

# Nature the Vigilante

Essays by Sara R. Auld

## PRECISION WELLNESS AS SELF VACCINATION

Precision medicine is a combined study of a person's genetics, environment, and lifestyle to determine the most personalized treatment plan possible. It considers behavior and environmental factors considering timing, volume, speed, temperature, frequency, duration, and more metrics to produce the desired outcome.

To me, precision medicine in its most organic form and non-pharmaceutically can just be referred to as the practice of naturopathy to the **impeccable** degree; environmental design combined with human behavior sought to be more precisely calculated together than a rocket ship entering orbit. I would like to share with you what I **believe** to be the ultimate and *do no harm* vaccine – *Precision Wellness as Self Vaccination*.

Before we continue, I'd like to make a few health-specific definitions very clear, as these words are incorrectly used every day in healthcare, which leads to great confusion about the natural healthcare landscape for our consumers. Please read these carefully and fully.

Wellness is a type of service, product, or act performed to improve the current physical or mental health state of a living thing, while simultaneously preventing ailment or a disease state. Wellness is what people are personally responsible for in order to maintain, improve, and/or prevent all ailment.

Holistic is to recognize internal and external connection between various bodily systems, functions, and the environment that it inhabits, known as the “whole person,” and then strategically treat all systems as necessary. In our modern era, this includes treatment by pharmaceuticals, naturopathy, or other. The modernization of the word “holistic” does not mean all-natural, however it originated within the natural healthcare industry: “*Holistic was coined by South African soldier and statesman Jan Christian Smuts in the 1920s as a philosophical term. Smuts, who—aside from war and politics—was a student of natural science, used the term to describe his complex philosophy regarding the organization of nature.*” ([Merriam Webster](#))

Naturopathy is the practice of natural medicinal where treatment is nature-derived, using Earth's resources such as plants, animals, exercise, diet, and human touch. Naturopathy is to treat an ailment without the use of drugs.

Now that you have a grounded understanding of these terms, you can understand how I use them throughout this essay. Let's begin.

I often wonder if we can design our environment, understand our genetics, and practice our behaviors to such a precisely integrated and calculated degree, and in such a way that we can strategically adjust them, as a prescription to prevent a virus as specific as the flu? And can we do this to such an extent that we adjust that prescription for ALL viruses, even making the practice a seasonal normality in our society. Such as, “It’s fall, time to SV for the flu.” (SV stands for Self-Vaccinate.)

We physically prepare our bodies to hike Mount Everest – we don’t just wake up one day, do it, *and survive*. So, in the practice of any physical or extreme preparation, can we do this with any illness? My answer is... of course. The more I consider it, the more I wonder why we aren’t already! I can finally go to the gym and eat a certain way seasonally to simply train for the next virus like I’m watching it on the weather channel.

Now, I do not mean get generally really fit and just automatically be less likely to get sick. I mean can science and technology capture so much data on one virus, that it scribes each of us a personalized ingredient list for guaranteed prevention. It would have to be personalized, as no human body is in an identical state as the next, and our starting points, requirements to survive, and end goals, would forever differ. A holistic precision prescription for virus prevention...

I want to start by considering this: What if I told you that only one food you (or your pregnant mother) ate made you a diabetic today? Well, that would *sound* crazy. But what if I told you that one person you talked to is the one who gave you the flu? Well, that *could* be true. Their differences are highly complex, but what is indefinitely similar about these ailments is that both share an outcome due to **compound effects**.

I would like to know how our medical politicians classify both events and choices as ailment, such as a broken bone, influenza, and heroin addiction, while they do not consider “wellness” an option in healthcare... I suppose doing so would mean their newly *invented* disease called “obesity” has more cures than the latest pharmaceutical prescription and bariatric surgery.

All healthcare is a compound effect, and while I do not believe in medicalizing the entire wellness industry and aim to avoid it at all costs, I do believe in natural medicine as treatment, or wellness as choice medicine (i.e. a vaccine).

Precision Wellness as Self Vaccination is simply a naturopathic practice, or choice medicine, in the absence of a specific virus, to prevent a specific virus. The non-medicalization use of wellness should never change, which is to simply perform actions for enjoyment and/or to prepare or improve one's life as a whole; no specific virus or disease needs to be considered by the user.

Note, while obesity and addiction (for example) deserve to be diagnosed solely in a first step to solving them, I do not believe either should fall under the term "disease". Diagnosis and disease are not "one" – one is an observation, the other is a factual physical state – identified or not. I would like to see a new word for an ailment derived from the majority act of poor choices. "Disease" is a word that ought to be reserved for foreign events unwillingly happening to the body, like malaria, or illness that we contract. Obesity is something we do to our own body... often by eating incorrectly. This is my opinion – but "disease" still has no legitimate definitions.

I believe healthcare to always be a **hybrid** of events and choices, which also welcomes wellness into the treatment room (choices) or as choice medicine over modern medicine.

A few thought experiments to judge this idea of 100% compound effect healthcare:

- I execute a 15-foot jump with a four-wheeler (I actually did that once – what a rush) and break my leg (didn't do that). This calls for western medicine because it is an emergency and I'm too far gone – someone has to fix my leg. But, it was my own reckless *behaviors* that sent me 15 feet in the air to begin with. That was a choice.
- I am born a Type 1 Diabetic. (I don't love when people use the word born solely as an escape to what they, or their children, can still significantly advance from. Never be your diagnosis! You are not!) Anyway, the science of physiological effects on chemistry, minor or major, prove that my life was not brought into existence to just stop functioning properly at a given generation of birth – and by the thousands of people might I add, nor in one specific era because... chemistry just felt like it? What were centuries of our ancestors doing and what was and is the environmental design that led to who we are now, "at birth"? Of course, it matters. Everything must matter by nearly all scientific laws that the human race has ever realized.
- I become a Type 2 Diabetic. I ate myself into disease. (Trust me, I know the options aren't great to choose from to begin with, nor is our education on those products.)
- I contract the flu. The flu is an external organism that found me, certainly, but what did I do and eat those past few weeks, or even years, that left me susceptible to its attack? **Not everyone gets the flu at the same exact time and every year.** We get the flu at a well-defined millisecond of (and a lack of) physical preparation. The inverse being why we get the flu at **different** times, some annually, and some never at

all. It is intentional or unintentional physical preparation to basically contract, or even die from, viruses. We also know it's not the sole responsibility of the carrier to prepare. They had parents, and they had parents, and they had parents... You get it.

I would consider myself a fit person. I am a 29-year-old female, ~145 lbs., and have zero current physical malfunctions or diagnoses. When training consistently, I can still run 17+ miles per hour, sub-seven-minute miles, up to 10+ miles consecutively, do 10+ pull ups, 100 sit ups, etc., and I would consider my diet excellent compared to average, but it could also be far, far better. However, **none of what I do is precise – or precisely planned**, nor risk-specifically prepared (virus prepared). Yes, I get sick! And until humanity can nail precision medicine, we all always will.

Note that pharmaceutical companies are developing drugs that change inside of us according to our acute chemistry, genomics, etc. at the time of consumption. This would be a type of precision medicine but in the form of drugs. While I support pharmaceutical intervention in times of life-saving events, I'm not entirely sure you can ever fully save the fish if you continue to poison its water. In short, environmental health (to me) continues to be "the ultimate" and drugs too often have become part of our day-to-day (non-urgent) lives. Sadly, this precision medicine in the form of pharmaceuticals will too. Yet again, another pill to cop out of effort with...

I get a lot of back-lash from one-track-minded clinicians because I refer to wellness as healthcare at my own startup company, Upper. The backlash I get from referring to wellness as a type of healthcare is an utter misunderstanding by the irritated listener: They assume that I am comparing wellness to a heart attack, or stating that some essential oil can save the heart attack, but of course I am not. Wellness is a practice of choices, and treatment through choice and/or physiology *first*. The timing of treatment is the largest difference, which also leads to the type of intervention used. Timing is the greatest and most important ingredient in all precision medicine and wellness. Not to mention, if we are classifying obesity and addiction as diseases, then how on Earth is wellness not healthcare? If obesity is a disease, but choice medicine (lifestyle/wellness) is not healthcare, then by God my sick pack of abs must be thanks to some kind of unknown hyper-muscle-visibility condition I was unaware I had. You get the point... What we can do to ourselves is absolutely incredible, and it is absolutely healthcare.

My theory of Self Vaccination is risk-specific preparation of the physical body using precision wellness (or lifestyle to the impeccable degree). The likelihood of achieving such a level of precision seems far away from now, but regardless, what I believe we should be striving for.

A modern precision vaccine would follow a data tracking process of the individual (like any of our current technology health wearables), which can then provide guidance using data-responsive environmental and lifestyle recommendations for a specific amount of time until that risk is diluted (such as 'flu season ends'). The concept of precision medicine in general suggests timing as a key ingredient to any event or decision, as well as frequency, rate, volume, density, substance, internal temperature, external temperatures, and more. It works in absolutes and perfects our physics to naturally enhance our chemistry.

But how could we ever achieve such a state of physical being? We already do! Have you gone one year in your entire life without getting the flu? Congratulations, either it never even came to your area, or you were unintentionally physically risk-prepared for that event. Now, how can we replicate those millions of choices and behaviors? That is the goal.

For example: If I wore a wearable device for so much time that it could capture and analyze my vital signs, potentially organ to muscular activity, reactions to daily consumption, movements, sleep patterns, interactions, and more, and it could integrate with a separate intelligence system that held information on the chemical makeup of any disease, illness, and viruses. Then, the wearable device would cross-communicate the information, using an algorithm to send precise moment-by-moment signals to the user of the exact doses and frequencies of nutrients, movements, sleep, temperatures, and overall internal and external climates required to long-term pre-vaccinate the user for the threat. It sounds extreme, but quite frankly, that's because it is. We would need to study and know the path, behaviors, and destination of an infectious organism throughout the body in order to fight it – we have to outsmart it.

In laymen terms: A wearable device can tell me exactly what to eat, drink, do, and what environments to create inside of my body in order to pre-vaccinate myself against a specific illness (i.e. influenza, etc.). The recommendations would need to be custom to the ailment, as different ailments attack different things and require different internal strengths, abilities, and thrive and die in different environments. These differences would also vary per user, significantly, as all user chemistry is always unique and changes by the second (such as day to day low/high vitamin levels, muscle mass, water, energy expenditures, etc.)

I believe that precision wellness as self-vaccination has been happening for centuries, unintentionally, by the sheer fact that thousands of human beings can go one whole year, or many years, without contracting a given virus. Maybe we ought to refer to unintentional self-vaccination as *natural vaccination* since it did not occur by conscious choice, but instead by environmental design.

Without natural or self-vaccination, we would only live in a permanent state of illness since microscopic viruses always live on us, waiting to attack or takeover. But we have positive choices, we have physiology, and we have nature.

With limited to no chemicals, and possibly a more educated understanding of each illness that we are most likely to encounter, and out-smarting the paths of such illnesses, we can actively practice precision wellness and self-vaccination accordingly, and we can prepare intentionally. With technological assistance in all aspects, I believe that we can literally prevent anything.