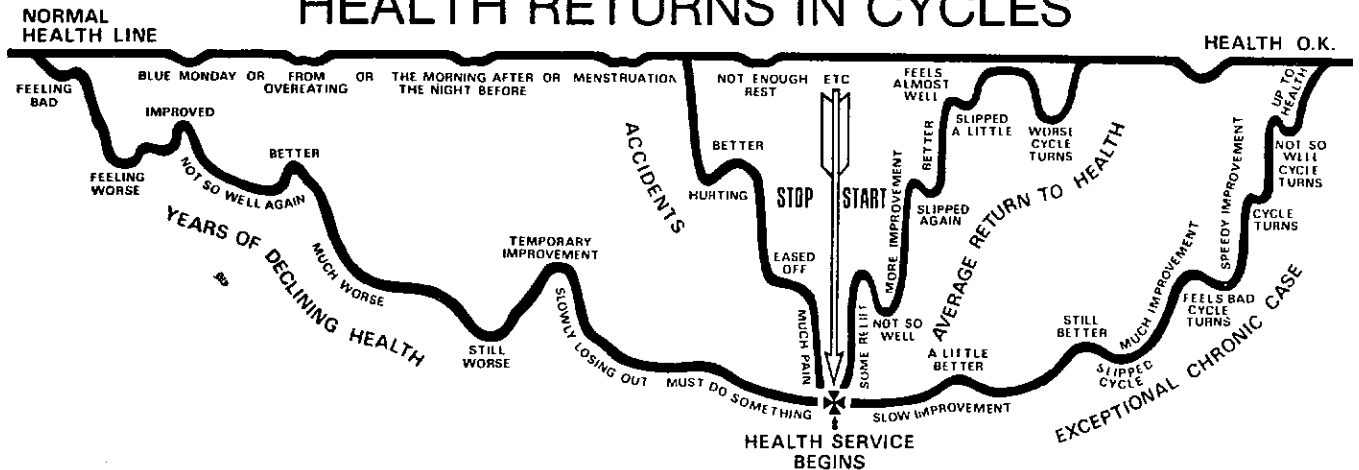


HEALTH RETURNS IN CYCLES



Health is the normal state of man. Absence of health is abnormal. As long as we enjoy normal health, even though we may temporarily feel a bit low we snap back quickly and continue, basically, in excellent health. Of course, habitual overeating or faulty diet, too much night life, loss of rest, excessive worry, lack of exercise, and many other possible violations of health laws may cause more than mere dips along the NORMAL HEALTH LINE.

IT PAYS TO STAY WELL

Of course, even these little dips on the NORMAL HEALTH LINE are nature's warnings, and we should give them heed. We should learn what it takes to stay up on this NORMAL HEALTH LINE at all times for it is literally true that "an ounce of prevention is worth a pound of cure." It is far easier, far cheaper, and far more sensible to stay well than to carelessly drift along until we are sick and then have to try to figure out some way to get well.

Actual illness or physical disorder constitutes a departure from the NORMAL HEALTH LINE. It may start with some acute onset or with a gradual and hardly noticeable departure from normal. Symptoms may occasionally subside, but through weeks or months or YEARS OF DECLINING HEALTH there will be a more and more constant problem of pain and suffering.

GET OFF DECLINING HEALTH LINE

It follows that the longer the DECLINING HEALTH LINE is drawn out through the months and the years, and the farther it dips down away from the NORMAL HEALTH LINE, the longer the time it will take, and the more difficult it will be, to get back up to a truly restored health. Far too often, people are inclined to think that they are back to good health when there is a temporary improvement or that symptoms of DECLINING HEALTH merely indicate another bad day, but there are vast differences here that must be thoroughly understood if really sick people are to get well.

An ACCIDENT can cause a rapid decline in your health and sometimes there are no immediate symptoms to warn you. The severity of the decline usually will vary with the severity of the accident, but the DECLINING HEALTH LINE can certainly be as serious as years of abuse. Just as much time and difficulty can be involved in climbing up to the NORMAL HEALTH LINE.

HEALTH HISTORY AFFECTS RECOVERY

When you are under consultation your individual recuperative powers will play a most important role in your road to normal health.

The AVERAGE RETURN TO HEALTH is more rapid and uneventful than most of us would think possible.

This is why it is so vitally important to take care of the health of children. If they can grow to adulthood with their full recuperative powers, the journey book to health would never become a problem.

In the course of your program, there will be periods of improvement that indicate you are approaching normal health. In fact you may feel so well that you are tempted to stop treatment. Normal health must be securely established and stabilized, and if treatment is stopped it could mean a wasteful decline in health. It is vitally necessary to go all the way to the NORMAL HEALTH LINE before being satisfied and even then a plan of health maintenance should be undertaken.

STAY ON THE ROAD TO NORMAL HEALTH

The EXCEPTIONAL CHRONIC CARE faces a more difficult experience in the climb back up to that coveted NORMAL HEALTH LINE. More months or years of ill health are often responsible for the lower response rate in those who recuperate more slowly. They must beware of two quite opposite dangers. When they are making progress and feeling much better, they may make the mistake of discontinuing treatment too soon. Or they may become unnecessarily discouraged if they discover themselves temporarily slipping back a little. They failed to keep climbing all the way up to the NORMAL HEALTH LINE.

Things worth having are worth working for. Once we understand the causes of health and illness, health can be regained and maintained. Once lost, all is lost! Whatever it may cost in study, in time, effort, and expense to regain and maintain health is not too much to pay for it. It is by far the best plan to never get too far away from that NORMAL HEALTH LINE, because you can get so far away it is impossible to get back. An ounce of prevention is worth a pound of cure!