

National Health Care: How Americans Avoid Good Health

Part 2: Corporations feeding Americans unhealthy foods.

By reading part 1 of this series, “National Health Care: Or, Is It Sick Care?”—you understand that most Americans that suffer diseases, heart attacks, cancer, diabetes, joint pain, arthritis and more problems—simply eat poorly, exercise very little and follow endless addictive unhealthy choices.

Yet, as their bodies break down, deteriorate and suffer pain, Americans drink, smoke, ingest billions of pain relievers and visit doctors to solve their problems.

CNBC said, “Americans are in more pain than any other population around the world. That’s the conclusion that can be drawn from one startling number from recent years: 80 percent of the global opioid supply is consumed in the United States. Pain drugs are the second-largest pharmaceutical class globally, after cancer medicines.” (Source: Americans consume vast majority of the world’s opioids, CNBC.)

“There was about 300 million pain prescriptions written in 2016,” Irina Koffler, senior analyst, specialty pharma, Mizuho Securities USA, told CNBC.

“The 300 million pain prescriptions equal a \$24 billion market,” Koffler said. “But it’s not a market evenly divided around the globe. Rampant use of opioids in the United States, which represents only 5 percent of the global population, points to a larger divide between affluent nations and the rest of the world when it comes to prescription painkillers.”

“If you include Canada and Western Europe, [consumption of global opioid supply] increases to 95 percent, so the remaining countries only have access to about 5 percent of the

opioid supply,” said Vikesh Singh, assistant professor of medicine and director of the Pancreatitis Center at Johns Hopkins University.

Look at the American Medical Association’s advocacy for chemotherapy. It’s sickening! Americans spend \$100,000,000,000.00 (billion) on a drug cancer therapy annually that succeeds less than 50 percent of the time in its patients. It poisons the body and destroys a person’s immune system as well as his or her liver. (Source: www.sott.net)

A groundbreaking 14-year study published in the Journal of Clinical Oncology called **“The Contribution of Cytotoxic Chemotherapy to 5-year Survival in Adult Malignancies”**. Researchers at the Department of Radiation Oncology at the Northern Sydney Cancer Centre studied the 5-year survival rates of chemotherapy on 22 types of cancers in the US and Australia. They studied 154,971 Americans and Australians with cancer, age 20 and older, that were treated with conventional treatments, including chemotherapy. **Only 3,306 had survival that could be credited to chemotherapy.**

The AMA, instead of featuring nutrition and exercise along with a lean body as a better way toward health and away from cancer, says nothing to its millions of cancer patients about what they eat, how they exercise and the weight of their bodies. The AMA never talks about organic food choices that avoid chemicalized foods.

Doctors cut cancer out of me in 1995. I faced terrible choices. I discovered what I ate gave me a better chance at survival. For anyone who wants to prevent cancer or stop it from returning: **Beating Cancer with Nutrition** by Patrick Quillin, Ph.D. and CNS. I eat and live by this book for the past two decades. The Gerson Raw Vegetable Diet also shows you how to beat cancer once you have contracted it. There are many books on how to eat yourself out of cancer.

As to heart attacks, over 1 million a year and 610,000 needless early deaths. Medical doctors don't mind giving you a four-vein bypass graft surgery, but they never speak to you about what you eat. When I became a Cardiac Catheterization Medical Technician at Butterworth Hospital in Grand Rapids, Michigan, in 1971, the first 30 days showed me that I would die in my forties like my father who died at 46 of a heart attack.

I asked the head doctor if I stood any chance of living past 40 years of age. He said, "You are born with a healthy heart...what you inherited are the eating patterns of your parents...so if you follow that pattern, you face a heart attack early in life."

"How can I prevent dying so young like my dad?" I asked Dr. Fierens.

He said, "Don't eat anything with a face on it and avoid dairy products, completely."

Within a week, I became a vegetarian, virtually vegan, and chose a lean body as well as exercise daily regimen for the past 46 years. Ironically, my brother John died of a heart attack at 50 because he never listened to me. My other brother Howard suffered a stroke and looks toward death shortly, because he didn't listen, either. Me? At 70, I just skied eight miles into a mountain hut last week at 11,600-feet in the Rocky Mountains and summited a 13,500 foot peak in mid winter, the next day. I will bicycle across America this summer, coast to coast. Later in the fall, I expect to backpack for two weeks on the Colorado Trail. Instead of waiting for death and sore joints, I charge toward life.

What does that mean for you? It means you can change your life by changing your eating, exercise and mental choices toward positive outcomes instead of pain, suffering, pills, cancer, diabetes and heart attacks.

Do you think that all those pills you see on TV ads work? What a joke! They wrap themselves in synthetic chemicals. Aren't those "high blood pressure" pills just great? They don't solve anything, but mask the problem and let it grow in your body.

When I faced high blood pressure five years ago, even with my healthy eating paradigm, I discovered a book by heart surgeon Steven Sinatra who also studied to become a Certified Nutrition Specialist. I followed his book: **The Sinatra Solution**. I dropped from 144/90 BP to an average of 118/78 daily by eating the nutrition supplements he advised in the book with extensive research. His solution works. It cures arrhythmia, high blood pressure, mitral valve prolapse, and much more. I feel like a spring chicken!

Each year, 100,000 Americans die from adverse reaction to prescribed drugs. That's one person every five minutes. It's the AMA's method for killing people without going to jail. They kill that many people year after year with no consequences. But you understand that Big Pharma enjoys billions and billions of dollars in profits. Do you really think Big Pharma cares about your health? Good luck with that!

What could be done to change America's health-sick care picture? How about a new organization dedicated to moving all health solutions toward the dinner table? How about the American Medical **Nutritional** Association? How about encouraging, by power of the dollar, fast-junk food corporations to offer health, organic and chemical free foods? How about educating all kids in schools and parents on healthy food choices?

If we adopted healthy eating, exercise and non-addictive lifestyles, 80 percent of our health problems would vanish within a couple of years. Can you imagine healthy, happy and vibrant Americans across the country?

In the end, you are responsible for your health. No national health care plan will save you from pain, heart attacks, cancer, diabetes, autism, dementia and a host of preventable health challenges. You will learn in part 3 how to live and maintain a healthy life. Your life!

Part 3: You are responsible for your own health.