

Self Heal by Design

The Role of Micro-organisms for Health • Barbara O'Neill

Published in 2014, **Self Heal by Design** is a holistic health manual centered on the premise that the human body is designed to heal itself when provided with the correct internal environment. Barbara O'Neill emphasizes the balance of the microbiome, body pH, and organ function as the keys to reversing illness.

1. Microorganisms and the "Internal Terrain"

O'Neill argues that disease is not caused by invading germs alone, but by a compromised internal environment.

- **The Double-Edged Sword:** Microorganisms like yeast and fungi, essential for decomposing dead matter in nature, begin to "decompose" living tissue when the body becomes acidic or toxic.
- **Cellular Transformation:** Fungal spores can shift cell respiration from aerobic (oxygen-based) to anaerobic (sugar-based), generating lactic acid and further lowering the body's pH.

2. The Great Aggressors: Fungi, Yeast, and Sugar

O'Neill identifies fungal overgrowth and mycotoxins as primary drivers of chronic illness. To alkalize the system, she recommends strictly avoiding fuel sources for these organisms:

- Refined sugars and artificial sweeteners.
- Yeast-heavy foods and alcoholic beverages.
- Processed or mold-prone foods.

The book details a **two-stage Anti-Fungal Diet** and a **six-week Cancer Conquering Diet** focused on restricting glucose and increasing cellular oxygenation.

3. Restoring Organ Function

Stomach & Hydrochloric Acid (HCl): O'Neill highlights the importance of potent stomach acid for digestion and defense. She advises drinking water *between* meals rather than during them to prevent diluting HCl.

The Liver: As the body's primary filter, the liver must be supported through natural herbs and specific cleanses to restore its capacity to remove systemic toxins.

***The Ultimate Takeaway:** Self Heal by Design rejects the idea that genes are destiny. It encourages individuals to take responsibility for their health by choosing habits that starve fungal growth and maintain an alkaline internal environment.*