

ELIMINATING THE SEVEN HINDRANCES TO HEALING

At **Cornerstone Progressive Health**, it is our mission to guide our patients to avenues that will lead them to physical, emotional, mental, and spiritual healing, encompassing the Seven Hindrances to Healing.

At Cornerstone, we:

- use remedies and treatments that are compatible with your body to correct nutrient deficiencies and remove toxic hindrances.
- recommend nutrient dense, life-giving food as a mode of prevention and treatment
- place a priority on patient education and fostering independence from chronic reliance on health practitioners
- provide avenues for emotional & spiritual healing
- provide a community where patients can educate patients
- provide a community for local farmers to share their products supporting sustainable agriculture

“The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.”

– Thomas Edison, Inventor

CORNERSTONE
PROGRESSIVE HEALTH

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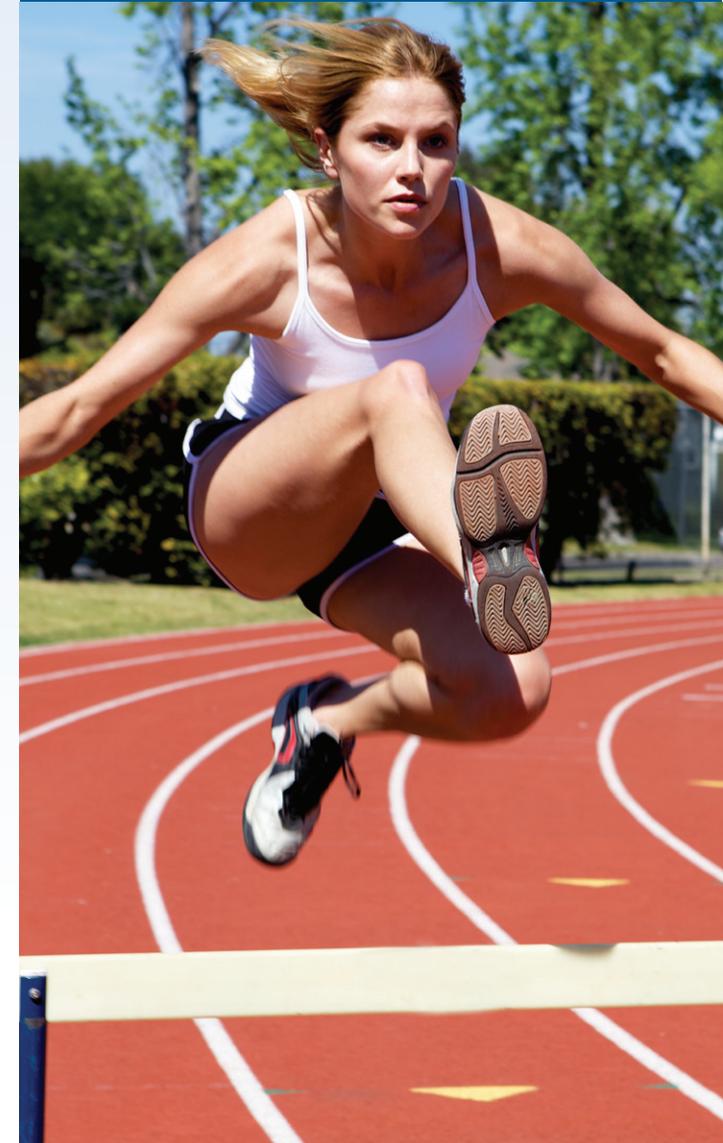
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**THE SEVEN HINDRANCES
TO HEALING**

WHAT ARE THE SEVEN HINDRANCES TO HEALING?

Our goal at **Cornerstone Progressive Health** is to determine and correct the underlying reason for your imbalances, not just treat the symptoms. We have found that there are seven major hindrances that cause imbalance in the body and keep us from healing. These include: heavy metal toxicity, chemical toxicity, nutritional deficiencies, chronic infections, emotional/spiritual stress, electromagnetic/geopathic field stress, and physical dysfunction.

HOW WE ELIMINATE TOXINS

A toxin is any substance that creates an irritating or harmful effect on the body. Many people have difficulty eliminating these toxins due to a variety of factors including: age, gender, health status, genetic factors, enzyme metabolism, nutritional status and lifestyle factors. We normally excrete toxins through our liver, kidney, GI tract, and skin. Many toxins are new to our bodies and our bodies don't know how to eliminate them effectively. Since World War II, our bodies have been exposed to over 2 million synthetic substances with very little time to adapt. Toxins can even block the enzymes that are the very route of excretion for that toxin. Many of us are nutrient-depleted, which also impairs our ability to eliminate toxins. When toxins build up in the body, they cause imbalances that lead to symptoms and illness.

HEAVY METAL TOXICITY



Heavy metals include aluminum, cadmium, lead, mercury, arsenic, uranium, tungsten and several others. Most are excreted through the kidneys and gastrointestinal tract. Acute exposure may result in abdominal pain, nausea, vomiting, and diarrhea. Chronic exposure (more common) is harder to diagnose because it occurs over a period of years and includes many different symptoms.

Symptoms of chronic metal toxicity may include: impaired cognitive, motor, and language skills; learning difficulties; nervousness and emotional instability; insomnia; nausea; lethargy; and feeling ill. Increased heavy metals in the system have been associated with illnesses such as: Alzheimer's disease, Lou Gehrig's disease, multiple sclerosis, autism, cardiovascular disease, endocrine dysfunction, peripheral neuropathies, allergies/asthma, and numerous other chronic conditions.

CHEMICAL TOXICITY



Chemicals that may cause toxicity in our bodies include solvents such as acetone, benzene, ethanol, formaldehyde, methanol, phenol, polycyclic aromatic hydrocarbons, styrene, toluene, vinyl chloride, xylene; pesticides such as organophosphates, carbamate pesticides, organochlorine pesticides, botanical pesticides, microbial pesticides; latex; and food preservatives such as MSG, aspartame, and food dyes. We are exposed to these chemicals through our water, food, homes, personal hygiene products, work, and hobbies. Chemicals cause harmful effects on our bodies such as dehydration of skin tissue, burning or death of skin tissue, damage to eyes, burning of mucous membranes, lung and respiratory tract damage, abnormal hardening of the bone, damage to blood cells and production of blood cells, glandular malfunction, liver damage, kidney damage, enzyme destruction, immune system damage, cancer, permanent neurological problems, birth defects, and sterility.

NUTRITIONAL DEFICIENCY



Though we are a culture of plenty, many of us are suffering from nutritional deficiency. Most of us will admit to eating too many "goodies" and an inadequate amount of fruits and vegetables in our daily diet. In addition, most food in our grocery stores have had their naturally-occurring vitamins removed during processing. Manufacturers will then add back in synthetic vitamins made in a laboratory. The body has a difficult time recognizing these synthetic compounds and is not able to use them as efficiently as those made in nature. Nutritional deficiencies may contribute to impaired detoxification pathways, fatigue, depression, anxiety, eczema, asthma, cardiovascular disease, and increase our susceptibility to chronic illnesses.

CHRONIC INFECTIONS



If our bodies are filled with toxins, our immune systems become less effective and we may become infected with bacteria, viruses, yeast, parasites, or fungus. Epstein Barr Virus (EBV), Cytomegalo Virus (CMV), Human Herpes Virus type 6 (HHV-6). Lyme's can be associated with chronic fatigue, fibromyalgia, MS, ALS, chronic neurological diseases, autism and cardiovascular disease. H. Pylori can be associated with gastritis and heartburn. Chlamydia

pneumonia, dental infections, and gingivitis can be associated with cardiovascular disease. Candida can be associated with numerous conditions as well. Often when you take care of the toxicity, the body is able to eliminate the infection on its own.

EMOTIONAL/SPIRITUAL STRESS



Different events in our lives and even our parents' lives may leave an emotional imprint in our bodies causing a weakness allowing for illness to occur. Spiritual and emotional conflicts are common cofactors in many chronic and acute conditions. Examples of emotional conflicts include: loss of loved one, divorce, stressful lifestyle, childhood, loneliness, unforgiveness, feelings of inadequacy, etc.

EMF/GEOPATHIC STRESS



Electromagnetic fields (EMF) come from power lines, home wiring, airport and military radar, substations, transformers, computers, appliances, and cell phones. Though studies have produced contradictory results, over two dozen epidemiological studies linked EMF to serious health conditions. Geopathic stress includes vibrations and radiation from the Earth that when distorted by underground water and cavities and fault lines become harmful to the body.

PHYSICAL DYSFUNCTION



Physical traumas such as birth trauma, broken bones, car accidents/whiplash, sprains/strains, and scars may cause damage in your body, preventing nutrition from getting to the injured area. This prevents true healing from happening. The body also has an innate capacity for healing which may become hindered by layers of physical restrictions.

**IF YOU ARE INTERESTED
IN SCHEDULING AN APPOINTMENT,
PLEASE CALL (402) 343-7963**