

A Quality, Cost-Effective Healthcare System For Every American Is Achievable!

It appears that our greatest challenge will be finding a source of sustained funding, to assure that every single person will have access to quality health care. Cost-effective healthcare and quality healthcare are actually co-dependent. Only by focusing on disease prevention, and avoiding any unnecessary highly inflated medications that deplete nutrients and contribute to poor health, can that goal possibly be achievable.

By using that approach, we can finally experience a truly cost-effective health care system that could provide coverage for everyone. Even better, it will not in any way create an unnecessary tax burden. To date, I have been successful in helping many people eliminate their unnecessary medications, (more often than not, that is “all” of their medications). That would not only provide a tremendous savings in unnecessary drug expenses, but everyone’s health would improve in the process, (a two-fold benefit).

Even many very expensive surgeries are totally unnecessary. For example, one cardiology professor claimed that in his opinion, 94% of heart bypass surgeries in his state were totally unnecessary. The more profitable a surgery is, the more aggressively it is promoted. There is a totally non-invasive, and far less expensive way, to stimulate the growth of new blood vessels in the heart, currently being performed, and is incidentally covered by most insurance, although few are aware of the procedure.

Most diseases can in my opinion, be prevented by avoiding the dependence on medications that only treat symptoms, while creating other symptoms in the process. That’s what I refer to as the typical “domino effect” associated with medications. Worst of all, they are one of the greatest contributors to poor health and disease that I am aware of. Unnecessary dependence on medications, combined with a poor diet, (typical of many of those on Medicare or Medicaid), are two primary contributors to cancer, diabetes, and heart disease, which far too many seniors are experiencing today.

I am currently 75 totally drug-free, 30 pounds lighter, and “far healthier” than I was 47 ears ago when I first learned the importance of good dietary habits, and avoiding medications. Absolute proof that disease prevention is entirely possible, and obviously what our healthcare system should be based on.

There is also another area for potential savings. When completing my doctorate program, one of my projects was to observe what took place in the Emergency Room at a local hospital, over a period of several hours. I soon discovered that many of the visits, to a very expensive hospital, are for minor conditions or accidents, which could quite easily be handled in a small 24-hour clinic with far less overhead, and thus expense.

As a nation, we currently have one of the most expensive, although least effective, health care systems in the world. The solution is obvious, and would be relatively simple. I would be willing to establish a pilot study to prove that a whole new approach to healthcare is a totally achievable goal. Anyone interested, please email me!