

# Editorial

## Requisite Faiths For Recovery

Patients suffering from any type of chronic illness have probably already learned the need for a generous supply of faith.

Faith in themselves even though their present assets may be difficult to evaluate. A belief, whether springing from a spiritual foundation or the essence of their person, in their ability to combat the disease which confronts them combined with a respect for the quality and sanctity of their life.

Faith in their therapist, who not only directs treatment but also lends encouragement and support and also searches the literature each night in hopes of discovering new approaches for treating the unique problem of each particular patient. Be wary of catch-all diagnoses; the multiple sclerosis label may be zinc and B-6 deficiency or the Alzheimer's disease label may be simply aluminum poisoning or B-12 deficiency.

Faith in the nutrients and medications given by the therapist. The biochemical and physiological imbalances which lie at the heart of chronic disorders are often slow to correct. Confidence in the continued implementation of

therapy cannot be lost when weeks or months of adherence have brought minimal improvements and perhaps annoying side effects. Remember and be assured that any body tissues which have a permeating circulation can be influenced by better nutrition. We don't live this year with last year's skeleton! The bones, the muscles, and even the mind are continually being reworked and made more efficient when supplied by the proper nutrients and energy.

Faith in the continued progress of medical and social science. Disorders unmanageable ten years ago can now be easily cured. Books are often two years behind current therapeutic knowledge, therefore the therapist's familiarity with recent literature is essential. The future is thickly veiled; no man can predict what it will bring. In this, hopefully, we all may find solace and reward.

If presently, symptoms cannot be allayed, they must be convinced that many before have gotten well by having the shared faiths in themselves, the therapist, the correct diagnosis, and the continued advances in the medical sciences.

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