

my own stem cells reinjected for an astounding effect in speed of healing. I believe stem cells will be a game-changer in human healing.

- **Alternative medicine practitioners also believe that the body heals itself.** They view symptoms like fever or inflammation, as signs that the body is mounting an immune response to heal itself. Instead of trying to eliminate symptoms, lifestyle therapy treatments work to enhance the body's own natural defenses and healing vitality.
- **Alternative practitioners are also teachers who can empower you to help yourself.** Many adopt the position of coach rather than doctor, allowing patients to rally and use the personal power of their own healing systems.
- **Lifestyle is significant to healing.** Alternative practitioners look beyond the physical symptoms and take into account that a patient's mental, emotional, even spiritual life as inseparable from physical health. Lifestyle therapy is more subtle than drugs or surgery. You should expect the healing effects of natural medicines to be slower but more permanent—a normal result of your body taking its time to do it right.
- **The natural healing rule of thumb is one month of healing for every year you've had the problem.**

Healthy Healing, the book you have in your hands, offers you personal empowerment with its wealth of lifestyle choices for health problems... things you can do for yourself to improve almost every health condition. Even if the condition is serious, even if you are under traditional medical care, there are always significant things you can do to help your body heal. Healing is an achievement of the spirit as well as a physical process. I have seen this to be true in case after case, regardless of the problem or its duration.

Healthy Healing details both empirical evidence and clinical studies to offer you choices that are non-invasive, health supporting, body balancing and disease-preventing as well as healing. Good information is the key. Most people have plenty of common sense as well as intuitive knowledge about themselves and their health problems. With solid information, people invariably make good choices for their health.



THE DRAMATIC RISE OF IATROGENIC (DOCTOR-CAUSED) DISEASE

“Iatrogenic disease” means disease caused by doctors, hospitals or drugs. It’s a skyrocketing problem in today’s drug-oriented society. The highest numbers from the Nutrition Institute of America shows that the medical system may be between the first and third leading cause of death in the U.S., causing upwards of 784,000 deaths per year! ...chilling as Americans add to that the highly debated rules and regulations of universal healthcare.

Adverse drug reactions (ADRs) or interactions alone are estimated to be between the 4th and 6th leading cause of death in the United States—with a death toll of over 200,000 people each year. The rate at which patients pick up an infection while being treated in a U.S. hospital has also dramatically increased. Each year, upwards of 260,000 patients die as a result of hospital-acquired infections. Adding insult to injury you may be paying the price in terms of your health (and pocketbook!) for medical procedures you don’t even need. A new report shows Americans are exposed to at least 7 times the radiation from routine diagnostic tests as we were 30 years ago. A single CT scan alone delivers as much radiation as 113 chest X-rays!

The problem has escalated so much that government agencies require more accountability. Medicare stopped paying hospitals in 2008 for many conditions acquired during hospital stays. (Medicare is now excluding reimbursement for preventable problems like pressure sores, objects left inside patients during surgery, air embolism, transfusion errors, catheter or surgery caused infections, and falls.)

You may be more likely to be injured or killed by a visit to a physician than by a car accident. Deepak Chopra, M.D. estimates that “the number of people that die every two days as the result of medical treatment in the U.S. is equivalent to three 747 crashes, with fatalities.”

Most Americans today take prescription drugs or know someone who does. Yet, the prescriptions you trust can be harmful. The majority of us will spend time in a hospital at some point in our lives. Yet research shows you may leave a hospital sicker than you were when you checked in.

If you have a serious immune disorder like AIDS or cancer, or are undergoing treatments that depress immune response like chemotherapy or radiation, infections that spread through hospitals can spell life or death. Years ago, I lost a friend suffering from leukemia not to his cancer, but instead, to a virulent lung fungus he caught in the hospital while being treated with chemo.

Medical procedures we have seen as miracles, like heart bypass surgery, can have serious risks and drawbacks. Nearly 1 in 25 people die during bypass surgery itself. The newest studies show that an extraordinary number of people who do survive the surgery experience a significant decrease in brain function and memory.

ARE YOU FILLING A PRESCRIPTION FOR DISASTER?

Even during these turbulent economic times, the drug industry is the most profitable industry in the U.S. Over 2.5 billion prescriptions are filled each year by people who have little or no idea what the drugs do, the side effects they cause or the consequences of long term use. The elderly are prime targets for drug therapy, often taking two, three, or even more different prescriptions at the same time. Yet, at least 250 available drugs should not be taken by older adults. Parkinson's disease symptoms, memory deterioration, injury accidents, thought to be a result of aging, are now regularly the result of drug therapy!

In fact, all prescriptions from 2010 forward are required to be written electronically, instead of by hand, in an effort to eliminate at least 25% of preventable adverse drug reactions.

OUR ELECTRONIC LIFESTYLE ADDS TO THE PROBLEM

Today people easily get their prescriptions over the internet. Just fill out a short on-line questionnaire—powerful and potentially dangerous drugs arrive in the mail. Literally thousands of web sites advertise and ship the highly controversial drug VIAGRA and its newer cousins CIALIS and LEVITRA without any doctor's prescription, at great discounts. All three drugs have been linked to several thousand deaths... the vast majority involving two types of men... older men with pre-existing heart conditions, and younger men

(most without prescriptions) who want to push their body over their limits.

Americans spend billions each year on over-the-counter drugs, mostly for heartburn or pain relief. We take over 85 million aspirin, linked to gastric bleeding, every single day! NSAIDs (non-steroidal anti-inflammatory drugs) like ibuprofen are widely popular for pain relief, but are also linked to serious gastrointestinal problems and bleeding. The latest statistics show NSAIDs send 76,000 people to the hospital and kill 7,600 people annually in the U.S.!

WHAT'S THE HEALTH RESULT OF THIS MASSIVE OVER-MEDICATION IN AMERICA?

Every year, for thousands of people, adverse drug reactions (ADRs) mean trips to an Emergency Room or even death. For thousands more, drug toxicity is a silent enemy they may never recognize. Drug residues linger in the body for years. You might not even see the consequences of drug overload for a decade! Over time, drugs build up in fatty tissue, the liver or the glands where they are unable to be eliminated through body pathways. As early as our 30s, the liver and kidneys begin to lose their capacity to metabolize and eliminate drugs efficiently. Kidney and liver failure are not uncommon from long-term overuse of over-the-counter pain relievers like acetaminophen and ibuprofen.

SEARCHING FOR THE RIGHT BLEND OF MEDICINE

Clearly modern medicine isn't all bad. It has saved thousands of lives and made truly wonderful strides. The ability to isolate microbes that cause infectious disease, and to create treatments that would kill those microbes without killing the patient, was a milestone in modern medicine. Yet even with the vast medical arsenal available to them today, doctors can only cure about one-fourth of the illnesses presented to them. Only 10-20% of procedures in medical practice have been shown to be effective in clinical trials. Today, you're actually 255 times more likely to react to a prescription or over-the-counter drug than you are to experience an adverse reaction to a dietary supplement.

Over 50% of Americans now use some form of complementary or alternative medicine. More than half of all medical professionals have used alternative medicine for their own self-care. An increasing number of MDs are including holistic treatments, and adopting some practices of natural medicine, in order to offer their patients the best of both worlds.

I believe the best prescription is really a good lifestyle plan: a long-term nutritious diet; regular exercise and mental stimulation; plenty of sleep and rest; targeted herbal formulas and supplements for specific body imbalances; a rich spiritual life; and loving friends and family. Massage therapy is one of my favorite healing choices. Massage is really therapeutic touch- beneficial for men, women, children, even pets. Not one of the latest “miracle” drugs can replace our basic need to be touched and nurtured.

Today’s health care system seems brutal and cold at times. The sick are shuffled around from room to room, waiting... and waiting some more, sometimes needing major medical care, other times just wanting someone who will listen to them. Today’s impersonal medical tests will never replace the vital person-to-person communication between doctor and patient. And, a single medical test will never tell the whole picture—the true state of a person’s mind, body and spirit.

I feel we need both types of medicine to stay well in today’s world. In our fast paced, high stress lifestyle, there may be times when we need to rely on modern medicine for fast symptom relief or to arrest death from a health crisis or injury. Still, modern medicine is no substitute for a nutritious diet, regular exercise and the remarkable ability of whole herbs to boost the body’s own natural healing response. And, there is no question that health and wellness have a profound spiritual foundation that is personal for each one of us.

If you’ve been affected by the shortfalls of modern medicine, natural therapies may be ideally suited to help your body recuperate and regenerate. Although sometimes necessary, drug therapy (particularly long term) and surgical procedures take their toll on even the healthiest of bodies. The goal of any recovery is getting your body back to its normal state by restoring its foundation strength. Healthy food and natural supplements rebalance body chemistry. They allow your body to rebuild your best defense—your own immune response.



LEGISLATION, NEW LAWS AND HEALTH CARE TODAY

A short recap on the legal issues affecting your access to natural health and supplements today.

What natural medicines and healing techniques can you pursue from conventional health care avenues today? What can you do for yourself? Who can you consult in the natural healing world?

A recent report finds that the time spent by patients with an alternative healer exceeds the time spent with a conventional physician, and patients are more satisfied with their interactions with natural healers than conventional medical practitioners. A new telephone survey found that 34% of Americans visit alternative healers spending \$13.7 billion on these visits!

Today most insurance policies cover non-invasive, natural means of healing like physical therapy, massage, and acupuncture. Many states have health freedom acts allowing people to receive consultations from natural healers like herbalists, homeopaths and traditional naturopaths who are not currently licensed by the government.

More good news: Studies show 39% of the population in the United States uses organic products. 21% of Americans buy at least part of their groceries and supplements at natural foods stores.

So, why does it still feels like our industry is being attacked from all sides?

Here are a few of the legislative hot button topics facing the natural foods industry today.

WILL CODEX ALIMENTARIUS AFFECT YOUR ACCESS TO SUPPLEMENTS?

In 1963, the Codex Alimentarius Commission was created as a joint project by the United Nations and the World Health Organization. Today the World Trade Organization recognizes Codex as the authority for food safety standards. In the past 40 plus years, Codex has created nearly 250 standards for food safety. Some people are fearful that Codex will mean the end of access to supplements for health