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Being The Change  
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### **Naturopathy is a not an Alternative it is the Requirement.**

The main issue I have with the current pharmaceutical based health care system we have in Canada is that no treatment prescribed to you by a medical doctor is meant to cure anything. Instead they pacify the intruder but do not remove the underlying problem that is the root of the malady. You continue the treatment unwaveringly, for a chronic problem for the rest of your life, for an acute issue, until you *feel* better.

The treatment for an acute problem is some form of numbing agent. The only exit strategy most doctors have for life-long illnesses, such as colitis, crones, high cholesterol, and many others, is your premature death.

The painfully obvious analogy is the petroleum based war assurance system common in North America. Both of these systems treat problems as independent actors, cause untold suffering and the unneeded deaths of millions every year while creating ridiculous amount of profit and unmatched levels of environmental destruction.

Take your average medical doctor (M.D.); you visit, tell them where it hurts, they prescribe a pharmaceutical and tell you to take it to get better. They get paid for their time, the pharmacist gets paid for their counting and separating skills and the M.D. gets paid again (one way or another) by the pharmaceutical company whose drug the M.D. just prescribed.

Meanwhile the government is billed for the medical exam which is paid from tax money, insurance companies are billed for the pharmaceutical and you get treated (not cured). The problem goes away on its own, or lingers on indefinitely while the prescriptions continue and the roots of the problem are not addressed.

The Hippocratic Oath that physicians used to hold dear originated from a Greek genius who 2400 years ago stressed to let your food be your medicine and medicine your food. How did the practice of healing become 'prescribe pharmaceuticals until all is numb, and if that doesn't work, diversify the attack with more pharmaceuticals'?

This 'diversified' attack strategy is a feedback loop requiring ever more and new pharmaceuticals to counteract the side effects of the old ones. Eventually you have a meal worth of pharmaceuticals, I did not realize pharmaceuticals made it into the food guide.

The root of the problem is not addressed and you have created a dependence on drugs. This dependence would be looked down upon if the drugs were prohibited, but since our entire public health system and a good chunk of our economy are based around pharmaceuticals, the dependence is not only tolerated, but thoroughly encouraged.

When I speak of the 'root' of the problem, I do not mean to simplify the secrets of good health to one thing. Though our culture may lead us to think everything is simple and easy with one easy solution that will fix all ills, but this does not exist. Ignorant food choice, inactivity, chronic exposure to toxic chemicals, stressful lives, and poor environmental quality are all roots of bad health and all are things you can either change yourself or work to improve as a society.

A few years ago my best friend was diagnosed with Chrones' disease, well she was actually diagnosed with pre-chrones symptoms and IBS and was told to wait until conditions became worse so they could start treating her. The prescription was to take drugs everyday until she died. These drugs were not a cure, they were meant to reduce the associated pain and to make the symptom, the need to defecate at a moments notice, more 'manageable'.

Life became difficult for straying too far from a toilet could lead to an embarrassing and messy situation. Car trips had to be carefully planned and became the only option for transport.

Fed up with this life, she decided to take her health back and visited naturopath Dr. John Matsen in North Vancouver who taught her how to cure oneself by using the resources of the natural environment: eating the foods that will give her all required nutrients, avoiding foods that she is sensitive to, supplementing the now hard to obtain nutrients from natural sources, and making positive lifestyle changes. Within 3 months she was cured and feeling better than ever; this baffled the specialist M.Ds. she visited. She broke out of dependence. This naturopath has an amazing track record, the man has cured cancer.

Remaining healthy is an interactive process. You must be actively engaged in the quest to live without malady, to have a resilient whole-body system of good health. It does require an input of time, but what is life without good health?