

Making The Case For Insurance Coverage Of Critical Nutrients

The Question Is: How can the insurance companies possibly justify continuing to exclude coverage of your vitamins?

Have you ever wondered how insurance coverage of vitamins have somehow managed to be excluded from insurance coverage all these years? In her book *Detoxify or Die* (2002), Dr. Sherry Rogers, M.D. helps identify the basic underlying problem. She quotes an article from the *Journal of the American Medical Association (JAMA)* that “documented how **over 87% of physicians who make up the panels of ‘experts’ who determine the practice guidelines for medicine receive compensation from the drug industry. These are the guidelines that your doctors and insurance companies follow**” (JAMA 287: 6,12-6 17, 2002). Talk about a conflict of interest, and outright corruption of our healthcare system!

Just a couple reasons why supplementation is “absolutely necessary” in order to avoid a nutritional deficiency:

- Insurance companies continue to cover the cost of drugs known to deplete nutrients, without question, even though they are all too often inappropriate, and responsible for creating a vitamin and mineral deficiency, (a fact few patients are aware of). I would guess that most doctors are unaware as well. It’s an issue their pharmaceutical reps fail to discuss with your doctor.
- Then, even if they were aware of the problem, many of those on limited incomes, (the majority of the elderly, especially), couldn’t afford to pay for replacement of the nutrients depleted by their medications. The land of the free – except when it comes to your healthcare options, (the poor have absolutely no choice in the matter).
- Some examples of conditions normally ignored by traditional doctors, which just happen to be those that can only be resolved with vitamins:
 - Elevated Homocysteine
 - Adrenal Fatigue
 - Chronic Fatigue

The truth is – the pharmaceutical companies are rapidly running out of options. They can only come up with so many different conditions to create drugs for, (and they have already pushed that to the limit). One example is regarding an attempt to develop some drug to treat Alzheimer's disease, (over the past 30 years). With hundreds of millions of dollars invested, and over one hundred drugs tested, to date all drugs have failed miserably! The problem is – no drug can possibly cure Alzheimer's, (that's not what drugs do)! Not only that, but it's the other medications that they are making billions of dollars on annually, that are by far the greatest contributors to the condition. A concern drug companies have to be aware of, but are not about to disclose. Thus, that's an important issue I will be exposing in my upcoming book on dementia and Alzheimer's disease.

Only by eliminating known contributors to the condition can Alzheimer's be prevented, or for that matter potentially resolved. With the pharmaceutical giants, it's all about the bottom line, and unfortunately, your best interest has a much lower priority. Thus, you must become better informed, and no longer ignore the obvious, (our body rightfully recognizes drugs as toxins)! The solution: just say "no" to drugs (legal or illegal)! Doing so is the very first step in restoring your health, and truly resolving any condition.

PhRMA, the organization funded by, and representing the pharmaceutical industry, along with their partner in crime, the FDA, have very successfully perverted our healthcare system for decades. The question remains, how much longer can we possibly stand idly by, and allow this obvious deception to continue unabated? Even if we totally ignore the millions who are "unnecessarily" suffering with poor health – the current trend is without a doubt, financially unsustainable, (we can't afford it)! Millions of their victims, (and we the taxpayers), are basically donating our hard-earned dollars to help fund the already wealthy pharmaceutical giants.

The question is: Why should we continue ingesting known toxins, just to suppress some symptom? Our best defense is an offense. Just let them know you don't need their nutrient-depleting, disease-promoting drugs, and encourage others to do the same. Then, if there is ever a disaster, (which is becoming more and more common), there will be no need to stress about not having access to them – you'll be drug-free! Besides, stress is bad for your health as well.

Legal drugs appear to be even more profitable than illegal drugs. They are perfectly legal, far more widely used, (more people on more drugs), and "outrageously over-priced"! The non-profit *Life Extension Foundation* provided positive proof, in an expose titled "What Drugs Really Cost" (April 2002). They listed 16 popular drugs, comparing the consumer price with the actual cost of ingredients. The average markup of each was a whopping 78,693%! Talk about profitability! Absolutely the only criteria – a total lack of conscience, and profit potential must be the ultimate goal. The only way such exorbitant profits are possible.

You now know how they can easily afford all those high-paid lobbyists, and expensive commercials, attempting to convince us that we somehow can't do without their highly profitable drugs, in spite of all their troubling side effects. The real truth is, the side effects normally far-outweigh any real benefit – just suppressing some symptom, (not to mention their nutrient depletion).

Recent research will validate my contention all along, that our DNA is not actually "set in stone", but can be controlled. We can easily influence how they behave, (referred to as "gene expression"). We can finally prove that drugs (legal or illegal) are basically toxins that have a negative influence on how our genes will be expressed, contrary to nutrients that support positive gene expression. This is one area the *Life Extension Foundation* was developing a few years ago, and other institutions are currently researching. Fortunately, we now have the ability to prove beyond a doubt that, if we want to experience true health, and stimulate optimum gene expression, we can no longer resort to a dependence on drugs as a solution. Something that only "appropriate nutrients" are capable of, (incorporating quality nutrients, in sufficient dosage) – not some cheap One-Pill-A-Day "placebo". PhRMA has attempted to convince both you and

your doctor, that taking vitamins is unnecessary and a waste of money, (they need your money)! Worst of all, they even imply that some vitamins might even be dangerous – through the news media, which of course, makes it appear more credible. They are very aware of where the true danger really lies, (although they would rather you and your doctor weren't).

Fortunately, there is more than one way to prove that nutrients have a positive influence on our health, and that just the opposite is true regarding medications. Our bodies are fully aware they are toxins, thus the liver attempts to eliminate them. I have yet to encounter anyone who withdrew their medications, and replaced them with nutrients the body was missing, that didn't experience a positive result. We now have another way of showing scientifically, exactly how and why. We finally have absolute proof that drugs contribute to a worsening of our overall health, while the opposite holds true regarding nutrients. Simple logic would help explain why only organic nutrients could possibly heal an organic body. So next we'll learn how nutrients have been found to positively alter gene expression.

Absolute Proof that Vitamins and Minerals Positively Influence Gene Expression

The following information was obtained from materials provided by the University of California, Berkeley, and retrieved from an article posted June 3, 2008 at <http://www.sciencedaily.com/releases/2008/06/080602214135.htm>:

*Good News In Our DNA: **Defects You Can Fix With Vitamins And Minerals***

*University of California, Berkeley, scientists, have found a welcome reason to delve into your genetic heritage: **to find the slight genetic flaws that can be fixed with remedies as simple as vitamin or mineral supplements.***

"I'm looking for the good news in the human genome," said Jasper Rine, UC Berkeley professor of molecular and cell biology.

*What Rine and colleagues found and report in the online early edition of the journal Proceedings of the National Academy of Sciences (PNAS) is that there are many genetic differences that make people's enzymes less efficient than normal, and that **simple supplementation with vitamins can often restore some of these deficient enzymes to full working order.***

*First author Nicholas Marini, a UC Berkeley research scientist, noted that **physicians prescribe vitamins to "cure" many rare and potentially fatal metabolic defects caused by mutations in critical enzymes.***

*Marini and Rine estimate that the average person has five rare mutant enzymes, and **perhaps other not-so-rare variants, that could be improved with vitamin or mineral supplements.***

"There are over 600 human enzymes that use vitamins or minerals as cofactors, and this study reports just what we found by studying one of them,"

*Rine said. "What this means is that, even if the odds of an individual having a defect in one gene is low, **with 600 genes, we are all likely to have some mutations that limit one or more of our enzymes.**"*

*Bruce Ames, a UC Berkeley professor emeritus of molecular and cell biology found in the 1970s that **many bacteria that could not produce a specific amino acid could do so if given more vitamin B6**, and in recent years he has continued exploring the link between micronutrients and health.*

*"Looked at in one way, **Bruce found that you can cure a genetic disease in bacteria by treating it with vitamins,**" Rine said.*

If you noticed, they stressed the influence of vitamins and minerals on the action of enzymes, which are involved in all critical actions. Dr. William Wong, N.D., claims that vitamins and minerals were misnamed, and should instead be called coenzymes, as they support enzyme action. In that regard, there are a couple possibilities we might consider. Also, according to Dr. Wong, somewhere around 30 years of age, our enzyme levels continually drop.

The solution: First, supplement with protolytic enzymes that can make up for the loss. Second, how efficiently all those enzymes (approximately 3,000) function, depends heavily on our body's temperature – the thyroid function, or our metabolism. Dr. E. Denis Wilson, M.D., discovered in lab tests, that only a small drop in temperature had a major influence on the speed, (and thus efficiency), of all enzyme actions. Then, over 40 years ago, one of the foremost authorities on thyroid conditions, Dr. Broda Barnes, M.D. claimed that over 40% of his patients actually had below-normal thyroid function. Although it's surprisingly common, it's unfortunately, all too often improperly diagnosed, or treated with the wrong hormone. The influence of thyroid function on enzyme action could easily explain why there are a total of 47 potential symptoms associated with a hypothyroid (low thyroid) condition! The good news is, it's easy to self-diagnose, and the effective natural thyroid hormone, Armour™ thyroid, is very inexpensive as well.

Interestingly, not once did any of the researchers in the study on gene expression, even suggest the possibility of using some drug to resolve a problem associated with inappropriate gene expression. I would assume that they likely knew better. It should be obvious that, as nutrients have a positive influence on gene expression, and that drugs are known to deplete nutrients, the drugs would undoubtedly have a negative, rather than positive, influence on gene expression, (an undisputable fact).

That would also help explain why, years ago, when my sister June's doctor concluded that in his opinion her organs were basically shutting down, and she was "on her way out" and should thus get her affairs in order, she just happened to be on several different drugs. That would also explain why she soon made a major recovery, just by replacing her drugs with nutrients, (eliminating the problem, and adding the solution). How much more proof could we possibly need? The resultant genetic expression should help validate my claim that drugs and optimum health are mutually exclusive, (they "never" go together)! We must begin showing our bodies the respect they deserve, by

providing them with the “proper nutrients”, so they can finally do what they are the very best at, (healing themselves). Something our bodies are very efficient at, given the necessary resources, (not toxic drugs).

If you noticed, I earlier stressed “proper nutrients”. Don’t ever be fooled into thinking that you can take some One-Pill-A-Day, with a “minute dose” of several different vitamins and minerals, and somehow expect to experience any real benefit. They only provide you with a false sense of security, as do some cereals that contain only a few pennies’ worth of artificial vitamins sprayed on. You should also keep in mind that the Recommended Daily Allowance (RDA) would provide only a fraction of vitamins and minerals necessary to truly maintain our health. It’s just one more deception that is, in my opinion, promoted by the pharmaceutical giants, who make exorbitant profits by prompting poor health and disease, rather than health.

When people are healthy, they seldom go to their doctor, who they depend on to promote their drugs. The doctor must recommend, and then write the prescription for one or more of their drugs. Then they made sure that your doctor’s only option is drugs, or surgery, (AMA approved procedures), and that your doctor was not trained in nutrition or disease prevention in medical school. They are in “total control” of our healthcare system, and have been for years, although that absolutely must change if we ever expect to have a true health care system, based on prevention.