

Causes of Illness and Disease

**Understanding Illness and Disease
from the point of view of the Diathesis Stress Hypothesis,
two factors are at the root of most illnesses:**

The NATURE of our Physical System

Physical Strength and Immunity

A specific physical weakness in the system that makes an individual more susceptible to a specific illness (infections) or disease (cancer).

The NURTURE of our Physical System

Environmental Influence

Internal Stressors

Erroneous beliefs and perceptions that lead to holding onto hurtful emotions.

External Stressors

Toxic chemicals, disasters and contact with parasites, viruses or bacteria.
Habits destructive to the body such as smoking, drugs, alcohol and unhealthy eating.

A Third Factor is the Spiritual Intention

It is possible that an individual may come into life with a particular challenge, because the condition provides the opportunity for some good to come of it. It may be for the benefit of themselves or for others; provide an opportunity to learn something about people, about love, about creativity or about responsibility; or to teach something to advance medicine.