

# Nature the Vigilante

Essays by Sara R. Auld

## Pharmaceutical Sobriety

The first thing you should know is that not all sick people are patients, and not all patients are sick. The role of the patient is assumed when either the victim themselves, a clinician, or other people believe the victim to be sick. It only ever takes one party to decide.

There is also no legitimate, politically, or socially known, black and white definition of disease. We know that Malaria is a disease, an *event* of the body, though at any time we may categorize a bad habit, such as alcoholism, to be a disease as well, a *choice*. Neither are right nor wrong, there is simply no separating definition. Until these lines are drawn by an unbiased science and then our country in policy, what I am about to suggest to you in my writings remains entirely opinion. I also reserve the right to change my opinions at any time, based on my learnings, which I do so often. Now, we may begin.

Pharmaceutical Sobriety is a practice I conceptualized, and it is the state of being 100% sober from all pharmaceutical products, such as over the counter or prescription drugs in their entirety. Pharmaceutical sobriety is an intentional avoidance of the side effects, negative intents, and overall short or long-term consequences of westernized healthcare practices. It is a state that only the physical body can achieve through intentional detoxification practices, which to eliminate any dependencies would likely require simultaneous intentional or unintentional (above) environmental and behavior changes. “Above” meaning political, by corporate design, wealth, and/or elite influence.

We will assume that all living creature’s most elite state of health implies impeccable pharmaceutical hygiene or sobriety, since to never require pharmaceutical medicine would obviously be a great blessing, cost savings, and imply ‘perfect health’ for millions. Great pharma hygiene would be for those who never accepted the role as the pharmaceutical customer in the first place and are proactively clean – rejecting of chemical medicine – whereas sobriety identifies those who formerly accepted the role as the customer, however actively made the decision to forfeit his/her usage for the foreseeable future, to reactively become clean.

We make this assumption because unless pharmaceuticals were to adopt a path of creating superhuman-like powers that advance us forward *beginning at our most natural and perfect baseline* state, rather than their current design which is to simply avoid our worst (quite literally, they are primarily to keep bodily systems working that are presumably not,

even vitamins), then they are indeed not to make us our **best**. These are two opposing ends of a spectrum: Running *towards* the best or running *from* the worst; a push or a pull. Drugs are to allow living creatures to improve from a given “disease” or “diagnosis” requiring less of our own internal abilities, rearrangement of environment, improved behaviors, skillsets, and knowledge. In other words, chemical intervention is used to run from something, such as premature death, to keep us away from the end.

Considering this, western medicine used on an able-healing body or mind, in my humble opinion, is nothing short of physical and mental abuse in the third degree and the corporate pre-meditation of manslaughter. I see much of higher education as an organized plan or designated information-dealer that both supplies and limits how the world will operate – like in medicine. For example, the imbalance of pharmaceutical education over all of life’s natural internal rate of healing and cumulative lifestyle practices, which can be advanced through natural resources, is more than concerning and an obvious strategy to (1) *industrialize* and sell unnatural medicine and (2) suppress the most miraculous science in the world: Life.

Remember, without the industrialization of things or the ability to capitalize, and then control both supply and demand, thus the costs, then there is nothing for a consumer to consume – there is no company, and thus there is no power. The industrialization of medicine is a different essay though.

I question whether the parents of pharmacracy were simply the marriage of money and the hitman of its competitor – nature; or the science/information of nature. As natural medicine became more outlawed, wealth swiftly and disproportionately grew, so did the baby: big pharma – a collection of greed for nowadays easy-to-get-income and the number of organized gangsters who are just too ignorant, too weak, or too lazy, to turn vigilante. Luckily, modern wellness and lifestyle medicine is the vigilante that fights for nature, and it’s often practiced by those of us who grew up outside, rural, active, and around wildlife.

admittedly do not even believe in interrupting an able-healing body with temporary drugs as short-term complimentary intervention, as that discourse from the body’s natural highways creates new foreign problems that it must now face someday, painfully or in passing. *Time* is an active ingredient in medicine that does in fact always heal or kill. Side effects matter.

*One of my favorite quotes of all time, just because it is so true for all aspects of life is, “You never stay the same, you either get better, or you get worse.” – by Jon Gruden. At no time in life will this quote ever be untrue.*

We still bare the right to acknowledge that the application of drugs to save lives at their very end, after the internal systems decline in their ability to self-heal, is **the same force** that *takes* lives if applied during optimal self-healing years. Like Einstein's theory of relativity, and all other theories that we know to exist in chemistry, physics, etc. science, is that we use one rationale to both prove and disprove a single theory... well apparently except in "healthcare," which prefers to be odd in its academia by normalizing the contrary of this model for political agendas.

Thomas Szaz identified that Psychiatry is the only "science" where the sane person's outcomes are due to choices, while the insane person's outcomes are due to "causes" – two opposing rationales... What? He uses many examples like this to disprove the very existence of "diseases of the brain" known as Psychiatry – an entire, and exploding, industry on our planet. Two opposing rationales of course cannot prove and disprove a singular outcome, thus provide limited to no validity for the existence of some entire fields, practices, and "diagnosis".

Using a *legitimate and rational* model, we can pretend to prescribe a dying cancerous body Chemotherapy and witness many cancers slowly fade. Now, if Chemotherapy were applied to a perfectly healthy body, we can all assume that the mildest to worst side effects will still come to life – inversely known as the harm or death of healthy bodily systems. This example alone is a most basic demonstration that we either achieve some level of physical system redemption, or the slow onset of manslaughter toward what was well. Remember, all ingredients of precision, especially timing, is everything to our healthful advancement. This basic example is why timing matters in healthcare so very much... and your proactive, natural hygiene.

Now fortunately, we still live in a time where it is the prospective customer's decision, and their decision alone, whether the timing of western medical intervention is appropriate, and whether they maintain the ability to self-heal, or are too far unwell. We can accept or deny paying for our prescriptions and swallowing them. I recently had a benign cyst on my shoulder removed, which required surgery. I would not deny the surgery, however I certainly denied the Percocet (an opioid) that followed, which was prescribed, and highly recommended, after confidently reporting my pain level post-operation was a zero.

My method of encouraging others to reject unnecessary practices and the honest abuse of medicine (the medicalization of everyday life) is to share my ideas and opinions, which are certainly not from the pharmacocracy funded academia (I am not a clinician), but in practice of my own day to day nature-first and technology entrepreneurial career path and real-life experiences and observations.

It is never lost upon humanity to save itself. Gangster domination requires limitation of the public's exposure, framed education, and a lack of options. Nature is everyone's most affordable church and uncoincidentally, their doctor, while it is the only form of each that never asks us for our donations. Nature exists before us with such a power to love that if we do not take care of it, it simply *cannot* take care of us. Should we neglect Earth's nature, and our own, and suddenly be led to a moment of ailment and desperation, we will be blindly led to trust other human beings to save us instead, unknowing of *their* love; their nature. Both the government and nature show us no mercy, but only one of them one does not require our dollars to succeed.