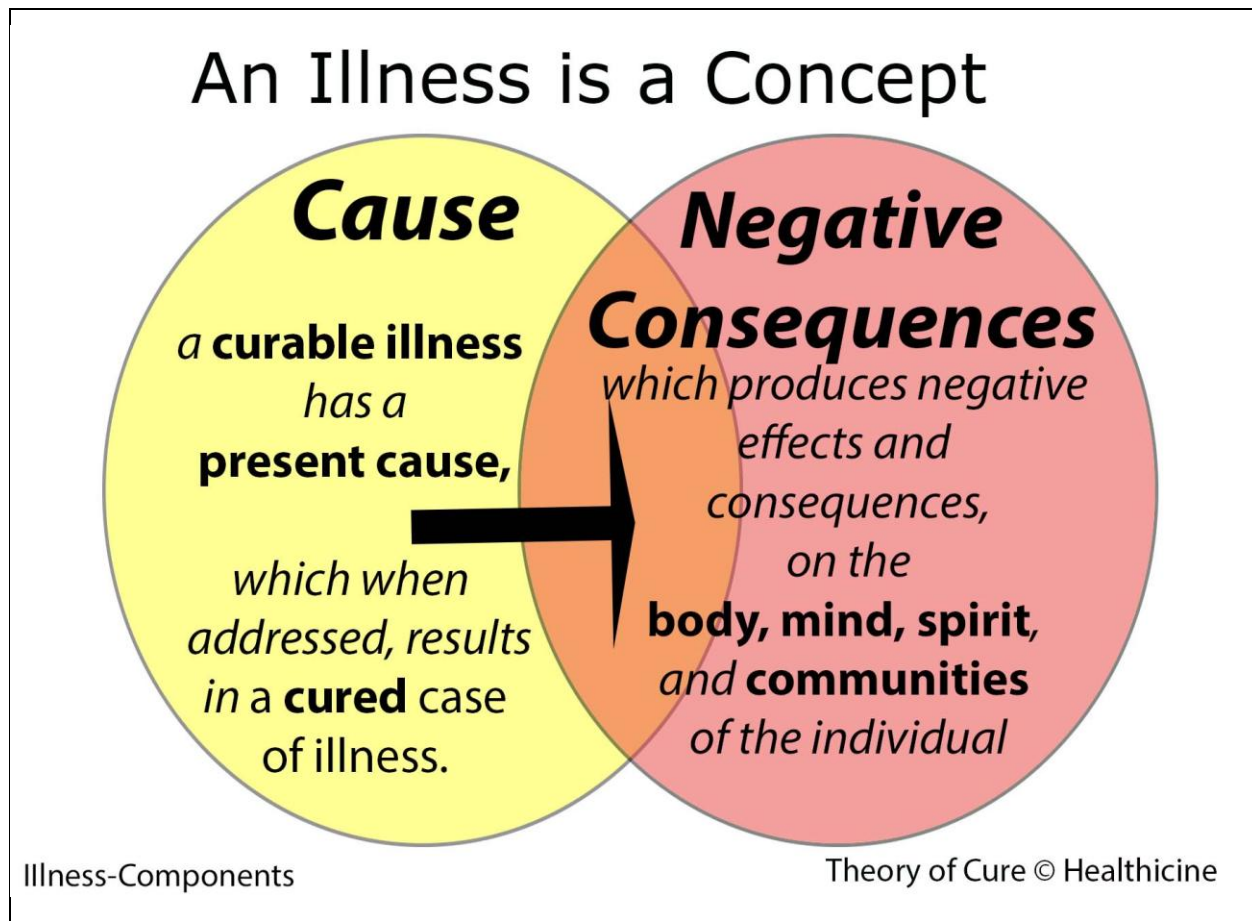
A case of illness is a judgement that a negative situation is present and in need of our attention. The presence of an illness, of its causes and consequences might be faint or strong, and might be steady, fluctuating, repeating, growing, or shrinking over time. Cured is a judgement that an illness is no longer present, that the illness causes have been successfully addressed, or are no longer present, and that the negative consequences are no longer occurring. In most cases of non-injury illnesses, the cause does not need to be removed or eliminated – in fact, it might also be a cause of healthiness in different circumstances.

Negative Consequences

Throughout our lives we experience many signs and symptoms that might be an illness, most of which we simply ignore, or address in the moment, and life goes on. We are hungry and we eat. When we are suffering from malnutrition, food cures. The difference is one of degree, a judgement. We feel pain and move away from the cause without any illness.

We typically judge an illness by its negative consequences – and then search for the cause. As we study cure, we can also learn to judge a case of illness by its causes. We judge an illness to be present when its negative consequences are persistent or severe enough to warrant our concerted attention, when we desire a cure.

Every case of illness has two interdependent components: cause and negative consequences.



Negative consequences are the signs and symptoms of illness that the individual or their communities observe and wish to be changed or eliminated. This text uses the word *individual*, not patient, because most cured cases of illness are never treated medically. The afflicted individuals are not medical *patients*.

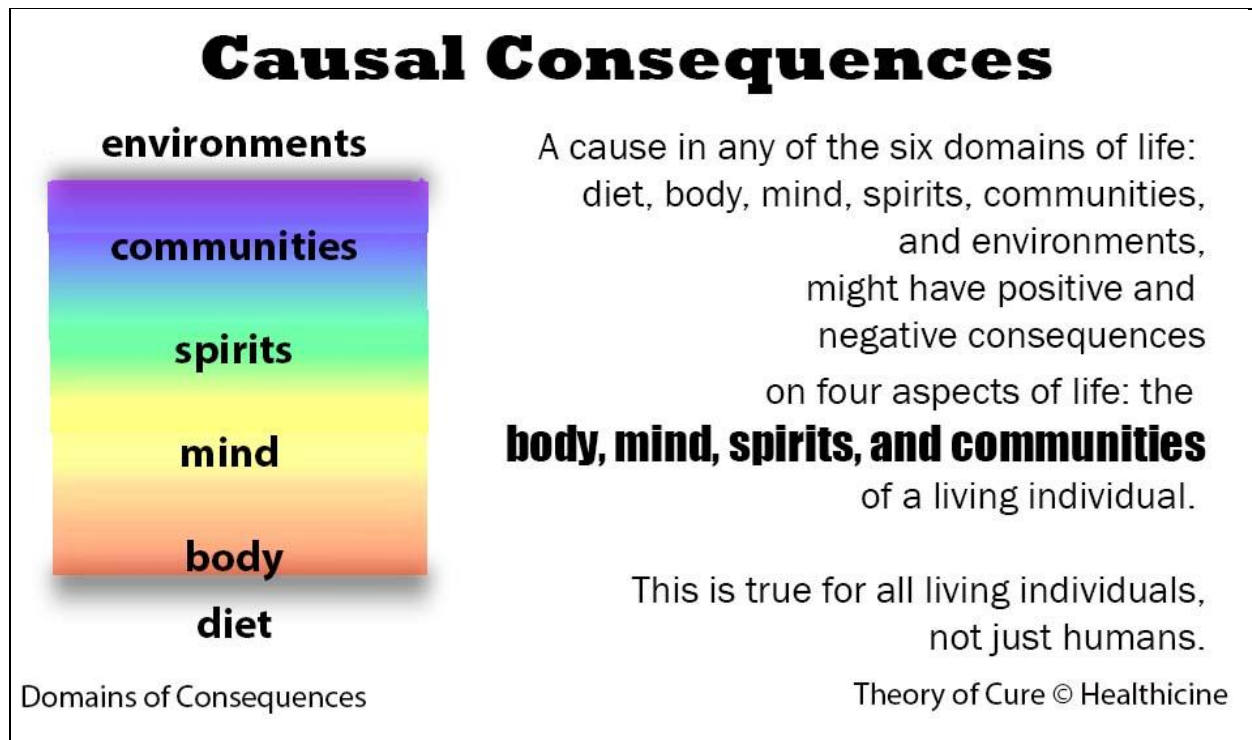
Causes are defined as presently responsible for negative consequences, such that, when the cause is successfully addressed, the negative consequences stop occurring. If the negative consequences are no longer occurring, the cause, even if it is still present in some way, can no longer be causing those negative consequences of the illness. The illness is no longer present. It has been cured. Fear that an illness will hide and reappear is a simple misunderstanding of the concept of illness. No illness is a thing. The cause might be a thing or a process. The cause might hide, disappear or stop occurring. Cause and consequences might fall below a level of detection. But the illness is not a thing, it can neither hide nor reappear. Causes can go away and return. Negative consequences, injuries, are often healed and then new injuries occur. An illness is only present when

both cause and consequences are present and linked, such that the cause is responsible for the negative consequences.

Some negative consequences of illness can be permanent – not changed by a cure of the illness, if at all. A present illness is a process, not a thing. We judge an illness cured when the negative consequences stop occurring.

The Four Domains of Illness Consequences

The negative consequences of an illness occur in four living domains of life and healthiness: **body, mind, spirits, and communities**. Negative consequences in diet or environments are not generally considered to be illnesses.



Body: Our bodies are physical. Illness is most obvious in the body. We feel physical discomfort or pain that persists and identify it as an illness. As we become more ill, our bodies lose their ability to function effectively. Other people, community members, medical professionals, and sometimes even machines might see or measure negative consequences of illness on our body.

Mind: Our minds observe, remember, calculate, and plan future actions. Illness consequences in the mind are more difficult to detect. In addition, our mind easily rationalizes its errors and failures. Denial is often a factor. But, when we are ill, our mental faculties begin to fail. Others might detect problems before we notice them.

Spirits: Our spirits drive us forward, give us direction in the face of changing life circumstances. When we become depressed or manic, when we lose our motivation, desire, or direction in life, our spirits are suffering negative consequences.

Communities: All life forms, all living individuals, live in communities, participate in communities, require communities to live, to grow, to reproduce, to evolve. Our lives and health are affected by our communities and by other communities. When we suffer illness, negative consequences can affect us, our interactions with our communities, and our communities themselves.

All life forms, not just humans, have physical bodies, even those without brains have some sense of a mind, some ability to observe internal and external environments, to make life decisions, to remember past events, and plan future actions. All living entities have the spirits of life, or they fade away and die. All living individuals are part of many communities, of the communities of life. Any individual living entity can suffer cases of illness. The cause of an illness might be temporary, fluctuating, periodic, or otherwise changing over time. The resulting illness might have short, medium, or long-term negative consequences on body, mind, spirits and communities. The present ongoing consequences of an illness, those being caused by the cause, end when the cause is addressed, when the illness is cured.

Individuals sense the effects, the negative consequences of illness in their bodies, minds, spirits, and communities. Other people and different communities have different perspectives and might observe different consequences. Medical communities have another perspective which can differ by system or specialty. As a result, there might be many different views of cure and cured.

Individuals and their communities might deny the presence of illnesses and the possibility of a cure for any case of illness. Denial can be a positive or negative force depending on the case. There might be no illness present, only the perception of one. We might deny or successfully ignore an illness until it is cured by natural or other forces. In other cases, denial might facilitate growth of cause and consequences, leading to more severe illness and injuries.

Cause

The fundamental starting point in the theory of cure is an understanding of cure-cause. We cure by addressing the cure-causes of an illness. To understand cure, we need to study and understand cause and effect.

Unfortunately, theoretical analyses of cause and effect, are generally about past events in the form of “*a caused b.*” The theory of cure, on the other hand, functions only in the present. Understanding the theory of cure requires a different concept, a different cause and a different effect. Causes and consequences of illness are ongoing. They exist in the present.

A case of illness exists in the present. The cause of a case of illness, its cure cause, exists in the present. The consequences of the illness cause are occurring in the present. The cure must come about in the present, to move the illness into the past. Past illnesses become faint memories. Past causes can no longer be proven – they are gone. Future causes are hypothetical. Future illnesses are speculation. Only present causes can be cure causes.

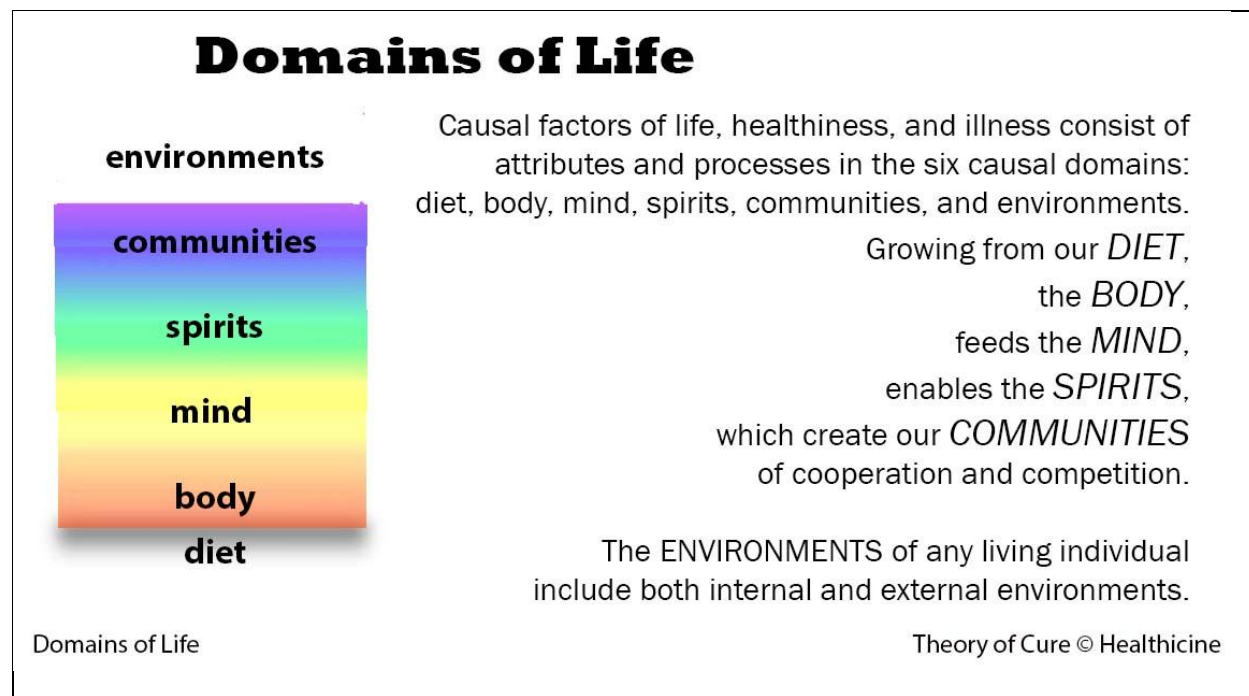
Cure Causes

The cure cause of an illness is the cause which, when successfully addressed, results in a cured status. Cure causes are present with the illness, causing the present illness consequences. Together, the cause and consequences comprise the case of illness. If either cause or consequences disappear, the case of illness is no longer present. It is cured.

The cure cause is the cause of the illness, not the “*cause of the cure,*” not the “*cause of the cured status.*” The word *cure* is defined as the action or process, the change that results in a cured status.

The Six Domains of Life Causes

Causes of life, healthiness, and illness are present in six domains: diet, body, mind, spirits, communities, and environments. Body, mind, spirits, and communities are living domains. Diet and environmental factors might be living or not and both can be internal or external to the living entity.



Diet: our diet changes throughout our lives and can produce healthinesses or cause illnesses, even both at the same time depending on specific individual circumstances. Our diet is not just what we eat and drink, but also what we absorb through our lungs and our skin or other exposures. Our understanding of diet must also include intentional or unintentional absence of consumption.

Body, Mind, Spirits, and Communities: form the living individual. Each requires sustenance, exercise and rest. Healthiness of body, mind, spirits, and communities rise and fall throughout any individual's life. When the healthiness of body, mind, spirits, or communities fall there can be negative consequences, leading to illness.

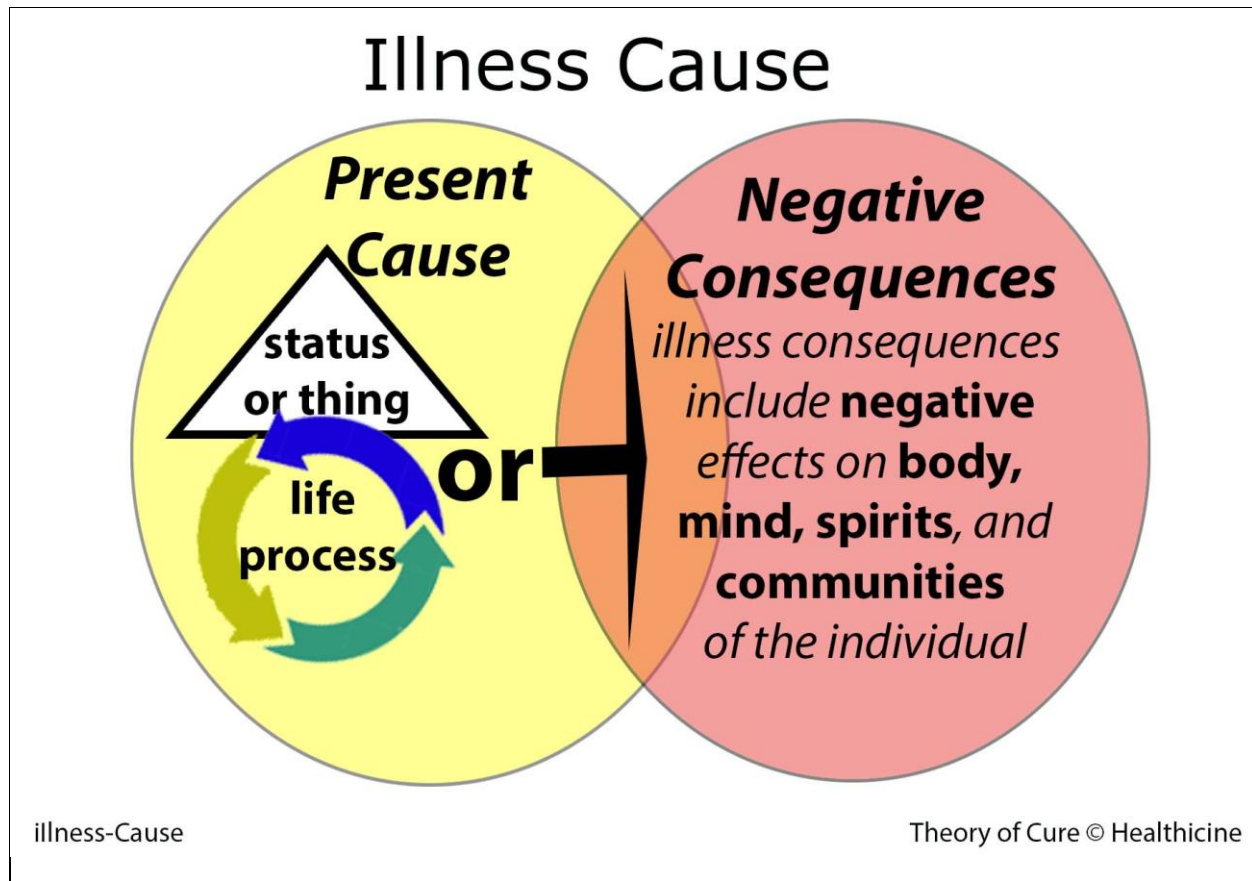
Environments: an individual lives in many constantly changing external environments and has many internal environments of body, mind, spirits, and communities which are also changing. Environmental factors, like all causal factors, can promote healthiness, or cause illness in different situations.

It is important to understand that most causes of illness are also causes of healthiness in different circumstances. Life takes healthy advantage of factors in diet, body, mind, spirits, communities, and environments to live, to grow, to heal, to reproduce and to evolve. Most causes only create illness in unusual, rare, or exceptional circumstances.

Although we notice illness first through its negative consequences, we must begin our understanding of illnesses and cures at causes. The cause of a case of illness is that which, when successfully addressed, produces a cured status. The cause of an illness can only be proven by a cure. A cured result is the best proof of cause. When any case of illness is cured, we know that its cause has been addressed – even if we do not know what was the cause or what caused the cure.

Two Causes of Illness

There are two types of cure causes of illness, which can generally be described as nouns and verbs. Status, or attribute causes are noun causes, and lifestyle, or process causes are verb causes.



Life is a process that makes changes to attributes and statuses to survive, grow, live, reproduce, and evolve. In most situations, life's causes: life processes, and attributes, produce healthiness. However, in some cases, these causes can lead to illness.

The cause of a simple illness is either a status or a life process. If an illness has both, a process and a status cure cause, two cures are necessary, one to address each cure cause.

Status Causes: An illness might be caused by the presence, absence, deficiency or excess of some status or attribute of diet, body, mind, spirits, communities, or environments. An illness that is caused by a status is cured by changing the status such that it no longer causes illness. The subsequent presence of a cured state is proof of cause. Status cures are one-time cures. If, or when the status cause occurs again, a new case of illness might, or might not occur.

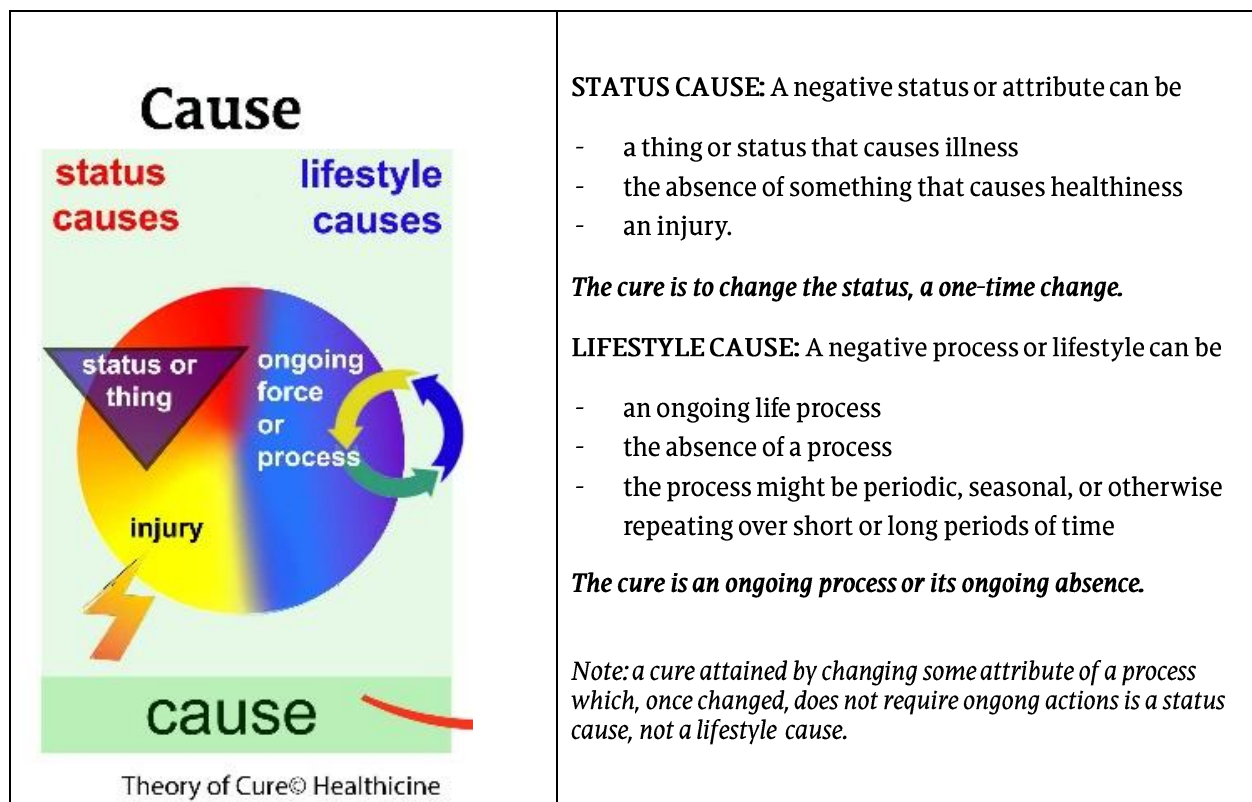
Injuries: Excessive stress can cause injuries to our bodies, minds, spirits, or communities. However, the stress that caused an injury is gone. Only the injury is present, causing negative signs and symptoms. From a cure perspective, the injury is the cure cause, a negative status, such that when healed, the illness is cured. In the theory of cure, an injury is defined as illnesses that are cured by healing, although severe injuries may require additional cures. When an injury is healed, an illness has been cured. Like all status cures – injury cures are one-time cures.

Lifestyle Causes: Life consists of many processes, including the intentional avoidance of specific life processes, actions that, for the most part, are healthy. Lifestyle or process causes of illness can be present,

absent, deficient or excessive in diet, body, mind, spirits, communities, or environments. When a life process has severe negative consequences, we judge an illness to be present. Many of our life processes change over time. To cure requires a change to the process. Process cures require ongoing curative action, or sometimes ongoing intentional inaction. If, or when the cure process stops, a new case of illness might occur.

There are gradations, but no clear distinctions between the different types of causes of illness. An injury is a present status. A status might be a measure of a process, and a process cause might alternatively be seen as a healthy or unhealthy status. In addition, as an illness persists the negative consequences can grow, causing changes to status, including injuries, as well as changes to lifestyle processes. As we improve our practices of curing, we improve our understanding. The clearest distinction between a status cause and a process cause of illness is found in the cure. An cured illness resulting from a negative status was cured by changing the status, a one-time cure, while curing an illness being caused by a process requires an ongoing process preventative.

This next image illustrates the two types of causes of illness, status and lifestyle causes.



Three Types of Curable Illness

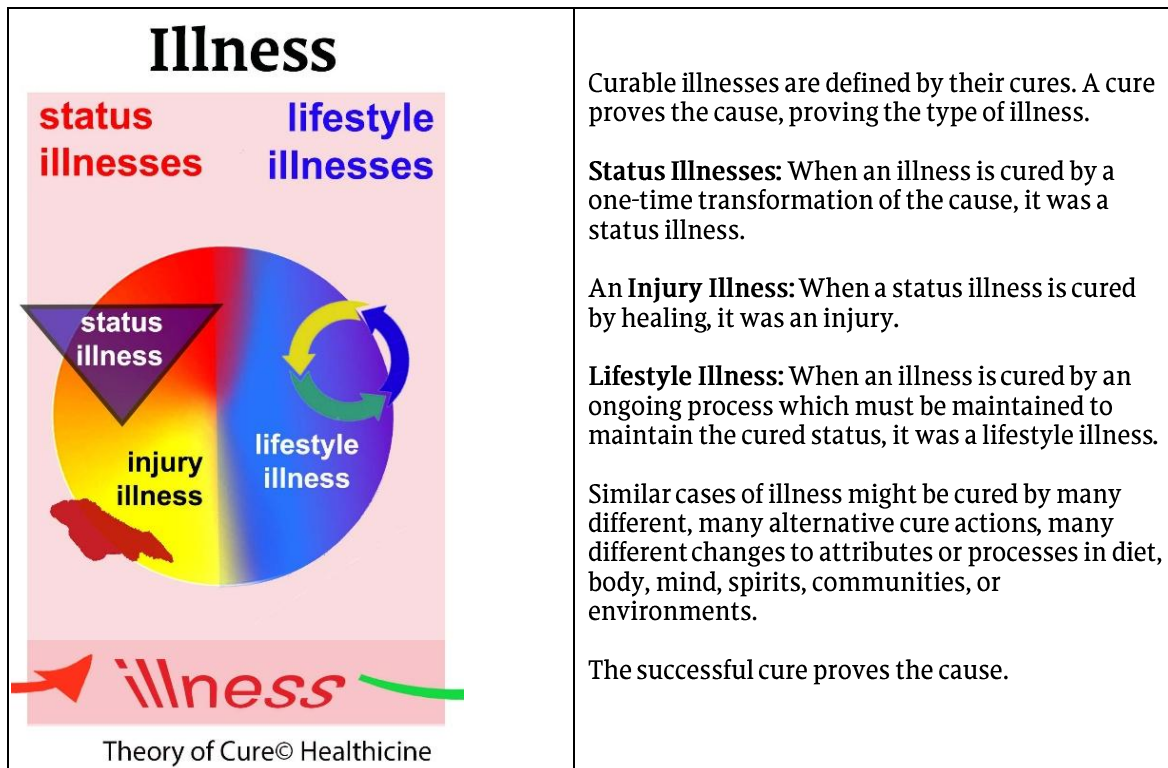
There are three fundamental types of curable illnesses, based on these causes.

Status Illness: the signs, symptoms, and negative consequences of a curable illness are being caused by a present attribute of diet, body, mind, spirits, communities, or environments, which can be accessed and changed to produce a cured status.

Injury Illnesses are also status illnesses. The injury is a present status, the cause of signs, symptoms, and negative consequences. In the theory of cure, injuries are defined as illnesses cured by healing. Although the injury itself was caused by a stress in the past, that cause is gone and cannot be accessed to cure. When the cause of an injury is still present, at least two illnesses are present, the one causing the injuries, and the injuries caused, such that multiple cures are required.

Lifestyle Illness the signs, symptoms, and negative consequences of a lifestyle illness are being caused, maintained, and possibly growing, due to an ongoing life process of the afflicted individual's diet, body, mind, spirits, communities, or environments, such that maintaining a cured status requires an ongoing process. Note: An infection is a status illness, not a lifestyle illness. Although it is a process of the infection lifeform, the infection is a status of the ill individual, to be cured with a one-time cure, not an ongoing process.

This image illustrates the gradations of status illnesses, injuries, and lifestyle illnesses.



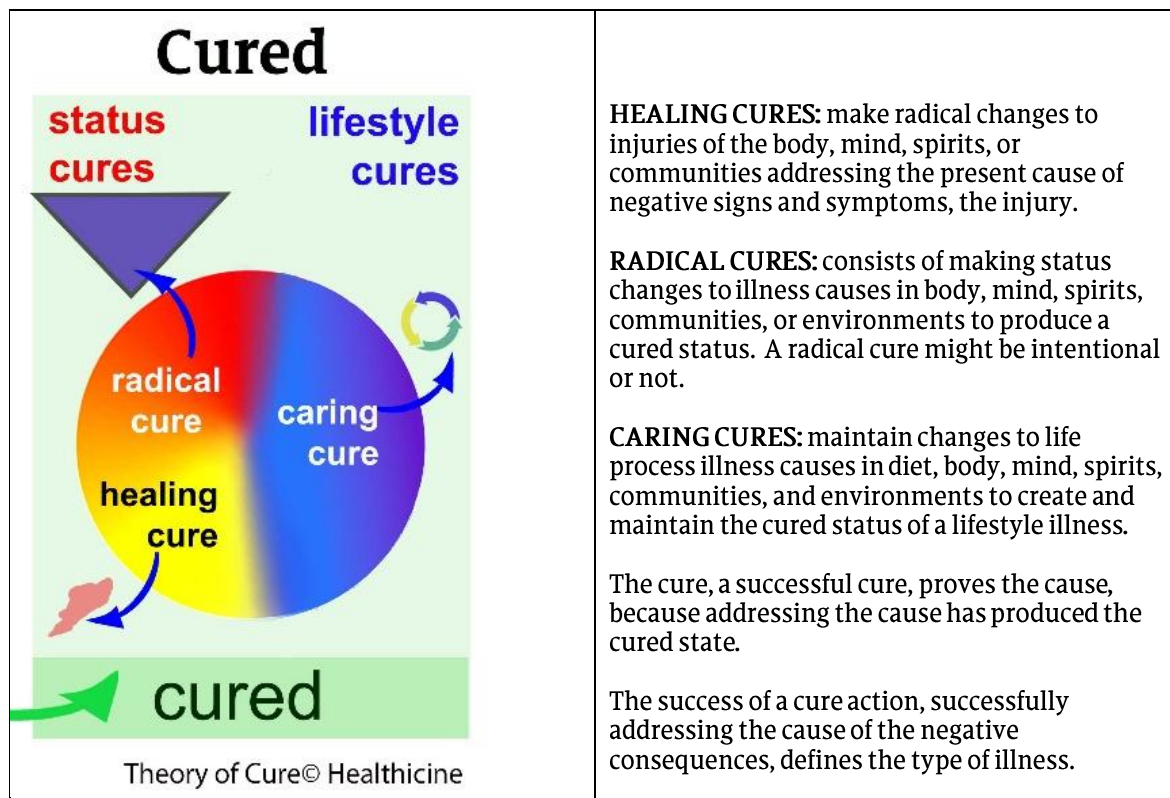
An illness can cause illness. Many, perhaps most status and lifestyle illnesses cannot be diagnosed as diseases until after they have caused injuries. An injury illness can cause a change in life statuses or processes, causing additional status and lifestyle illnesses. A status illness can cause us to change our life processes, causing a lifestyle illness. A lifestyle illness can cause injuries or changes in status, leading to status illnesses.

Just as there are no clear distinctions between different types of causes, there are gradations, but no clear distinctions between injury illnesses, status illnesses, and lifestyle illnesses. We make distinctions by curing. Different cases of a similar illness or disease might be cured by healing, by a status change, or a process change. Only a cure proves the cause. Only a cure defines the illness type.

In summary, an illness cause is a status or a process in diet, body, mind, spirits, communities, or environments. The negative consequences of any illness cause might be present in body, minds, spirits, and communities of the individual. However, an illness is not something we can isolate to a specific domain or set of domains. The illness is a concept, the realization or conceptualization that the cause and consequences are linked. When the link is broken, when the causes in diet, body, mind, spirits, communities or environments are successfully addressed – the illness disappears. It is cured.

The Three Cures:

This image illustrates the three cures and the gradations between them.



Every cure is a result of a change to, a transformation of cause, in diet, body, mind, spirits, communities, or environments. Cures do not need to transform the individual – only the cause of their illness. Of course, many changes that address the cause of an illness also change the individual in some way.

Healing Cures are a result of natural curative processes present in body, mind, spirits, and communities. Healing, as defined by the theory of cure, occurs without conscious intention. Healing cures injury status illnesses, curing most cases of bodily cuts, bruises, sprains, minor broken bones; as well as most mental and spirit cases of depression, mania, loss of drive; and most cases of community caused illnesses like abuse and burnout. Life is naturally curative. Healing processes are generally based on growth, but healing often requires destruction or removal of unwanted attributes and processes. Most cases of injury illnesses are minor, easily cured without any intentional curative actions or processes. When an illness has been cured by healing processes in body, mind, spirits, or communities, it was an injury illness.

Radical Cures are one-time changes to specific life attributes or statuses that are causing an illness. The status cause is changed, transformed, to produce a cured state. Status illnesses might be cured by intentional actions of the individual, or their communities, or in severe, difficult, or risky cases by medical communities. Sometimes, a radical cure's change occurs by coincidence, accident, or some random force. Once cured, the illness is gone. If, or when the cause occurs again, a new case of illness might occur.

An illness cured by healing, or other radical cure was a status illness.

Caring actions are ongoing processes of an individual's self-care, or community care that maintains life and healthiness. When illness occurs, caring actions are often able to cure. Of course, most caring activities have no curative intent – and do not cure any illness.

Caring Cures addressing lifestyle causes, can come from the individual, caring for themselves, or from our

communities caring for individuals and communities. Our medical communities, in addition to radical cures, can also provide ongoing care for those who are ill. Caring cures are ongoing processes (or the intentional absence of a process).

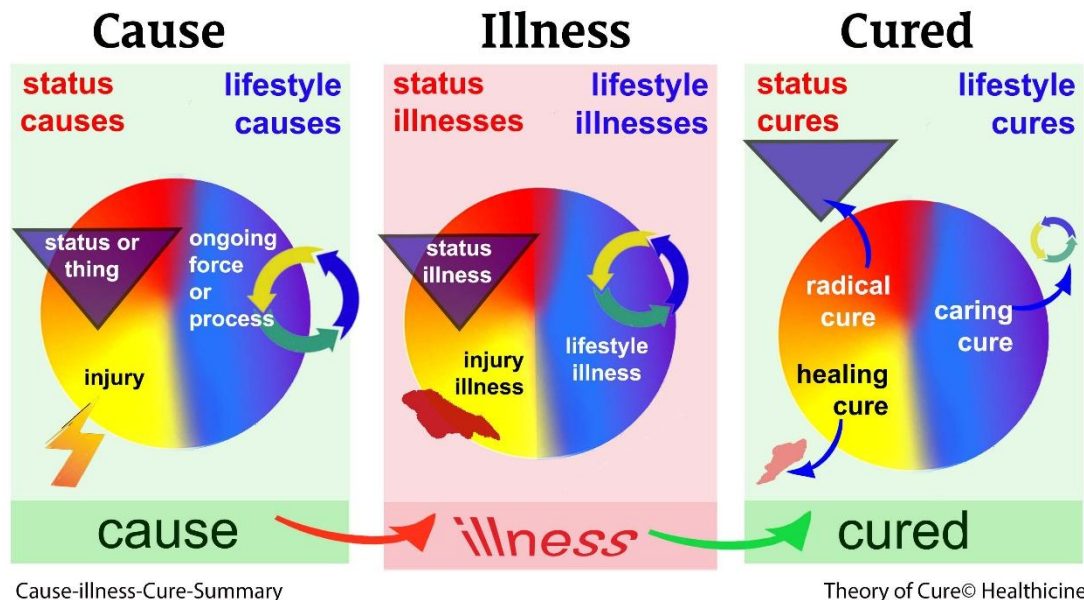
Caring cures are preventative cures, which must be maintained to prevent illness. Caring actions prevent the illness when it is not present, cure it when it is present, and prevent it again after the cure. Once a lifestyle illness is cured, if the curative process stops or fails, a new case of illness might occur.

In the theory of cure, when an illness is cured by ongoing processes of caring for diet, body, mind, spirits, communities or environments, by self or by others, it was a lifestyle illness. Note: diet is a process, such that most cures brought about by changes to diet cure lifestyle illnesses, not status illnesses. Poisoned is a status, cured by a transformation. Poisoning, on the other hand, can be a process illness, cured by a lifestyle change.

As with different types of causes and illnesses, there is no clear distinction between radical cures, healing cures, and caring cures. We will learn more by practicing curing than by convoluted theoretical analysis.

Healing, Caring, and Curing

We combine these three images to illustrate the complete theory, from causes to illnesses to cured.



It is important to remember that most causes of illness don't cause illness most of the time and that most cases of illness are minor and easily cured. Most healing cures, caring cures, and even radical cures, are not medical. This has always been so. We only go to the doctor when curing is hard, or the injury or illness is dangerous or severe – and in many cases not even then.

With this firm understanding of cause, illness, and cure, we can move to the concept of an elementary illness, an illness element, and use that concept to construct or model more challenging, compound and complex illnesses and to understand and facilitate their cures.

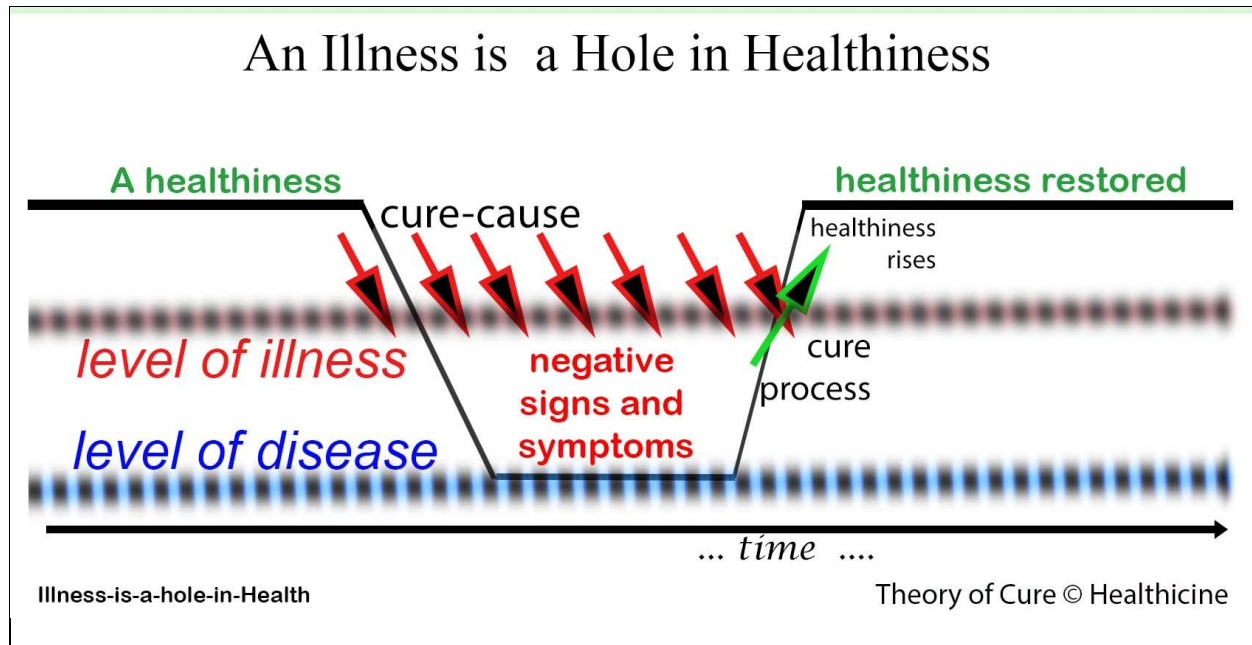
Elementary Cause, Elementary Cure

An elementary case of illness has a single cause such that addressing that single cause produces a cured state or status. Most cases of illness start as elementary illnesses, and most are cured while they are elementary. Most cases of disease, on the other hand, are not elementary, because a disease, by definition, usually requires

or includes complexities. Simple illnesses, those easily cured, are rarely medically important.

This next image illustrates an illness element, the hole it creates, and the cure. Of course, many variations are possible. This image illustrates a status illness, cured by a single cure action. Once cured, the cure process is no longer required. However, in the case of a lifestyle illness, the cure action might have been present before the illness, or not, and must be maintained after the cure is attained to prevent future cases of illness. After the cure, the specific level or levels of healthiness involved might not recover perfectly, or in some cases they might recover higher, healthier than before the illness. Every case is unique.

The illness cause is shown to be present with the illness. It does not *cause* the illness and then exit; that would be a past cause, no longer present to be addressed, not useful to cure.



As we can see in this image, it is possible to have a curable illness that never reaches the level of disease diagnosis. When we study all cases of illness, we can see that most are cured before they reach a level of diagnosis. Many illnesses, especially minor cases of illness, do not match any defined disease and thus cannot be diagnosed medically.

Throughout the timespan of an illness, the hole, the signs, symptoms, and damage caused by the cause often waxes and wanes over time due to many factors. We might fight signs and symptoms with intention to cure, or with medicines that do not cure, like painkillers. Healing is always active, always fighting injuries created by the illness or other injuries. The illness element's cause might be present in diet, body, mind, spirits, communities, or environments. It might be a simple status or attribute, as illustrated in this image, or a process.

Over time, a cause might be:

- temporary, such that no intentional cure action is required
- a chronic status that persists until it is addressed
- a chronic lifestyle process that persists until it is addressed
- repeating, occurring, not occurring and reoccurring during the illness timespan
- periodic, repeating according to some specific pattern of the individual's life

A cure element is a one-time or ongoing process that addresses the present cause of an illness element such that the negative signs, symptoms, consequences and their progression fade and stop, perhaps being healed, thus ending, curing the illness. Some negative consequences might still be present and might be judged as independent illness elements. Most cure processes function by improving healthiness. However, many cure actions trade one aspect of healthiness for another, often in the expectation that the decreased healthiness will

recover. Sometimes a curative action that reduces overall healthiness is required, perhaps with the belief or understanding that the risks presented by the illness are less than the risks of the curative process.

Elementary cases of illness, while uncured, can acquire more causes, becoming compound or complex, requiring multiple cure elements.

When an illness has multiple cure causes, multiple cure processes are required to cure the overall illness. These cures might, depending on the case, be completed simultaneously or they might need to be completed in a specific sequence. We can use the concept of an illness element to construct a model of any curable compound or complex case of illness. Of course, some cases of disease or other medical conditions might not be curable, at which point they depart from the framework of the theory of cure.

Compound Illness

A compound illness case has multiple present cure causes producing similar illnesses, similar signs, symptoms, and negative consequences, such that multiple cure processes are required to produce an overall cure. Addressing fewer than all the cure causes – produces a partial cure. Although it can be difficult to sense, much more so to prove a partially cured status. A compound illness might consist of any combination of each type of elementary illness, possibly having status causes, injuries, and lifestyle causes, each responsible for specific signs and symptoms, that are considered to be a single illness.

Secondary Illness

A secondary illness is an illness caused by another illness. The primary illness might be in the past, such that the secondary illness has been caused by the primary, or in the present, such that the secondary illness is being caused by the primary, creating a complex illness.

Complex Illness

A complex illness is present when one present illness is causing another. Curing the secondary illness often fails because a new case is constantly at risk of being created by the primary illness. Curing a primary illness, on the other hand, often facilitates a natural, or healing cure of the secondary illness. In some cases, intentional cure actions are needed to cure both the primary and the secondary illnesses.

Disease

Most elementary illnesses are cured so easily that there is no need for medical attention, much less a disease diagnosis, even when a diagnosis is possible. Our medical systems routinely ignore most elementary illnesses and their cures. They do not need medical attention.

As a result, most cases of disease are compound or complex cases of illness, consisting of multiple elements of illness, requiring multiple cures. Although sometimes, an elementary illness can be so severe that it is diagnosed as a case of disease. Technically, a disease is only present after a medical diagnosis – which can be retro-active.

Any curable case of illness or disease can be mapped to a set of curable illness elements, either an elementary illness or a combination of illness elements, possibly a compound or complex illness.

Incurable?

Cases of incurable illnesses are outside of the scope of the theory of cure. Incurable is a belief that might be accepted but can never proven. It can only be disproven, by a cure.

Partial Cures – Complete Cures

When a cure cause is partially addressed, a partial cure might occur. A partial cure can also occur when some,

but not all cure causes of an illness are addressed. It can be difficult to judge that a partial cure has occurred. When only some causes of a disease can be successfully addressed, then only a partial disease cure is possible.

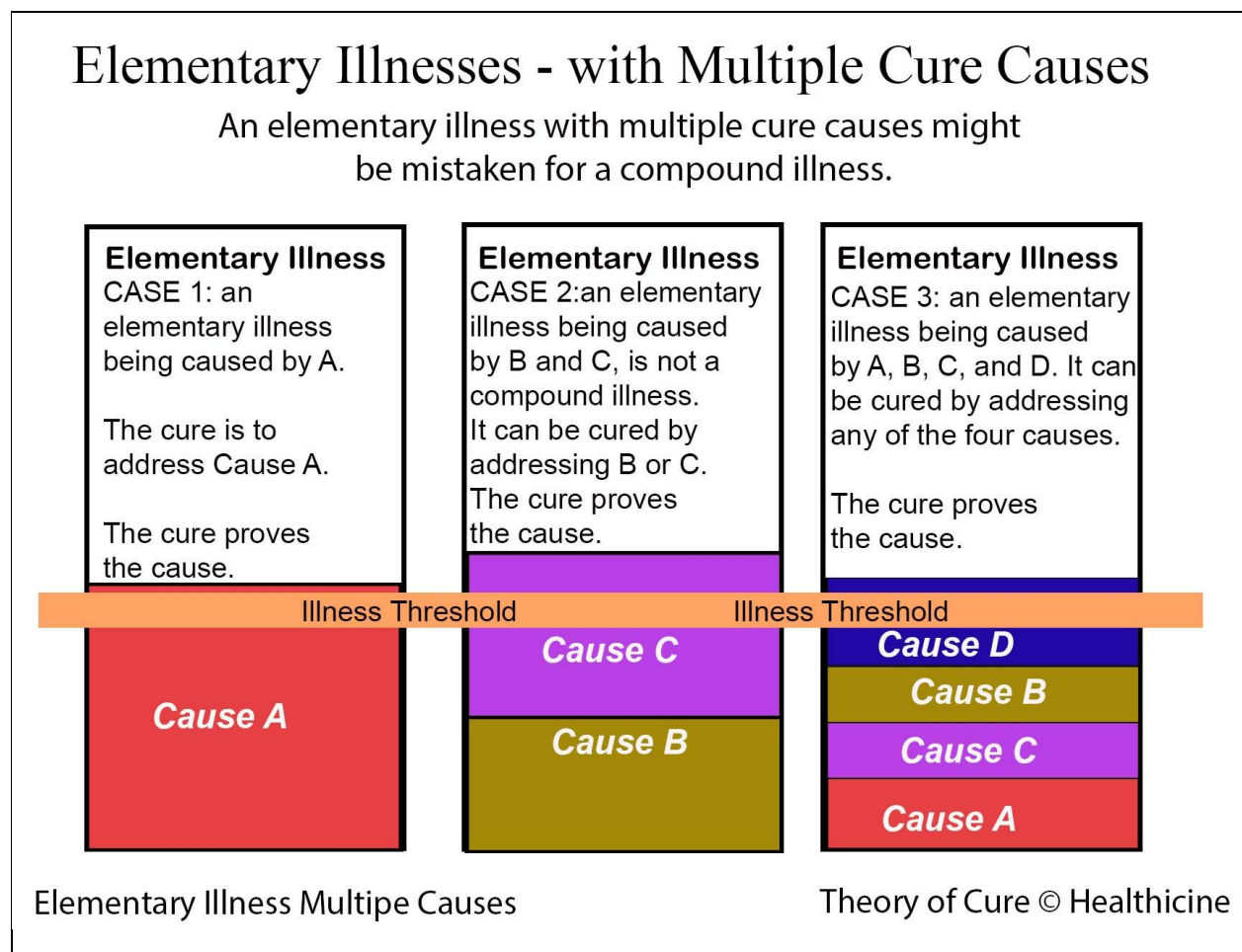
A complete cure indicates that all cure causes of the specific illness, which might be a set of illness elements, have been fully addressed.

No cure is perfect. Life goes on. No cure is permanent. Causes can reoccur.

Compound Cures and Partial Cures

It can be difficult to distinguish between elementary cures, partial cures, and compound cures.

This image illustrates some variations of elementary illnesses, some of which might be confused with compound illnesses. The presence of an elementary illness is proven when addressing a single cause produces a cured status.

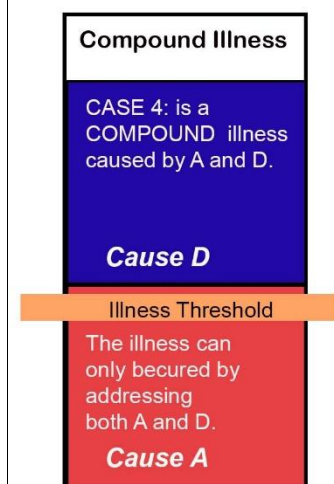


Partially addressing cause A, Cause C, or Cause B might produce a cure. Partially addressing any of the above causes might reduce signs and symptoms, producing a partial cure. Bear in mind that many actions which reduce signs and symptoms are not able to cure.

A compound illness, on the other hand, has multiple causes – each of which are severe enough that they can independently cause the illness. A partial cure might result from addressing one or more, but not all of the causes. A complete cure requires addressing each of the causes, as illustrated in this image.

Compound Illness

A case of a compound illness has multiple causes, each of which can and are causing the illness.



CASE 4 illness will not be cured until both of its causes have been successfully addressed.

Addressing cause A or Cause D might reduce signs and symptoms, producing a partial cure, but will not cure the entire illness.

Only a cure proves the causes.

Compound Illness Causes

Theory of Cure © Healthicine

Meta-Illnesses: Epidemic (Outbreak, Plague)

A meta-illness is a set of cases of illnesses with the same cause in a specific location or community, where the set of illnesses has a higher-level cause. The theory of cure does not distinguish between a curable outbreak, epidemic, or plague because the cure is the same – to address the cause of the outbreak, epidemic or plague. Of course, individual cases also need to be cured, but the measures used to cure individual cases are different from those necessary to cure the epidemic. The causes of an epidemic are not in the body, mind, or spirits of the individual. They are in diet, the community, or the external environments.

In the theory of cure, epidemics are not limited to infectious diseases – we might also encounter an epidemic of poisoning, of malnutrition, or of dancing.

Community Illness

Communities are essential to life and health. Individual life forms have bodies, minds, and spirits – and necessarily exist in many communities. As a community grows larger and stronger, it develops attributes of an individual nature and can acquire its own illnesses. We have very poor understanding of communities, much less of community illnesses. Is war an illness of individuals, or communities? What about abuse? Imprisonment? Torture? Who judges that a community is “ill?” Who can judge that it has been cured?

Cures

Addressing a cause and producing a cure proves the cause. There are many kinds of cures, many ways to cure and many ways to improve our cures.

Healing Cures the most common cures, come from nature and can cure injuries not just of body, but also of injuries to our minds, our spirits, and our communities. Healing is unconscious curing, not limited to simple physical concepts of injuries. When we are injured by many illnesses, from the common cold, influenza, measles, COVID or by severe shock or stress on our minds, spirits, or communities, our natural healthiness often cures the illness as healing addresses the damage.

When we are healthier, we cure our injuries more quickly and easily. Healing is based not just on the healthiness of our bodies, it is also influenced and aided by the healthiness of our minds, our spirits, and our communities. When our bodies, minds, spirits, and communities are healthier, we cure our injuries – and many other illnesses – faster, more easily, and more effectively.

When we act to make ourselves, our bodies, minds, spirits, and communities healthier, we can improve all types of cures.

Radical Cures come from changes to the attributes and statuses not just to our bodies, but in every domain of health, of life – and of illness: diet, body, mind, spirits, communities, and environments. Radical cures can sometimes be accidental, coincidental, or random. When we take control, when we make it our intention to address present causes of illness – we can cure more cases of illness, and learn to make our cures safer and more effective.

Caring Cures come from our communities. Caring is an ongoing process, not a single action. It is a statement of faith in ourselves and in each other, and in the value of others and other communities. Our first community of *me, myself and I*, takes its curative powers from our caring for self, from our spirits, our drive to live, to survive, to thrive. When we are ill, or when members of our communities are ill, we act in communities to cure and to make curing more effective. When we act as a caring community, we can also see preventative cures as powerful curing forces. Preventative cures are caring cures. Caring cures are preventative cures. It is important to distinguish between non-curative preventatives, like bike helmets and seatbelts, and preventative cures like a healthy diet.

A cure is the best preventative of further illness.

When we develop healthier life processes to look after ourselves and others, we also improve our caring cures. When we build and support the communities around us, when we make our communities healthier, we improve our community cures. There is no “*one community*.” To optimize caring cures we need a science to improve all communities. When our communities develop processes to make all communities healthier – we improve our cures, we cure faster, more effectively, and our cures become safer.

Every curable case of illness can be cured.

There are many different ways to address any cause of illness. Many different cures. The search for “*the cure for a disease*” has long proven to be a mistaken concept. There is no one-cure for any disease. We might successfully address any cause of a case of illness, might cure any illness, with changes to our diets, our bodies, our minds, our spirits, our communities, or our environments. We can only know for certain when we succeed. We might cure by changing specific statuses, or attributes – one-time cures, or we might cure by changing our lifestyle, our life processes of diet, body, mind, spirits, communities, or environments. Limiting our cure actions to specific products, actions, medical professionals, or medical systems limits our ability to cure.

No cure is perfect, even if the result is an improvement on the status before the illness. Imperfect Cures are cures. No wound heals perfectly, but wounds are healed. No radical cure is perfect. No caring cure, no ongoing cure process is perfect. To cure, we must accept imperfect cures. In many cases, we must accept partial cures. In other cases, partial cures are necessary steps on our path to a complete cure. Sometimes a failed cure points the way to a successful cure, by proving that our theory of cause or cure was wrong, forcing us to look for a new cause or a new way to address a cause.

No cure is permanent. Causes of health and illness are causes of life. Life goes on. Life is about change, not about perfection. Only death is permanent.

Cures Worse than the Disease?

Cure processes can often be dangerous, sometimes more dangerous than the illness. Sometimes, it's more effective to tolerate, to live with some illnesses than to risk a dangerous cure attempt.

Some cases of illness cannot be cured. Sometimes, we die. Every living individual eventually dies. We might attribute their death to illness or disease, but ultimately – life and death are inseparable.

Conclusion:

We can use the theory of cure to study individual cases of elementary illness, to hypothesize their cure causes, to cure them and know when they are cured. Every illness element has a single cause – but might have many different cures. We can use the concept of an elementary illness, of illness elements, to understand compound and complex illnesses and their cures, which are more varied and challenging. Limiting our views of cure and cures to a medical paradigm limits our ability to cure and to understand cures. We can map every curable disease to a set of elementary illnesses, requiring a set of cures. Each case is unique. Each cure is unique.

The theory of cure provides a clear framework for understanding the concepts of curable illnesses, their causes and their cures, beginning with elements of illness, of cause, and of cure that can be combined to model compound and complex cases of illnesses, to work towards their cures and understand when cured statuses have been attained. Most illnesses are cured by healing. Some are cured by radical one-time cures, others by ongoing caring processes. We need to practice curing.

“In theory, theory and practice are the same. In practice, they are not the same.”

The theory of cure is a framework we can use in practice to explore the boundaries between cure theory and practice, to create more and better cures of any illness. However, the theory cannot find cures for incurable illnesses. When we believe we have encountered an incurable illness, we need the serenity prayer.

*“God grant me the serenity to accept the things I cannot change;
courage to change the things I can; and
the wisdom to know the difference.”*

Most illnesses are trivial, easily cured. Most cases of illness are curable. Not every illness is curable. Deciding that a case of illness is curable can require courage. Incurable illnesses persist – so we see them for longer periods of time. We may need time to muster the courage to change the cause of a difficult illness.

Negative consequences of illness are found in body, mind, spirits, and communities. We can find an infinite variety of causes in the attributes and processes of diet, body, mind, spirits, communities, and environments – most of which produce healthiness, not illness, most of the time, illnesses only in exceptional circumstances.

Distancia meliorat visionem. (Distance improves our vision.)

Every cure is a single case, a story, an anecdote. We can step back to see a bigger picture, a more comprehensive view, but to cure we need to step close enough to see individual cases, causes, and cures.

Communities can also suffer injuries, status and process illnesses, and we can learn how to cure them. When we look beyond illnesses, and see problems that are not illnesses, ranging from our flat tire to our flagging economy, we can find, in them, similar concepts of causes and cures. Some cases can be fixed (cured) some cannot. Of those that can be fixed, some might be fixed with one-time cure actions – status changes, while others require ongoing actions, process changes, that maintain the cure and to prevent future occurrences. Some might only be partially curable – and some might be incurable. We still need courage.

The theory of cure goes beyond simple illnesses, to help us understand and solve (cure) solvable (curable) problems in our living and non-living systems.

To your health,
Tracy Kolenchuk,
Founder: Healthicine
Author: A New Theory of Cure

About the Author:

Tracy D. Kolenchuk began his work on a theory of cure when, in 2016, he discovered that no medical dictionary, nor medical publication contained a philosophical, theoretical, or scientific definition of cure that is generally accepted and used in medical practice. Research into clinical studies also revealed that most clinical studies do not contain a definition

of cure, so even if a cure is encountered – it cannot be recognized, much less documented. He gradually learned that cured is not defined medically for any non-infectious disease and also not defined for most cases of infectious disease. Over the next ten years, he published several books, papers, articles, and blog posts, gradually developing and reworking a general theory of cure. Last year, in 2025, he began a complete overhaul, not of the core theory, rather, a consolidation of the vocabulary used to describe the concepts. This paper is the first publication with those changes. The theory of cure of May 2026, is the result of his ten years of research and work to prepare a comprehensive theory of cure.