

THE THIRD OPTION – WELLNESS

Health care in the U.S. is now an out of control sector that consumes unreal amounts of money while maintaining chronic illness. Using drugs that while very expensive create a small lifetime improvement; usually 15 to 20 percent with an 8 ½ by 11 page of small type of possible side effects that are known to exist. [Many are not known as well as interactions with a second, third or more added drugs in combination] Many times possible death is listed as a side affect. Year after year over the past ten years we have experienced high double digit percent increases in costs of care while the general inflation is three percent. Remember this is a compounding increase year upon year so the growth is exponential. We have the most expensive care costs in the world that is not paid for out of pocket but usually as a job benefit. The customer has little interest in changing life style or exerting control over costs. Wellness, on the other hand, is the personal self educated journey to achieve personal well being using self knowledge for food choices- foods with nutrient value intact eliminating chemicals, pesticides, drugs and hormones. [The present farming system consumes more chemicals than are dispensed by doctors]. It is not choosing processed foods that become adulterated during growth and in processing for speed, shelf life and appearance. Instead, wellness makes connections with local organic farmers. The adage of “garbage in equals garbage out” applies here also. Wellness thrives on a highly functioning immune system using every readily available nutrient as well as self mega dosing well beyond the national vitamin RDA amounts. We are led to believe that the RDA amounts are adequate- they are not. These nutrients needed are not available in the foods most people consume but are available as supplements to assisting diets.

Wellness is supported with a self directed H S A – Health Savings Account self funded or by a grant through the employer. It is self controlled that allows prevention to be on an equal footing with traditional treatments. Health care as we now find it disconnects costs from treatments and ignores prevention.

To now nationalize the present health care system is much like taking a very old car that constantly needs expensive repairs whose costs increase 15 to 20 percent annually and yet this system is maintaining chronic illness with a slight modification. The cost/benefit ration is completely out of balance. The medications offered by those who deliver health care in the present system are benefiting far more than the customer/patient. The drugs offered while minimally tested for the FDA provide a slight improvement and carry many debilitating side affects causing the need for further drugs with their debilitating side affects. This is a very expensive approach to personal health exhibited by the annual significant increases in costs.

Wellness through the use of H S A's and orthomolecular will cut the cost of being well by at least half or more by placing the control of health care with the customer; not in a disconnected bureaucratic mess controlled by third party paper pushers who make great profit and leadership bonuses by just deciding what care gets paid for and what amount will be paid when in fact they provide no care at all. We have seen the government make a mess of social security and Medicaid and now want to add health care to this dysfunctional system. Wellness through H S A's and the orthomolecular medicine are the third option needed for a reasonable cost and a healthy/well nation.

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