

4 - Life is about making choices

“Wherever the art of medicine is loved, there is also a love of humanity.”—Hippocrates

Life is about making choices. We choose where to live, whom to love, and what to eat. We consciously make these choices and know we have to live with the outcomes. What most of us don't realize, and therefore never choose, is which paradigm of health we want to follow when we become ill. Many don't realize there are two competing theories of the causes of health and illness.

The current healthcare model engineered for society is based on the germ and genetic theories of disease. This states that health is mostly outside of our control. Germs we catch determine which infectious diseases we get, and genetics determine which non-infectious diseases we're likely to experience.

When we get sick, we go to a doctor who names the germ or genetic disease we're experiencing, then uses drugs, surgery, or procedures to try to suppress or manage the disease process. Most of us are quite familiar with this theory.

The opposing theory is known as the Cellular and Epigenetic theories of disease. This basically states that all disease is created by too much stress and to heal we must reduce, and if possible, eliminate stress in our environment. Eliminating and reducing emotional, chemical, and structural stressors will result in health. In other terms, your body's natural defenses are strengthened by reducing stress and nourishing the body.

My father's favorite poem is Robert Frost's, "Two Roads." He recited it often to me, *“Two roads diverge in a yellow wood...I took the one less traveled by, and that has made all the difference...”*

When it comes to your health, you cannot choose both roads. We're either building up the body or tearing it down.

Think of it like this: When the stressors occur, like the terrorist running into the room with a gun, you can try to fight the terrorist or you can flee, but it's hard to do both. When your body becomes sick, you can attempt to drive the disease from the body with medications or procedures. While this may work, it always increases your stress load. A different option is to build up your body's natural defenses by reducing your stress and nourishing the body—it's counterproductive and ineffective to do both.

Before you can choose your path, it's important that you understand the history, theory, and dreams of medicine and contrast that with the theories behind the Cellular Theory of Health. Then make your choice.

Choose wisely:

____ **Paradigm I: The Cellular and Epigenetic Theory of Health**
vs.
____ **Paradigm II: The Germ & Genetic Theory of Disease**



OPTION 1: The Cellular and Epigenetic Theory of Health

“One of the biggest tragedies of human civilization is the precedence of chemical therapy over nutrition. It’s the substitution of artificial therapy over nature, of poisons over food, in which we feed people poison in trying to correct the reactions of starvation” —Dr. Royal Lee

It comes down to this: There are two opposing forces in the universe. Organizing intelligence that heals vs. random disorganizing and chaotic forces behind disease.

The effective application of the Whole Body Health formula relies on a thorough understanding of a little-known theory of health called “The Cellular and Epigenetic Theory of Health” that harnesses the creative and healing forces of organized intelligence.

This concept, though simple, may seem hard to wrap your head around at first, as it’s a completely different way of thinking about health and disease. However, as Albert Einstein brilliantly said, “We can’t solve problems by using the same kind of thinking we used when we created them.”

The power behind holistic healing that Hippocrates named “The Power of Nature” has also been referred to as “Innate,” “Universal Intelligence,” the “Tao,” and the ‘Power of Creation.’ It is organized energy that powers an organism to greater intelligence, resulting in self-healing. The power that made the body heals the body.

Organized intelligence permeates nature. Regardless of whether you believe in creation or evolution, the unifying theme underlying both is organization. A foundational principle in physics is that energy tends to randomize more and more as the durations of time continue. Yet, somehow we find ourselves in a harmonic galaxy on an organized planet with an incredibly complex nervous system that senses and witnesses it all.

Examples of organized intelligence exist throughout the natural world. Look around a garden and contemplate it for a moment. Realizing the organizing power of nature leaves us in awe. Growing plants convert light from a star 93 million miles away into oxygen and energy. A food-chain hierarchy of insects and animals with organized digestive systems breathe that oxygen and feed on those plants and each other. Those animals defecate, die, and eventually go back into the soil, giving plants the necessary bio-matter to continue growing. The beautiful symmetry and intelligence of nature allows all life on earth to appropriately function with grace.

We see this organization extend into outer space, where a cosmos is ordered so perfectly we create dependable calendars and timepieces based on orbits of galactic bodies. The earth spins, tilts, and rotates in a symmetrical organized manner around the sun. Meanwhile, the solar system journeys around the Milky Way and the Milky Way moves through the universe with a sense of purpose we are just beginning to observe and barely understand, though we grasp its heavenly grandeur and gaze at it all in open-mouthed wonder. It's as though all life through all galaxies has all been orchestrated into a beautifully choreographed dance. Who is the conductor?

Humanity marvels at its own technological breakthroughs. "They are marvelous," we say, "because they are inspired by and mimic nature." However, technology represents but a fraction of nature's intelligence. Radar systems use sonar to track and find objects in the skies and oceans, though not nearly as effectively as a bat. Planes employ the same principle of lift that birds naturally adhere to without jet fuel and engines. Cameras seek to replicate what human vision sees, but the photograph is a faded snapshot, lacking the vibrancy of that moment that an eyeball captures.

The most amazing example of all, in my opinion, is the intelligence of the human cell. Each cell is able, through a system of neurological and hormonal connections to signal surrounding cells, activate DNA, selectively take up nutrients, and like a small nuclear reactor convert calories into energy. Simultaneously, it repairs itself, reproduces, and through a complex set of equations, auto-destroys at the end of its useful life. The technology that it would take to replicate even one human cell is unfathomable. Yet, 100 trillion comprise your body to work divinely in seamless unity when healthy.

Somehow, even though it permeates nature, many humans, and most doctors, believe that organized intelligence is reserved for our own minds and imagination. Instead, limited technological thinking produces cures using man-made chemicals. Ultimate universal intelligence is ignored, even though it is obviously within and all around. It has been said that all the computers in the world put together do not have the computing ability of one human-being's nervous system.

Life is a mystery. All we really know is that for the brief moment we're here we are exposed to constant duality. It permeates all of nature. We witness light and darkness, positive thinking and negative, lift vs gravity, birth and death, disease and health. What so many physicians have witnessed and attempted to name in their own words is the indescribable power of nature termed "Universal Intelligence," which runs the body's ability to autocorrect imbalances. What this book is really about is how to harness that power and emphatically turn it loose in your life. By increasing the organizing energy of the body and reducing the chaotic stress, your ability to heal magnifies. Even if you don't believe a word you've read, you have to marvel how a wound mends itself before your very eyes. This is not random. It's a powerful healing act of organizing universal intelligence.

This energy is everything. Without it: No cellular function, no metabolism, no life. With it: Abundant creation and healing. This was the belief of Hippocrates, Claude Bernard, D.D. Palmer and thousands of other great healers throughout history.

In the mid-1800's, it all changed with Louis Pasteur. His new theory laid the foundation for the modern medical industry. His "germ theory" of health stated that we are surrounded by 'bad' bacteria and exposure is the cause of disease.

However, Claude Bernard and Antoine Béchamp, two French scientists who were contemporaries of Pasteur, developed the competing paradigm of "Cellular Health Theory,"

which they originally named “The Cellular Theory of Disease.” This theory states that infectious organisms take root once universal intelligence is lost and the cellular environment is weakened.

When the body loses EASE, then DIS-EASE emerges. They found through their work that germs, parasites, bacteria, and viruses are *attracted* to dead and dying tissue as stressors build up and cellular function drops.

Disease occurs not because destructive bacteria overpowers a healthy cell but because disease is attracted to a weak, poorly functioning one like flies to a pile of smelly manure.

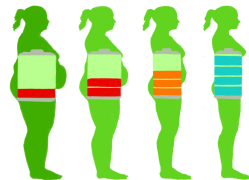
Furthermore, the theory holds that a healthy cell's immune system repels unhealthy organisms and disease, much like a Jedi warrior uses the Force to throw around stormtroopers.

Another way of saying this is that we don't get exposed to bad bacteria, then get sick and then need medication. First we get weakened from stressors (sugar, toxins, medication, lack of nutrition, etc.), then we get sick and finally bad bacteria arrive.

This theory was further proven by Nobel Prize winner Otto Warburg's research when he measured the charge of healthy human cells. He used the apt metaphor of a battery to describe cell and body function. He discovered that the battery's charge is determined by measuring the production of ATP (adenosine triphosphate). ATP is literally the substance of energy produced by the cells. If the human cell is fully charged and recharging, ATP production is plentiful. As cellular charge decreases, so does ATP.

Our bodies become acidic as stress runs down our cellular batteries. The more acidity in the body, the higher likelihood of disease occurs.

Healthy human cells range between 100-70 millivolts (MV). When our cells become stressed and drop below 70 MV, bacteria and fungus appear. When cell voltage drains to



below 40 MV, chronic illness begins and viruses appear. Below 40 MV - cancer, heart disease, and death quickly and assuredly ensue.

To reverse this life force, cells must recharge. Alkalinity in the tissues must be restored for healthy function.

Measuring cellular charge and salivary pH is an effective method for determining levels of health. I perform it on every patient that comes into my office. Once the cellular charge and pH is known, progress is easily monitored by measuring how much the cells recharge during the healing protocol.

Application of 'The Cellular Theory' is easy. Chemical medication is unnecessary. Instead, build a strong and healthy cell that retains a high cellular charge. The stronger and healthier the cell, the less likely that disease will occur. A healthy cell also recharges its battery efficiently and quickly. In medicine, this is called a 'holistic' or 'functional' approach to healing.

The ultimate premise of this theory is that only *the body can heal itself*, and it can only happen if you're providing it the tool that it needs to do so. It is the basic tenet for Whole

Body Health. Once you comprehend it, you can answer questions such as, "How can I build stronger cells?" and "How can I increase the flow of universal intelligence throughout my body?"

The other half of this paradigm features the Epigenetic Theory, which basically states that your environment determines whether genetic diseases express themselves.

The concept is simple. Let's say you have a genetic marker for a lymphatic disease. It might "switch on," developing lymph node disease, if your environment is a high stress job, in a polluted and busy city, drinking fluoridated/chlorinated tap water, with heavy industries pumping toxins into the air, while being bombarded by EMF and radio waves, light pollution, noise pollution, extreme weather and crime.

If you live in a healthy environment, however, the genetic marker won't trigger the lymph node disease. This healthy environment could be a place where you eat real food and avoid exposure to endless toxins. You may even do things in this place that you love such as fishing, stargazing, and salsa dancing with your friendly neighbors on Friday night.

Living in an environment that promotes homeostasis will not trigger genetic markers for disease, though it does run the risk of triggering perpetual smiling! Studies show that our environment is 10 times more influential than our genetics at birth in determining our health.¹

So why would Angelina Jolie remove her breasts, despite the fact she had no cancer? Because she has the genetic marker that signals a possibility of breast cancer? I recently read that she had a full hysterectomy too. Essentially, she's castrating and mutilating her body because of fear from a test indicating that she has a likelihood of contracting cancer, but only if she leads a stressed life.

Who is her doctor? Why is her doctor not telling her the truth that it's the terrain matters? Angelina, if you are reading this, please, do not mutilate your beautiful body. Please! Instead, buy an estate away from it all. Go there to relax and live life fully (even if it's not with Brad Pitt), and I would be happy to be your personal physician. Seriously, I'm not kidding. I'd take that job in a heartbeat.

Since the time of Hippocrates, this truth has gone from theory to documented scientific fact. The evidence is overwhelming. The health of the cellular terrain is everything! It doesn't matter if there are E. Coli bacteria in your gut, which there is right now by the way, or you have latent tuberculosis in your lungs, which many of us currently do. It only matters if you make your body too weak to restrain its spread.

Currently, and sadly, the truth of Cellular Theory is violently opposed by those in power. German philosopher Arthur Schopenhauer described three stages truth passes through: Ridicule, violent opposition, and finally acceptance.

Stage one: Truth is ridiculed. An idea seems silly at the time because no one's ever heard or thought of it, (i.e., "There is no stinkin' way the earth is round you idiot.")

Stage two: Truth is violently opposed—Generally by the power structure in place. As it gains ground, people whose power and hierarchy is threatened by the new paradigm react to it violently and persecute the perceived threat. People are starved, maimed, hanged, shot, crucified. Many times, there is great sacrifice, blood flows for truth, and this is why it is rare

¹ Weinhold B. Epigenetics: The Science of Change. *Environmental Health Perspectives*. 2006;114(3):A160-A167.

to see it publicly. Truth requires strength, bravery, and leadership, (i.e., “You say you are the way, the truth and the life? Crucify Him boyzzz!”)

Stage three: The truth is accepted as self-evident, (i.e., “Of course the Earth is round! I knew that all along. What do you think I am, an idiot?”)

Since the time of Pasteur, the “Cellular Theory of Health” has been in the second stage of truth. Sadly, documented history reveals persecution of doctors and scientists to keep this simple truth of health from spreading.

The good news is that it’s impossible to suppress the truth forever. Fortunately, we crossed the threshold into a period of awakening. This is self-evident by the fact that more and more people are demanding real health care and real food. Many people are seeking to clean up our environment instead of tearing it down. We are entering into the third stage of truth.

If you choose to follow “Cellular and Epigenetic Theory” and the way of Whole Body Health, the vibrational healing frequency of your cells will intensify. As you become aware of your environmental stressors and choose to add more positivity into your life, your body will harmonize with the mind to create new thoughts and patterns of joy. Realization of a better existence will emerge and healing will occur. Once you become a fully aware warrior, always seeking positivity and avoiding negativity, there is no limit to your life. Disease is only the expression that fills the void when health is lost.²

OPTION II: The Germ & Genetic Theory of Disease

At the end of times the merchants of the world will deceive the nations through their Pharmacia. - Rev 18:23

Western medicine subscribes to the Germ and Genetic Theory of Disease.

The first aspect of this theory basically states that bacteria (or viruses or some other destructive microorganism) are the cause of disease. Therefore, the way to health is to destroy the invading bacteria and preemptively build defenses against them. Thus, the industry of “pharmacia” manufactures antibiotics, vaccines, and pills based on chemicals to suppress and eliminate “bad” microorganisms.

Louis Pasteur believed that if you could eradicate bacteria, health would be restored and maintained. He recommended processes of sterilization for food that are his namesake: pasteurization, which to this day is the corporate food standard. In theory, if bacteria are killed in the food, there is no, or at least a lesser chance of disease. He was also the first to suggest vaccinations in an attempt to create artificial immunity.

The second aspect of the theory is that genetics determine which non-infectious disease to which we'll likely succumb. For example, if you have a family history of leukemia, the likelihood of developing it is higher, no matter what your health protocol. Therefore, the weak genetic link for leukemia must be preemptively treated or attacked to prevent the disease from happening. Since the human genome project completed its mapping over 20 years ago, the promise of bio-engineered cures has still not been fulfilled. Yet today, this

² To fully understand this concept of frequency and harmonic resonance, I highly recommend you read the book, "Power vs. Force" by Dr. David Hawkins.

belief still holds firmly. Billions of research dollars and thousands of lab reports later, we're still waiting with bated breath.

This path is called "allopathic medicine." This is the current dominant model of healthcare that's been in place for nearly 100 years.

"Allopathic medicine" continues to use radical surgeries, toxic medication, damaging radiation and other extreme invasive techniques in a failed attempt to aggressively drive disease from the body.

On paper, The Germ Theory approach seems solid. However, it's ineffective for long-term whole body health. The reason is simple. Unless the cellular environment is healthy, bacteria, and disease always come back stronger and better equipped to handle medicine's eradication efforts.

In medicine, this is referred to as the "bi-phasic" effect.

Cancer treated with chemo often results in further cancer, because even though radiation destroys the cancerous cells, the integrity of healthy cells surrounding the cancer are also severely compromised, thus curtailing their ability to resist the very cancer that chemo is trying to destroy. Bacteria treated with antibiotics return as super bacteria. Allergy medication stops your response to an allergen, giving the illusion of ridding it. But in actuality it drives it deeper into the body forcing an even stronger immune response down the road, requiring more medicine to suppress it again, and the cycle repeats until it breaks you.

Surgery is the same. Perform one spinal operation and the likelihood of needing a second doubles; get a second one and it doubles again.

There is no end to the game of allopathic suppression techniques.

The "bi-phasic effect" is common throughout all of allopathic medicine, directly contributing to worsening disease conditions.

This is quite apparent in the prescription patterns of all pharmaceuticals. Negative side effects are inherent with every prescription. Once a patient starts one medication, a new symptom or disease pops up, so doctors prescribe another drug to cover up the side effects of the first. This is known as prescription cascading and turns into a condition known as Polypharmacy.

The only tool available to combat disease for most doctors is drugs. Many feel they must do *something* for the patient sitting expectantly in front of them, so they prescribe almost every time someone walks in the door. As a result, doctors get caught up in the pharmaceutical industry's reward system, discouraging medical professionals to recommend a safer path to healing.

An easy drug fix quickly cascades to dozens of prescribed medications. Most people agree to it because insurance pays for it and a trusted doctor recommends it. The Journal of American Medical Association has found that 50% of prescriptions are prescribed improperly, leading to devastating side-effects. Even "properly" prescribed medications result in 1 in 5 people developing serious side effects that account for 120,000 deaths annually.³

In America today, on average, every man, woman, and child is prescribed 13 medications per year. Additionally, they are almost never taken off previously prescribed drugs. In 2011,

³ <http://ethics.harvard.edu/blog/new-prescription-drugs-major-health-risk-few-offsetting-advantages>

American doctors wrote 4.02 billion prescriptions.⁴ That's a lot of drugs sold! A drug dealer should be so lucky!

Modern medicine's dream was never to create health, but rather to sell as many drugs and procedures as possible—from prenatal care, right up to death in an effort to manage disease.

An example of this corporate greed is the story of Martin Shkreli, who made headlines for hiking the price of a drug called Daraprim from \$13.50 per pill to \$750. His response to the backlash and criticism to this obvious greed? “My shareholders expect me to make the most profit, that's the ugly and dirty truth.”⁵ Thank you for taking those exact words out of my mouth, Mr. Shkreli. At least he's being honest about it. They are in the disease management business. It's lucrative. Profits trump healing.

This allopathic approach is utterly failing. The leading cause of death in America is ‘iatrogenics,’ which literally means “death by medicine.” Around 800,000 people die each year directly from poor doctoring.⁶ Over the next decade, scientists predict that iatrogenic deaths will total about 7.8 million, more than all the casualties from all the wars fought by the U.S. throughout its entire history, a death rate equivalent to that caused by six jumbo jets falling out of the sky every day.⁷

According to an independently funded and peer reviewed report by the Nutrition Institute of America, the path of modern medicine and its application of “The Germ Theory of Disease” and “Genetic Theory” has resulted in a diseased state. Many people have become hapless victims, unable to cope with their own symptoms, reliant on a medical and pharmaceutical system that employs extreme techniques with devastating side-effects. Each time a person takes a drug, allostatic stress increases, moving them closer to the ultimate breaking point.

It's terribly sad how many of us are sick. I know what it feels like to be sick, to be a recipient of countless doctor visits, drug prescriptions, procedures and diagnoses. I know what it's like to be told I have to live with a condition for life. It's devastating. It's a nightmare.

We must wake up to the hard truth that medicine's allopathic approach doesn't work at preventing or curing disease. The germ theory of disease is wrong and drugs don't cure. The best it can do is “manage” the condition, and even this is debatable.

Allopathic medicine is easily criticized when it comes to healthcare. But to be fair, where allopathic medicine shines is with emergency lifesaving care. This is why allopathic medicine is referred to as “heroic medicine.” Emergency medicine and antibiotics have saved my life and members of my family.

⁴ http://www.naturalnews.com/037226_drug_prescriptions_medical_news_pills.html#ixzz2VIDeYjfo

⁵ Victor Luckerson, Time Magazine, Dec 17, 2015, Everything to Know About the Arrested Drug Price-Hiking CEO, website: <http://time.com/4153512/martin-shkreli-pharmaceuticals-arrested-turing-daraprim/>

⁶ <http://www.webdc.com/pdfs/deathbymedicine.pdf>

⁷ 2006, Nutrition Institute of America; Independent Review. <https://draxe.com/conventional-medicine-is-the-leading-cause-of-death/>

Antibiotics too have a place in medicine, but are vastly overused, and now their age of efficacy is coming to an end.

I am proud to say that my father was a brilliant emergency room physician for over 20 years and he saved thousands of lives. But even he agrees that emergency care, antibiotics, and drugs should be reserved only for life stabilizing conditions. The continued application of “emergency care” as healthcare denigrates quality of living.

“Emergency only” care has actually been documented to be the most effective form of medical care. How do we know this? Data collected during the rare times that doctors go on strike.

The Social Science and Medicine Journal conducted a review of doctor strikes and the resulting health impact on their surrounding area. The study analyzed five different doctor strikes between 1976 and 2003 with periods ranging from 9 days to 17 weeks. In every single one of these historical events, the mortality rate either remained the same or decreased. There was no increase in deaths!⁸

The most remarkable example of this was in Los Angeles County in 1976. Doctors went on strike to protest malpractice insurance premiums that were gouging their incomes. They provided emergency care during this five week strike, but all routine office visits were denied. The result? At the beginning of the strike: 21 deaths per 100,000. At the end of the strike? 13 deaths per 100,000, a 40% decrease in deaths!⁹

Empirical observation dictates the following medical care model: No heroic medical measures of drugs or surgery are ever necessary, short of an immediately life threatening situation and only for a short time. All drugs for non-life-threatening situations should be stopped as soon as feasible. Emergency medicine, the aforementioned heroic medicine, is the only requirement for healthcare.

If this were law, hundreds of thousands of lives would be saved each year.

“But I must see my doctor routinely,” you might protest, “to maintain my health and make sure there is nothing wrong.” Are you sure about that? The British Medical Journal recently posted a meta-analysis of all studies analyzing routine medical visits. The conclusion? “General medical checkups in adults do not decrease morbidity and mortality from disease.”¹⁰ Not my words...

Currently, pharmaceutical companies justify their position by calling their approach “evidence based.” Other forms of healthcare are dismissed based solely on *their* subjective evidence.

Medicine, even today, is not based on scientific assertions. Only 11% of recommendations by doctors for heart disease are considered scientifically valid. The Journal of the American Medical Association (JAMA) states: “Heart disease is amongst the most studied illness in all of medicine, yet just 11% of ... 2,700 recommendations approved by cardiologists for treating heart patients are supported by high-quality scientific testing...The proportion of recommendations for which there is no conclusive evidence is

⁸ Soc Sci Med. 2008 Dec;67(11):1784-8. doi: 10.1016/j.socscimed.2008.09.044. Epub 2008 Oct 10.

⁹ Doctors' strikes and mortality: A review. Solveig Argeseanu Cunningham, Kristina Mitchell, K.M. Venkat Narayan, Salim Yusuf. Social Science & Medicine 67 (2008) 1784-1788

¹⁰ *BMJ* 2012;345:e7191

also growing. These findings highlight the necessity to improve the process of writing guidelines and to expand the evidence-base from which clinical practice guidelines are derived.”¹¹

Yet our country continues to spend over \$100 billion every year on heart surgeries alone.¹² Medicare spent \$46 billion on blood pressure medication in 2011¹³. \$29 billion was raked in by cholesterol medication¹⁴ despite no valid studies proving their long-term benefit.

According to WebMD, the cost of cardiovascular disease in the U.S. was about \$444 billion.¹⁵ If only 11% of 444 billion is supported by high-quality scientific testing, perhaps the rest can be abandoned.

Dr. Richard Horton, editor-in-chief of the Lancet, states that at least half of scientific literature published today is simply untrue.¹⁶ Dr. Marcia Angell, former editor and chief of the New England Journal of Medicine said, “The pharmaceutical industry likes to depict itself as a research-based industry, as the source of innovative drugs. Nothing could be further from the truth.”¹⁷ John Ioannidis, epidemiologist at Stanford University of Medicine, wrote an article called “Why Most Published Research Findings Are False.”¹⁸ I could go on forever.

The fact is medicine and government should be kept separate, just like religion and government, to maintain a truly free society. The for-profit pharmaceutical system continuously manipulates the government to serve its economic interests by maintaining it serves the “public good” while massively enriching itself.

I’m reminded of what E. Richard Brown wrote:

“The crisis in today’s health care system is deeply rooted in the interwoven history of modern medicine and corporate capitalism. The major groups and forces that shaped the medical system sowed the seeds of the crisis we now face. The medical profession and other medical interest groups each tried to make medicine serve their own narrow economic and social interests. Foundations and other corporate class institutions insisted that medicine serve the needs of (their) corporate capitalist society. The dialectic of their common efforts and their clashes, and the economic and political forces set in motion by their

¹¹ <http://www.wsj.com/articles/SB123552190314864789>

¹² <http://www.bloomberg.com/bw/stories/2005-07-17/is-heart-surgery-worth-it>

¹³ Mozaffarian D, Benjamin EJ, Go AS, et al. Heart Disease and Stroke Statistics-2015 Update: a report from the American Heart Association. Circulation. 2015;e29-322.

¹⁴ “\$29 Billion Reasons to Lie About Cholesterol” Smith, Justin

¹⁵ <http://www.webmd.com/healthy-aging/features/heart-disease-medical-costs>

¹⁶ <http://www.collective-evolution.com/2015/05/16/editor-in-chief-of-worlds-best-known-medical-journal-half-of-all-the-literature-is-false/>

¹⁷ <http://www.pbs.org/wgbh/pages/frontline/shows/other/interviews/angell.html>

¹⁸ <https://doi.org/10.1371/journal.pmed.0020124>

actions, shaped the system as it grew. Out of this history emerged a medical system that poorly serves society's health needs."¹⁹

The very paradigm on which medicine is based is faulty. For all the money spent, treatments given, and studies performed, the cure to disease (heart, cancer, etc.) will never be reached using "the Germ and Genetic Theory" of health.

Going after disease rarely works, but the opposite path of pursuing health always helps. Let me repeat Mother Teresa's quote, "I will never attend an anti-war rally; if you have a peace rally, invite me."²⁰ She understood.

If you are unhealthy and want to get better, why would you want to walk into a building that says "Cancer Center" in big letters on it? Wouldn't you rather walk into a building called "Whole Body Health?"

Please don't misunderstand. I am not criticizing scientists, doctors, or researchers, but only the corporate greed that has created the system. Many of these people are good souls who truly want to heal humanity, but are hampered and even imprisoned by this business model.

Ironically, the same scientists and doctors that created the problem will be necessary to right many of its wrongs. My hope is that the medical and pharmaceutical industry develops courage to step out of a dysfunctional system and actively participate in a solution that is better for all.

Want to know how we ended up at this juncture in healthcare? Want to know how this modern lie started? Want to know who's responsible for building this atrocious business model?

Keep reading, and learn about the villain who started it.

¹⁹ "Rockefeller and His Medicine Men" Brown, E. Richard

²⁰ <http://www.goodreads.com/quotes/859052-i-will-never-attend-an-anti-war-rally-if-you-have>