

Do You Agree?

It has been said as we age, we will have to take more medication and use more of the health care system. This seems to be a common consensus but does it have to be? As I have aged, I have noticed that the doctor prescribes more medications and if you suggest you don't want to take them, they get annoyed. We no longer seem to be in control.

As we age, we are at mercy of our doctors but even worse the large pharmaceuticals. Most of the readings my wife and I done suggests that in most cases we can cure what ails us by changing what we eat and exercising. Our bodies are much better healing mechanisms than pills. Some doctors even go as far as to say the large pharmaceutical companies are poisoning us.

I recall back 15 years or so that our cat developed diabetes and we took him to vet. The vet prescribed insulin and we gave it to our cat religiously at the morning and at night. At the same time the vet said, "You might want to try Fancy Feast cat food. It can improve diabetes." We did this and about 6 months later the cat had a problem. We took him back to the vet and the vet said, "Did you give him insulin today?" We answered, "Yes". The vet then informed us that the cat no longer had diabetes and we needed to stop giving him insulin. The reason for this example is that the vet originally put the cat on dry food. Cats are carnivores. The cat got diabetes. We then put the cat on Fancy Feast. Six months later the diabetes was gone. We changed the cat's diet. The cat healed itself.

A lot of doctors and naturopaths tell us we could eliminate a lot of diseases by changing our diets and lifestyle. The big pharmaceuticals tell us we need drugs (synthetic). Who is right? Drugs are necessary but they are really only a quick fix. We need to look at our lifestyle and what we are eating, as we become more reliant on our doctors and as they use drugs to relieve our pains. If we change our lifestyle, our bodies will help us to become healthier. The body knows and is a magnificent machine!