

## Research Philosophy Applied to Human Health

Please reference my “Research Philiosophy”.

As applies to human health, I take several pieces of information as axiomatic:

- The human body works as a holistic system to achieve as healthy a balance as it is able to given all that it is being tasked to do within its environment
- Every single change in existence has anywhere from a minute negligible effect on the human system to a large effect. (Minute: A grain of sand moved from one location to another very slightly affects gravity everywhere. Large: Cutting off a leg has a dramatic effect on the human system's ability to balance going forward.)
- Drugs dramatically affect the internal balance of the human system.
- The effects drugs have is generally much more rapid than a similar solution sourced from nature (unrefined).
- Processed food and sugars generally much more rapidly affect the balance of the human system than their natural/unprocessed counterparts.
- Heat is generated in the brain during mania.
- The heat generated in the brain during mania is enough to cause parts of the brain to shutdown and for the body to begin seizing.