

Our Health Care Dilemma

by Chris Morris, ND

Today's health care providers are brilliantly trained with centuries of knowledge on how to diagnose and treat problems. But rarely, if at all do their treatments and recommendations include any education for us on how to maintain good health with everyday diet and lifestyle.

Most health care providers hands are tied by the dictators and legislators controlled by the pharmaceutical, processed food and corporate agricultural industries. These special interests only allow the practitioner to prescribe palliative symptom relief and disease control within their prescribed guidelines in spite of the practitioner's knowledge of better alternatives and healthier and safer natural approaches. To further limit freedom of choice, liability considerations and health insurance companies help to reinforce these constraints.

Our current regulatory agencies and powerful lobbying groups continue to squelch and even indict the truth in health care in order not to lose their financial windfalls. The uninformed public needs to realize the present health care approach is most profitable to the industry when we are kept marginally sick, in spite of the growing disparity between the volumes of emerging science and prescribed medical practice.

The body is the most complex communication system on earth. Intra-cellular and inter-cellular communication depends on biochemical molecules and electrical/energetic impulses. There are regulating molecules we're all familiar with like hormones from the endocrine system. There are cytokines from the immune system, natural oxidants and antioxidants, enzymes, metallic ions, etc. These all work together orchestrated to maintain a balance for a healthy functioning body.

Ever present microbes like bacteria and viruses attack and eventually destroy our cells when the balance and integrity of the environment surrounding the cells is compromised through deficiency or toxins. Infections from micro-organisms are the most common cause of poor health and death. And beyond infections the toxins that are created from the micro-organisms are a major contributor to poor health by damaging or interfering with the healthy functioning of cells. In fact, everything that causes poor health can ultimately be traced back to damaged or dysfunctional cells.