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What is it that makes us us? If you lose a finger, an arm, or a leg, are you still you? Of course! When we die though, it seems that we are no longer us. It is the power within us that defines who we are.

A soul, innate intelligence, our spiritual being, however you define it, is the one thing that, without it, causes us to cease to be. It is this magnificent, mysterious, indefinable item that controls every action in the body. Without it, we are just a cadaver. Whether it was God, evolution, or some unknown greater power that instilled it in us, it seems to work pretty well.

Remember that the power that made the body heals the body, and it happens no other way! Drugs do not heal the body! Bandages do not heal the body! Radiation does not heal the body! If we give these things to a cadaver, they do not restore life!

The only way to be truly healthy is to allow that intelligence within your body to be expressed at 100%. It flows from **ABOVE** in your brain, **DOWN** through your spine and nervous system, from **INSIDE OUT**. As long as that power is not interfered with, your body can function as it was created!

That power is how the body heals cuts, broken bones, and kills off cancer cells on a daily basis. The next time you feel like reaching for a drug, why not give your power a chance to work.