



## A Brief Study of 4 Words: Medicine, Disease, Treat, and Cure

Smart Sugars Lesson #97

by JC Spencer

The word “**medicine**” has been around a long time but what does it really mean? And, what did it once mean?

Noah Webster’s 1828 American Dictionary of the English Language states that **medicine** is: *The art of preventing, curing, or alleviating the diseases of the human body.*

**Disease** is from the Old French word, *desaise*, meaning “lack of ease”. **Treat** appears to be from the word treacherous and means to manage or care for that which is treacherous. **Cure** is related to care and means to clean. Noah Webster 1828: *To remedy; to remove an evil, and restore to a good state.*

Hippocrates, the father of modern medicine, radically disagreed with traditional medicine of his time. Today, he would again disagree with traditional medicine. Hippocrates was born around 460 BC. He knew Nature did the healing and so decreed, “*Let thy food be thy medicine and medicine be thy food.*” His medicine treated the patient, not just the disease. He trained, what was considered, renegade physicians and they set about to revolutionize the art of medicine.

Hippocrates was a believer in dietary measures in the treatment of disease. He understood that the main role of the physician was to aid the natural resistance of the body to overcome the metabolic imbalance and restore health.

Much of the original Greek Hippocratic Oath has been removed from today’s medical procedures including “dietary regimens”, “do no harm”, “not give a lethal drug”, “will not use the knife”, and “will not cause an abortion”.

François-Marie d’Arouet, better known as Voltaire, (1694-1778), is on record as saying, “*The art of medicine consists of amusing the patient while Nature cures the disease.*”

Today, we are taught that only **medicine** in the hands of a doctor can be used to **treat** or **cure** a **disease**. It

is forbidden, and often enforced by law, for anyone but a physician to “**treat**” or “**cure**” any “**disease**” with a “**medicine**”. Today’s accepted definition of “**medicine**” is: *a drug used to treat an illness.*

The fact of Nature and of Common Law is that good nutrition, is the best “**medicine**” and has been the best “**medicine**” since the Garden of Eden.

Oliver Wendell Holmes, Jr., U.S. Supreme Court Associate Justice and author of Common Law, on his 90<sup>th</sup> birthday was asked by a journalist about his success. He responded, “*Young man, the secret of my success is that at an early age I discovered that I was not God.*” His father, Sr., received his degree from Harvard Medical School where he later was a professor for 30 years. In 1843, he wrote *The Contagiousness of Puerperal Fever*, in which he challenged the medical establishment about how women were not treated properly during childbirth. His instructions to “wash your hands” took years to be accepted and implemented for helping prevent the transmission of pathogens that were killing patients.

Our medical system has changed over the years and is currently in a paradigm shift. We are in the early stages of seeing Glycoscience take the leading role in the future of healthcare. Many doctors of tomorrow will operate more within the framework of evidenced foods called functional foods or medical foods. Smart Sugars will improve health and extend life.

Source: *Information 2000: Library and Information Services for the 21st Century, Vol. 1991, Part 2 (1992) by the U.S. National Commission on Libraries and Information Science, p. 272*

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