

## Comparing How We Manage Our Health And Finances

I believe we can all concur that we have become an instant-gratification society. Many people are living for today and borrowing on the future. Inevitably, the future will arrive and so will the day of reckoning when we will be forced to pay the piper, so to speak. No matter what our station in life might be, we all are required to live by the same set of rules. As we all know, Our Creator is just, and deals equally and fairly with each of us. We are often less equitable and more easily influenced. In our minds, we often establish a different set of rules for those who have notoriety, status, wealth, or even good looks. We are more willing to overlook their inappropriate behavior as insignificant, and continue to esteem them more highly than someone who deserves our respect much more.

For the sake of comparison, we can quite easily draw a parallel between how many people choose to deal with their finances, and their health. It all stems from basic lack of discipline, and instant gratification is too often the only concern, with no consideration of the future. The more we draw on the future, regarding our health or our finances, the more bleak the future will become. In regards to finances, the credit card companies are continuously encouraging people to use their cards and allow them to make a minimum payment, which is relatively small and not adequate to amortize the loan. As more and more charges are made, and the interest continues to accrue, they eventually reach their maximum. Other credit card companies are only too willing to accommodate them with another card. Now they can get advances on a new credit card in order to make payments on the original card.

As this scenario continues, and the debt grows from additional purchases and added interest, people sometimes lose their homes, if they ever saved enough to purchase a home. Many never invest in their future by saving money for the down payment on their home, and consequently pay rent their entire lives. Some never invest in the future by getting an education or learning a skill, so that their future might be something they could look forward to.

Although our finances will not be our main focus, we will soon see how it is analogous to our health, and the same basic principles apply to both. I will also show you a direct connection between our finances and our health.

In regards to our health, we will now replace the credit card companies with the pharmaceutical industry, as they are both in it for the money. Your best interest is their least concern, thus that must be your responsibility. Although many people fail to invest in their financial future, the same often applies regarding their health as well. First, if we want financial security, we need to invest in an education so we will have an adequate income to provide for our future needs. The same rules apply when it comes to our health. As most doctors were not trained in nutrition or disease prevention, if we want to have a good health, and avoid major diseases as we age, we have to invest in the future by learning, and then applying the laws of health. As usual, the same basic laws apply to everyone. One of the most important things we can all learn is how to care for

our bodies. If we eat the things that satisfy our taste, such as hot dogs, hamburgers, French fries, bacon, soft drinks, and prepared foods, etc., we will eventually be forced to deal with the consequences. If we don't instead adhere to a healthy diet, the chances of acquiring life-threatening diseases such as cancer, diabetes, or experiencing a debilitating stroke or heart attack, are much more likely. Also, your chances are good that your later years will likely be spent like so many today – existing in a nursing home, just waiting to die. In my opinion, that would be even worse than premature death. Most importantly, it can be avoided, and the sooner we begin practicing prevention, the better our chance for success will be.

Just like the credit card companies allow you to borrow on your future, the pharmaceutical industry has a similar plan. Their sales pitch is: Why should you be forced to suffer any pain or discomfort, or even a little depression when we have a quick and easy solution? Although most of their drugs are very expensive, at least most of the cost is often covered by your insurance, (the incentive). Unfortunately, most people naturally assume that if the drugs are so expensive, they must be good, (not realizing that drugs that cost pennies are often sold for hundreds of dollars). Obviously, someone has to pay the bill, and all too often it's we, the taxpayers, who are supporting the pharmaceutical companies' exorbitant profits, with higher taxes.

Now that we are aware of the financial issue, let's take a look at the health issue. In regards to the borrowing ahead on our credit cards, and the interest that continues to accrue, the same basic principle applies regarding our diets, and if we chose to take drugs so we can ignore our body's critical communication. God didn't create our bodies to produce pain or discomfort, just so we would be forced to suffer needlessly. That is the mechanism our body employees to communicate with us when a problem exists that needs to be addressed. If it wasn't for pain, we could gradually damage our body and not be aware of the fact. That is basically what we are doing when we rely on drugs that were designed to suppress symptoms, rather than address and resolve the underlying problem. This often results in a lifetime dependency. As long as the underlying condition is not properly dealt with, the symptoms will continue to exist. And as the financial issue is a major concern, due to the highly inflated cost of drugs, that is far from our only concern.

These drugs are not only totally ignoring the problem in our body that thus continues to exist, allowing it to become even worse, but the medications also create side effects, which lead to prescriptions for even more drugs. Then, the more drugs a person takes, the more likely the potential for serious interaction with each other. That also applies to over-the-counter drugs, which are widely used, and often interact with prescription medications. Many people have a false sense of security, assuming that as long as they continue to take their medications, everything should be OK, and that is the best thing they could do. Yet it's often the worst possible thing they should be doing.

Often senior citizens are taking as many drugs as they can possibly afford, as they are afraid they might somehow die if they stop taking any of them. Some even skimp on

their food budget, just so they can afford their medications. That often contributes to a nutritional deficiency, worsening the nutrient depletion caused by their drugs.

In my opinion, this is a crime against humanity, perpetrated by the pharmaceutical industry, by holding the unsuspecting public hostage for the sake of exorbitant profits. Of even more concern is the potential for damage to the body and brain that these drugs are known to inflict. They are unnatural to the body, deplete critical vitamins and minerals, and create a toxic overload, which the liver must then deal with. Anyone who is also smoking, drinking alcohol, or taking antidepressants, is basically compounding the problem. Then, adding insult to injury, the majority of seniors is not only using multiple medications, but also have poor dietary habits in addition. We have to ask ourselves: How much abuse can one body take before we can expect it to develop some major disease? It is much easier to avoid a disease, than it is to resolve it once it finally takes hold. When our health is being compromised for years, one or more diseases are often in various stages of development. For example, cancer can be developing for years before it is finally detected. It's also thought that millions likely have undiagnosed type II diabetes.

We need to stop the abuse of our bodies, and take inventory of where we are headed, and consider the future consequences of continuing the course we are currently on. In my opinion, optimum health can only be achieved by eliminating all unhealthy addictive substances, and safely phasing out all prescription and over-the-counter drugs. And finally, by following a healthy diet, and taking a few natural supplements, along with a good exercise program, we should no longer have any need for the dangerous drugs. I have never been healthier at any time in my life, and at 75 I take absolutely no prescription or over-the-counter drugs. If I had, I'm convinced I would not be experiencing the tremendous health that I experience today.