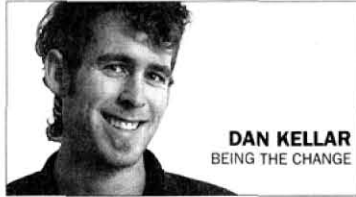


Medication not a solution



DAN KELLAR
BEING THE CHANGE

The current pharmaceutical-based healthcare system we have in Canada is not aligned for curing maladies. Instead, nearly all pharmaceuticals pacify the alien intruder but do not remove the underlying problem that is the root of the ailment.

Treatments continue unwaveringly. For a chronic problem, the treatment is for life, for an acute issue, until you “feel” better. Pharmaceutical companies profit much more from treatment than from a cure.

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, Crohn’s, high cholesterol, and many others, is your prema-

ture death.

The painfully obvious analogy is the petroleum-based war assurance system common in North America. Both of these systems treat problems as independent factors, 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 (MD); 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, according to studies from the *New England Journal of Medicine*, the *Journal of the American Medical Association*, and the *World Medical Journal*, the MD gets paid again (one way or another) by the pharmaceutical company whose drug the MD just prescribed.

Meanwhile, the government is billed for the medical exam that

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.

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 solution that will cure all illnesses, 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 are all things you can either change yourself or work to improve as a society.

A few years ago, my best friend was diagnosed with pre-Crohn’s symptoms and Irritable Bowel Syndrome. She 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 moment’s notice, more “manageable.”

Life became difficult. 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 a naturopath in North Vancouver who taught her how to cure herself 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 three months she was cured and feeling better than ever. This baffled the specialist MDs she visited. She broke out of pharmaceutical dependence.

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?

letters@cordweekly.com