

The High Cost of Health Care in the United States

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“The Business of America is Business”

Every year health care costs continue to rise. Those who can afford health insurance become even more strained with increased monthly payments and elevated co-payments. Employers who provide insurance for their employees continue to have to find creative ways to cut costs in order to pay for health insurance for their employees. While these health care costs continue to spiral out of control why won't anyone look at the real reasons why health care is so expensive?

When are we going to stop the insanity? There are some very simple solutions to cutting health care costs. However, this means dismantling a system that has been in place for at least one-hundred years and starting over. The current health care system is failing miserably and is spiraling financially out of control. In order to get things back in control we must start from the ground up and build from there. You cannot keep putting another band-aid on top of a broken system.

Within this article we will examine the nature of health and the way we attempt to keep a nation of people healthy. We will examine where things went astray and attempt to right the ship. There are many solutions and many answers.

What Is Health?

How can you attempt to care for something when you cannot even define what it is that you are caring for? In order to get to the root of the health care crisis we need to examine how we see health in the first place.

For thousands of years people lived in tribal situations and we very much connected with nature. Living close to nature and through trial and error, people learned how to use natural products like herbs and plants in order to maintain health or to get healthy when sick. This natural system honored the laws of nature and respected natural cycles. This system can be referred to as “wholism.” It is through wholism or “holistic” approaches where health is considered a series of relationships between body, mind and spirit.

Holistic or “natural” medicine was the norm around the world for thousands of years. Holistic medicine is the norm even to this day throughout most of the world. It is only the highly industrialized countries that tend to favor scientific allopathic medicine.

A dramatic shift in perspective began to occur about four-hundred years ago. This shift was the emergence of science and of a mechanistic way of thinking. This shift has continued to expand up until our present day health care system. This world view of health care can be divided up into two distinct parts—wholism (holistic medicine) or mechanism (allopathic medicine). In order to understand why health care is so expensive in the United States we first need to understand how health is perceived.

Health Is A Commodity And Not A Service In America

In most other countries health care is a service to the people. In the United States health care is a commodity like oil, gas, corn and soybeans. Medical doctors in Spain are public employees and only earn around \$100,000 a year while medical doctors in the United States can often be seen to be in the top 5% of wage earners in the country. (Average salaries for medical doctors: USA-\$230,000, Italy-\$84,000, Russia-\$10,000). In most countries a doctor has about the same status as a teacher or banker. In the United States medical doctors have an elevated status and an elevated pay check often seen to rest in the millionaire status.

Over two trillion dollars are spent each year in the United States on health care. Ninety-eight percent of health care dollars are expended on scientific allopathic solutions that are mostly drugs and surgery. Allopathic medicine teaches that the body is going to fail while the parts will wear out and need to be replaced. Hence, more and more heart transplants, knee and hip replacements as well as liver transplants will be commonplace. Under the allopathic umbrella the body is not capable of correcting itself so medical doctors are the only chance for hope. The average cost for a heart transplant surgery is \$658,800 (statistics from Transplant Living) and a hip replacement is \$39,299 (according to Blue Shield of North Carolina).

Why is an ambulance ride \$2700 for a three mile ride to the emergency room? Why is a two hour visit to the emergency room \$2000? Why is the average one night stay in the hospital \$10,000? Why is an aspirin \$10 and a band aid \$15?

For instance, the number one health products in America are expensive statin drugs like Crestor and Lipitor for cholesterol maintenance. The number one health products outside the United States are garlic and ginger which help maintain healthy cholesterol levels for very little money.

Under allopathic medicine there is a common belief that illness and disease happen by chance as if your name was pulled out of a hat and you were selected. This way of thinking demonstrates a lack of understanding between body, mind and spirit. This mentality teaches us that disease just shows up one day “out of the blue” and there is nothing that you can do about it. You are expected to go run and hide beneath the bed sheets to protect yourself. Statistics prevail here. We are reminded that one out of eight women are doomed to get breast cancer and one out of six men will have prostate cancer under this view of the world.

Scientific allopathic medicine has many flawed components to it. Here are some of them:

- The body is designed to fail
- Aging wears us down
- Sickness and poor health are random
- Everything can be solved by mechanistic means (breaking things down into smaller units)
- Drugs and surgery are your only choices
- Your doctor knows best
- More research is needed to cure disease

It was in 1909 that health care in America took a drastic shift. Up until this time scientific medical doctors were on an even keel with natural healers like homeopaths and herbalists. In 1909 two of the most powerful families in America (the Rockefellers and the Carnegies) decided that medicine would no longer be a service but a business with expensive drugs, surgery and science as its backbone. Inexpensive natural or holistic medicine would be pushed aside, squashed and legislated against. Sadly, that model is still in place today.

Natural Health Solutions Are Ignored

Mechanism teaches us that the answer can only come to us by dissecting the problem into its smallest components. Body tissues are broken down into cells which are further divided into molecules. This theory promotes the notion that some of our smallest parts—genes—are responsible for all health issues. This leads to more costly tests and procedures. For instance, Myriad Genetics, the company that formerly "owned" the "supposed" breast cancer genes (BRCA1 and BRCA2), charged up to \$3000 for a simple test to detect this gene. On

April 9th, 2010, a federal judge ruled that it was illegal for Myriad Genetics (a private company) to own any gene or part of nature. This could lead to the disbarment of the rest of the 2000 genes "owned" and patented by private genetic research companies.

Scientific medicine treats the symptoms and does not necessarily address the root cause of disease. While scientific medicine might be effective against infectious diseases like small pox or rubella, most diseases of our time are auto immune diseases where your body is creating the disease itself and scientific medicine is poorly equipped to handle them. Diseases like cancer, heart disease, lupus, fibromyalgia, Alzheimer's and many other auto immune diseases have a poor track record of healing through expensive scientific medicine but we keep pouring more money into them despite these odds.

It is very common that if you are experiencing severe back pain or sciatica you will be sent to a back specialist who will perform a back surgery on you. Seldom will natural solutions be offered. Most likely you will not be given any other choice despite the fact that most back operations do not cure back pain and most people who do have back surgery go on to have several more back surgeries down the road. By the way, a simple surgery to fix a hernia or relieve disk compression might cost between \$6000 and \$8000. A more complex surgery like Spondylodesis might cost between \$150,000 and \$170,000. The average back surgery costs about \$100,000. The back doctor is not going to send you to someone who can cure you with natural methods while there is that much money to be made.

Americans are taught to believe that eyesight fails by itself and that there is nothing that can be done about it except expensive surgeries, a lifetime of wearing glasses and getting eye exams. This is another myth. Most people can cure their weakened vision if they take the right supplements and regularly perform vision correcting exercises. The medical establishment does not want you to know this because billions of dollars would be lost each year if people knew that they could correct their own vision at home.

A tremendous cost to patients is the reliance on drugs to cure their problems. While natural products like herbs and homeopathic formulas are far more affordable and just as effective and in many cases more effective than drugs, these natural solutions are most often ignored. The pharmaceutical industry has a strangle hold on Americans and can charge whatever it wishes for its drugs and people will be forced to pay. For instance, in 2016 a drug used for asthma patients called an Epipen manufactured by Mylan sold for about \$50 per pen. The price was increased to over \$300 while the salary and benefits of the CEO of the company skyrocketed to over \$17,000,000 per year. The cost to manufacture the drug was only about \$1 per pen.

It is commonly believed that drugs are so expensive because pharmaceutical companies spend most of their revenue on research and development. This is false. Most new drugs are developed by

university research departments or the government funded National Institute of Health. Drug companies spend most of their money on advertising and promotion like television commercials and employing a legion of handsome and sexy young women and men who visit doctors' offices regularly handing out free samples and buying lunch for the doctor and his or her entire staff. Creative book keeping makes it appear that drug companies are spending a fortune on research—they are not.

Herbalists, homeopaths, acupuncturists, chiropractors and other natural practitioners are spending a fraction of this money on promotion in magazines or other journals. Herbalists are not engaging in manipulating doctors by showing up at their offices with free samples or free lunches. Health care in America is incredibly expensive in large part because of the record profits and greed of the drug companies convincing people that they need their products. The public is led to believe that if more money is not spent on research that the next wonder drug to cure a disease will not be found.

Only two countries in the world allow drugs to be advertized on television. The United States is one of them. In 2014 alone the drug manufacturers spent over 4.5 billion dollars on advertisements to the public. That money comes back to the drug companies in the form of exceptionally high prices paid for those drugs by the patients who might need them.

All drugs have side effects. An estimated 106,000 Americans die each year from the proper use of prescription drugs. This does not include the thousands more who are harmed by the improper use of drugs, prescription medical errors and over the counter drug deaths. An estimated 16,000 Americans die each year from the proper use of NSAIDS (non-steroidal anti-inflammatory drugs like aspirin, Ibuprofen, Aleve etc.). Many more people will die from medical errors and there will be much money spent on medical lawsuits. All of these expenses are included in the cost of health care.

Addictions

Addictions are expensive. Those who are substance abuse addicts cost the rest of us an enormous amount of money. For instance, an opioid addict who is abusing opioids is often on government assistance like Medicare or public assistance and the rest of us are paying for the addict's pills. When an alcoholic or drug addict overdoses the medical system is forced to step in to try to save his or her life. Often these addicts do not have insurance and the rest of us end up paying for their choices.

Finally, when a drug addict or alcoholic decides that he wants help (or forced to by a criminal court), an insurance company or other government funded entity will pay for a twenty-eight day in-house detox treatment. The Affordable Care Act (Obamacare) has mandated that any insurance company participating in selling health insurance under this law must pay for drug and alcohol addiction treatment.

Hence, we the tax payers, or other insurance customers of the same insurance company, are paying the brunt of the fees for the choices that an addict has been making, whether to use drugs or alcohol or to get clean from them. Often a one month stay in a drug treatment facility can cost from \$20,000 to \$40,000 per month. A minimum of three consecutive months is recommended. Addiction treatment costs have spiraled to over 4 billion dollars a year.

In states like California where alcoholism has been (incorrectly) declared a disease, insurance companies are now obligated to pay for the care of patients who have this "disease". Your health care might be expensive because you are paying for the choices that many of the alcohol and drug addicts are making.

A Sick Society

We have created a culture that breeds sickness and our lifestyle has created a ballooning of health care costs. For instance, most of the food grown in the United States comes from industrialized farming and packaging. High doses of herbicides, pesticides and artificial fertilizers leach into the food and into the ground ultimately affecting our health in an adverse manner. The more polluted the soils with industrialized chemicals the fewer amount of nutrients contained in food. Unless you are eating organic foods all the time you are getting food that is contaminated with pollutants and contains few vital minerals and nutrients.

Genetically Modified Organism (GMO) have come to dominate much of industrialized agriculture. Despite the fact that most of Asia and Europe have severely limited or banned GMO's due to their proven health hazards, the United States has gone ahead with full scale production of many GMO crops. Our health is severely affected by what we eat. GMO's and industrialized foods have more negative effects on our health than any other country.

We have a society hooked on sugar and wheat, two products known to have negative health consequences when taken to extremes. In addition, the artificial sweetener industry adds more harmful consequences to our health. Most artificial sweeteners have never passed quality scientific scrutiny but were approved for consumption by poor science and political pressure. This includes high fructose corn syrup, Aspartame, Sucralose, Truvia, saccharin and many other artificial sweeteners.

The packaging of food breeds more illness. Thousands of chemicals are contained in packaged foods from artificial colors, dyes, flavorings and emulsifiers. Many of these products are not even listed on the ingredient label. These industrialized ingredients weaken our health even more. Many of the illnesses that we are suffering from come directly from the types of foods that we are consuming.

Adding to our sick society we are bombarded with radiation every day from high tension electric lines overhead, satellites beaming radiation down on us ever more increasingly and the harmful

radiation from cell phones and cell phone towers. We are also being besieged by "smart meters". A smart meter is a digital electric meter that sends harmful radiation into your home. All of these radiation devices have led to more health problems in our culture from simple headaches to brain cancer.

We still live in an age where tobacco and alcohol are legal and accessible. These products cause immense harm to our health and even second hand smoke has been declared a health hazard. You do not even have to smoke yourself to be harmed by smoking. Just living or working in a smoke filled environment can cause you health damage. Chewing tobacco causes its own set of health problems from mouth cancer to brain cancer. Yet this product is legal and often found indiscriminately on high school campuses and in sports locker rooms (especially baseball).

We insist on burning coal to produce electricity because it is cheap and abundant. As a consequence our air is filled with toxic pollutants that damage our lungs and mercury released from the coal ash settles into our rivers and oceans while eventually making it onto your plate at home in the bodies of fish. Most people are filled with heavy metals like mercury because of this industrial pollution.

We have over 650,000 Americans on kidney dialysis each week because of failure to their kidneys. No other country can make these absurd statements. Due to lack of exercise, obesity, poor diets and the pharmaceutical medications that many are taking, there is an epidemic of failed kidneys.

Only two companies control about 70% of the kidney dialysis market (DaVita Healthcare Partners and German conglomerate Fresenius Medical Care) and combined for a 2.9 billion dollar profit in 2016. Medicare has spent over 21 billion dollars a year for over 380,000 of its patients to be provided with kidney dialysis treatments. Kidneys are not designed to fail. They are failing because people are not taking care of their bodies and they are using large amounts of prescription and over the counter drugs. America is about 5% of the world's population yet consumes over half of the world's drugs. Now you know where all the drugs went; they got stuck in your kidneys doing harm.

Health Care Fraud

There is a tremendous amount of fraud in the public delivery of health care, mainly in Medicare. Unscrupulous people are getting drugs and services that they do not deserve and are cheating the system. This fraud amounts to over \$60 billion a year in wasteful spending. If Medicare were run like a private company instead of a government institution everyone on its staff would have been fired a long time ago for incompetence. Instead we put up with agencies that do not work so well.

In 2014 Medicare paid 160 billion to Medicare Advantage for 16 million people. The GAO (Government Accountability Office)

estimates that 9.5 percent of payments were fraudulent while 15.2 billion went to doctors and hospitals charging for non-existent or unnecessary procedures and tests. Doctors will take on a patient and perform every test possible even if not needed just to elevate their own income. The average Medicaid nursing home room costs over \$90,000 a year due to much of this spiking of services.

Not long ago insurance companies and Medicare began to approve of hip and knee replacement surgery. In 2014 there were 431,000 knee replacements and 225,900 hip replacements. This is a huge burden for insurers to take on. No other country does this. Joint replacements might need to be categorized as elective non-essential surgery and if a patient wants to go that route they will have to pay out of their own pocket. As the population ages and most people have not adequately taken care of their bodies, more and more people will want to replace their joints at the expense of Medicare or their insurance company. Joint replacement is like cosmetic surgery—an elective procedure that should be paid for by the patient himself.

Medical Conspiracy

There is a wide-spread conspiracy between the AMA (American Medical Association), FDA (Food and Drug Administration), university research departments, the pharmaceutical industry, the CDC (Center for Disease Control), the NIH (National Institute for Health) and many charities to keep health costs high. These industries have altogether denied most of the inexpensive natural cures for disease and have put in place a strong hold of scientific drug and surgery approach only. Lots of money is made and many people employed with the drug and surgery approach. If natural cures were accepted there would be a tremendous amount of money lost, university research departments would be closing their doors and share holders at drug companies would be panicking at the dropping of their portfolio income. We have a gold plated health package because it makes lots of money for all of the parties involved.

A bottom up medical system would entail more local services rather than large industrial sized technology driven hospital cities (like the City of Hope). House calls by doctors would make a come back. Whether you use a medical doctor, nurse, nurse practitioner, EMT, physician's assistant or paramedic attached to a fire station, more can be done on a local level to keep people well. Emergency room treatments are expensive at major hospitals. Why should a sick person with the flu or an ear ache have to travel to the emergency room or urgent care center and wait hours for treatment? Many people do not need emergency treatment but need the reassurance of a health professional that they will recover from what ails them. Small local clinics, fire stations and doctors making house calls will be much cheaper to handle. After all, if you have a leaky faucet why would you have to rip out your sink and bring it to the plumber's shop to get it fixed? The plumber comes to you. Just stepping into an

emergency room rings the cash machine of the hospital for hundred and thousands of dollars. Only if you just receive a Tylenol you still might be charged \$2000 for your visit.

There is a cartel of conspiracy between several agencies that control medical spending and seek to keep prices high. Through heavy bureaucracy spending, emphasis on science and costly research and denial of inexpensive natural cures, these agencies are in the business to make medicine and health care as expensive as possible so that they ultimately reap in the profits.

For instance, in many cases the AMA will not allow a medical doctor to use an inexpensive natural treatment for a patient, favoring the drug and surgery approach. A medical doctor might lose his medical license if he keeps treating conditions like acid reflux with apple cider vinegar (very inexpensive and very effective) instead of an expensive purple pharmaceutical pill. The FDA will not allow inexpensive medical solutions like vitamins or herbs to be labeled as having any health benefits. According to the FDA, expensive drugs are the only medicines allowed; vitamins and herbs can only be called "supplements."

The cartel of medical science must be eliminated and disbanded. Every decision granted by the FDA over the last one hundred years must be thoroughly reviewed and products must often be retested under independent laboratory analysis rather than the one-sided politicized FDA. For instance, the only reason aspartame (artificial sweetener) was every approved for human consumptions was because of a political favor that the President Ronald Reagan owed someone. Aspartame failed every scientific test for safety but the head of the FDA approved it anyways. The same holds true for GMO crops. There have never been any independent long-term studies completed about the safety of GMO crops yet the FDA has approved them for consumption anyways. These decisions must be reviewed and reversed. We are getting sicker because of the quality of our food and because of products that were approved but never should have been approved.

The United States has an inbred arrogance that it refuses to learn from other countries. There are many countries who have successful and affordable health care systems yet we refuse to learn from these other nations and continue to bang our heads against the wall trying to find our way in the dark. For instance, China has a nationalized health care system where patients can have either Western scientific medicine, natural medicine like herbs or acupuncture or a combination of both styles.

Other nations like Canada or Great Britain have systems that fundamentally work well. The biggest complaint is that it just takes too long to see a doctor or a specialist. Those problems can be fixed if you adopt the core principles. America spends nearly two times as much money per person on health care (\$6,100 per person) as the next industrialized country yet we are not twice as healthy. One in

nine jobs is devoted to health care and 15 percent of our entire economy is spent on health dollars. For all of its investment in health dollars the United States still is in the bottom of life expectancy at number 46 and very low in infant mortality at 42. We are spending the most but getting very little in return. A sickness society requires that its population remains sick to keep all of those people employed.

Insurance

Insurance companies often claim that they are losing money or they are not making enough so they continue to raise their rates. According to the *Huffington Post*, insurance companies are at the top in profits of almost all the various companies associated with health care-i.e. hospitals, etc). The average yearly profits of health insurance companies is over 16% on return. Companies like United Health Care, the country's number one health insurance provider, recorded a profit of nearly 2 billion dollars in 2016.

With a single payer government funded health care system you can eliminate all insurance providers, premiums, deductibles and co-payments. Billions of dollars in profits would be eliminated and those savings passed on to provide more services to the people. Under the current system where health care is a commodity, profits will always come first before service.

Many people do not have health insurance. Illegal immigrants use the health care system without paying for service in most cases. The average cost of delivering a baby in a hospital is around \$9000. Nearly 8% of births each year are recorded from non-citizens who usually do not pay for their health care services. Emergency rooms are flooded with citizens and non-citizens who are able to be treated without paying. Those who have insurance end up paying for those who have no health insurance. Under ObamaCare, a penalty was imposed for those who did not purchase health insurance. Unfortunately, the penalty was so small that it was much more cost effective to not purchase health insurance than to pay the costly monthly premiums.

"Scientification"

We have an obsession in science like no other country in the world. Somehow we have come to believe that only a researcher in a laboratory will find an answer to a dreaded disease. Hence, we keep pouring enormous amounts of money into biotech and university laboratories. Richard Harris explains in his book, *Rigor Mortis*, that this behavior has a very low success rate and a very high price tag where academic research benefits very few people.

"...the average American household spends \$900 a year to support biomedical studies.

Yet metastatic cancer is nearly as unstoppable now as it was decades ago (with only a few exceptions). Alzheimer's disease remains untreatable, even as an avalanche of baby boomers ages and becomes more vulnerable to the grim and costly condition. Lou Gehrig's disease (amyotrophic lateral sclerosis, or ALS) is one of the many devastating neurological conditions for which there is no effective remedy. In fact, of the 7000 known diseases, only about 500 have treatments, many offering just marginal benefits."

Other countries will utilize natural and inexpensive treatments that can be very effective. For instance, acid reflux can be successfully cured with daily doses of apple cider vinegar. Doctors in America will instead prescribe expensive pills for such conditions. Food is not approved by the FDA (Food and Drug Administration) as medicine so doctors cannot or will not share this information with their patients. Because of the medical cartel and the strong grip of the drug industry over medicine, we continue to be bogged down by expensive drugs and research. For a drug to be approved by the FDA it costs nearly a billion dollars. This is outrageous. Those costs must eventually be passed down to consumers in high prices for drugs.

Cancer treatments and research require billions of dollars each year of investment. Despite decades in cancer research nearly 650,000 Americans still die each year from cancer. Expensive drugs are utilized despite the fact that there are many proven and inexpensive natural cures for cancer (like baking soda, ozone, vitamin C, hydrogen peroxide, turmeric, frankincense essential oil etc.). (*Avastin*, a drug for the treatment of colon and lung cancer can cost as much as \$8,800 per dose).

The FDA has approved of about 1500 drugs in the course of its lifetime, each requiring years of research and billions in investment. One would think that with all of this investment in drugs that Americans would be the healthiest people on the planet but that is not so.. In fact, many of the drugs that are approved are just another version of a current or existing drug. Now you might have four or five drugs that do nearly the same thing with all of the associated side effects. Natural health remedies have little to no side effects

Science and technology might be effective in a minority of the cases. Much of the time it is a waste of resources that could be better spent in other areas. According to a study in the *New England Journal of Medicine* that appeared in the *Mayo Clinic Proceedings*, many of the current medical techniques proved to be either ineffective, inconclusive or harmful. Here are the results of 146 popular medical procedures:

**Ineffective or harmful 40%
Unknown 22%%
Beneficial 38%**

Essentially, American health care is enormously expensive because of our reliance on science and technology and we are not necessarily better off because of this technology.

Science needs to be put on the back burner of health care. As Americans, we are shamed into believing that we will finally be healthy one day when some researcher in a university or biotech lab invents the next great wonder drug that saves us all. We are relying on the fantasy that good health comes to us through pills and research. While much of the world uses natural and inexpensive plants and herbs to stay well, the medical industrial complex in America has brain washed us into thinking that we need to pour money into more and more research.

Removal of science as the backbone of our health system will greatly improve our finances. After all, there are very few blockbuster drugs each year. Most new drugs invented do the same or nearly the same thing as one or several already on the market.

Medical triage

Currently we are sacrificing our children's future by spending obscene amounts of money on sick and older patients. On average, 30% of health care dollars is spent keeping dying people alive a few more weeks or months. This has to stop or there will be no future for the next generation.

Some states have instituted physician assisted suicide. For patients who are believed to have a "non-curable" debilitating illness that is rapidly progressing then they should have the choice as to end their own lives. Too often medical institutions keep people alive even though their bodies have withered away long ago. A national discussion about death needs to take place. We all need to come to terms with death and stop making older sick people linger for months or years only because we have the technology to do so. Physician assisted suicide needs to be available on a national stage.

Next we need to put a cap on how much money we spend on each individual. Some of the sickest people absorb the majority of the medical costs. A person might develop heart disease and then they spend multiple long term visits in the hospital. After a host of medical side effects they go on to develop more illnesses and require more treatment and more hospitalization. If a ship were sinking we would try to fit as many people in a life raft as possible and not just fill it up with one individual. With health care, a few very ill and sick people are using the vast majority of the health care dollars.

We continue to reward people for living poor lives and being sick or impaired. An alcoholic is given a new liver. A smoker has the best lung specialist. An obese person develops diabetes and we throw money and services at him. Why do we keep rewarding people who have made poor lifestyle and health choices?

Other types of insurance companies have limits on how much they are willing to spend (auto, home, etc.). Why is it that health insurance seems to have a bottomless pit to it?

This might seem like a cruel thing to do but we need to cut off people who are ill or need special assistance. The real cruelty here is that you are making the average worker pay outrageous medical premiums to cover the cost for all of the sick and needy people. A better choice would be for charities to step in and provide the next wave of assistance rather than depend on high insurance premiums and bankrupting the average rate payer. Charities could provide the resources and treatments for parents with special needs, kidney dialysis, organ transplants, joint replacements etc.

Some people and some families with a special needs child, illness in a parent who is unable to work or other hardship require additional support. Stop depending on begging on GoFundMe sites for this support. If we could redirect the billions of dollars given to charities that support research in biotech companies looking for drug only cures we would have plenty of charity funds to help out those most in need without having to tax the working class for more money. Stop funding biotech companies and start helping out the people who are really in need. All biotech companies want to do is to patent a drug (whether it works or not) in order to make millions or billions of dollars off of it.

A Bottom Up Approach

Currently we rely on a top heavy, scientific and technology laden system that favors expensive hospitals and research centers. The top down approach is where the money is made. Research facilities, large hospital cities (i.e. City of Hope, Loma Linda, Sloane Kettering), mega insurance companies (like United Health) and drug based medicine are all incredibly expensive. We could save an enormous amount of money from a more community approach to medicine.

For instance, what if every fire station in the country were attached to a local health clinic. Most trips to expensive hospital emergency rooms can be treated at a local clinic. This would include patients with cold and flu symptoms, minor broken bones and minor bleeding issues. Patients who required more advanced services could be transported to emergency rooms or trauma centers.

This local bottom up approach would save a tremendous amount of money. Doctors could make house calls. Using remote recreational vehicles (rv's) to travel around from neighborhood to neighborhood would be far more cost effective than large emergency centers. Every town or municipality would have its own clinic and staffed 24 hours per day.

Surgeries are expensive. There are many ways to fix problems and surgery is only one way. But surgeries make money for doctors and hospitals. While emergency rooms might lose money the surgery departments become the cash cow of the hospitals. For instance,

instead of insisting on back surgery every time a patient feels back pain, seek out more natural and inexpensive resources (like chiropractic, yoga or massage therapy). This bottom up approach will save billions of dollars.

Along the bottom up approach would also include a reliance on natural medicine first. Herbs, plants and food would come first as treatments. Expensive drugs would only be used as a last resort.

Vaccines

The government's official position on vaccines is that they are both safe and effective. The reality is that they are neither. Every year millions of people have mild to severe side effects after receiving a vaccine that often requires hospitalization. Common side effects can range from allergic reactions, hives, difficulty breathing all the way to cancer and anaphylactic shock. Thousands of people have had life altering damage due to vaccines while hundreds have been killed by vaccines. Since 2003 there have been no deaths from measles in the United States yet over one hundred people have died from the measles vaccination.

The United States established the Vaccine Injury Compensation Fund so that those whose family members were injured or killed by vaccines would have a place to receive compensation, not by the drug manufacturer who produced the vaccine, but by the federal government. Since 1989 the Vaccine Injury Compensation Fund has paid out over 3 billion dollars in claims to those injured or killed by vaccines. Many of those injured will require life long medical treatment just to keep them alive.

The insistence of living in a country that is over-vaccinated has led to far more medical costs then would be otherwise endured.

Sports

Sports are the national past time but sports also destroy the body and create many more health conflicts and health costs as we age. For instance, the average life expectancy for a retired professional football player is fifty-five years old. Those who make it beyond that age will suffer from decades of medical procedures from back surgeries to knee replacements. There is a strong reliance on expensive prescription pain relievers for the rest of one's life.

Football is not alone in the abuse of the body. The number four cause of concussions is women's soccer with over ten thousand girls, from youth soccer through high school and college, being admitted to emergency rooms each year with diagnosed concussions. Football, rugby and hockey (men's sports) are the first three forms of concussion respectfully.

Contact sports of all types break the body down and former athletes will have to suffer with body pains and medical treatments for the rest of their lives. These sports include football, hockey, basketball, rugby,

boxing, mixed martial arts and many others. Even competitive runners will experience life long medical issues in their knees, ankles and hips from the constant pounding of running.

We live in a culture where we have a few good years of glory and then we spend the rest of our lives suffering for it. We spend enormous amounts of money in rehab clinics, on surgeries and drugs from the self abuse that we have done to our bodies through sports. Long after the last whistle has sounded you will still be suffering from your concussion symptoms and body blows. All of this adds up to more expensive health care that keeps the pain killing drugs flowing and the surgeons in business.

Veterans

The United States has been involved in more wars in the last 100 years than any other country (Border War, Banana War, Occupation of Nicaragua, Bluff War, Occupation of Haiti, Occupation of Dominican Republic, WWI, Russian Civil War, Posey War, Korean War, Lebanon Crisis, Bay of Pigs Invasion, WWII, Simba Rebellion, Dominican Civil War, Vietnam War, Communist Insurgency in Thailand, Shaba II, Lebanon Civil War, Grenada, Libya, Tanker War, Panama, Gulf War, Somalia, Haiti, Bosnia, Kosovo, Afghanistan, Iraq, Libya, War on ISIL).

Along with war comes the casualties of war. As of 2015 there were over 21 million living veterans who had served in at least one branch of the military. Of this number over 3.8 million service members are listed as having a disability that were related to his or her service in a war. Wars are not just about the cost of planes and missiles but how much it will cost to take care of wounded and disabled service personnel long after the war has ended. Currently the United States spends over sixty billion dollars a year of tax payer money (six hundred billion over a ten year period) to provide living expenses and medical care for wounded soldiers. These benefits continue for the life of the soldier and often will continue to be delivered to the surviving spouse should the soldier die. In essence, we are paying billions of dollars in medical care treatment to support wars that have long past.

War is costly not just in the short term but in the long term as well. The amount of money spent for health care to disabled soldiers (while warranted and justified) would make anyone think twice about wanting to engage in another war. Wars finally end when the last soldier who fought in it has passed away.

There are many veterans who were not wounded or disabled in war who still receive veterans health care service throughout their entire lives paid for by the United States citizens. These might be veterans with lower incomes or special circumstances. No matter what, having millions of living veterans of war is very costly to the average American's pocket book.

Wellness Education In School

We do a very poor job educating our youth about how to be healthy and how to live an active and vibrant life. School cafeterias are often filled with high carbohydrate fat driven foods. This cafeteria menu occurs because carbohydrates are cheaper to produce than fruits and vegetables. Also, many times overstocked dairy, wheat and sugary products are donated by private industry or the government purchases gluts of dairy products or other commodities and distributes them to schools at little to no cost. Children are not given a glimpse of how important healthy nutrition affects their bodies and their minds.

We also neglect the emotional needs of our children by not providing emotional education classes from kindergarten all the way through high school. Instead, we shame students for having emotions and give them drugs to keep emotional expression pushed down. Their emotional imbalances will often escalate throughout the rest of their lives from their study habits to how well they are socially integrated. We have many children who will have no chance later on because they were not afforded the opportunity to learn about their emotions. From emotional imbalances we often see mental health issues arise as well as a prison system filled with young people who are just acting out.

We also do not teach young athletes the dangers of sports and how an injury might plaque a person for the rest of his life. A sprained ankle playing basketball at age fifteen might turn into a severe back issue later on unless corrected. We do a very poor job of teaching our youth how to correct and bring back into balance an injury so that it does not linger and cause further complication later on.

For many former young athletes, much of their adult health care costs are derived from injuries that they sustained early on but were never corrected at the time. They just taped up an injury, took a cortisone shot and hoped it would go away. Years later they find out that those old injuries are alive and well within them. If they were to have a wellness education they would learn how to correct these physical injuries and emotional imbalances so that they did not lead to further health issues down the road.

Sanitariums

There was at one time a host of sanitariums in the United States. These were relaxing places where one could go to get well from an illness (like tuberculosis) or to recharge your batteries from the pressures of life. The Seventh Day Adventists Church operated many of these facilities. It is time to bring back a government funded sanitarium system.

Stress is the leading cause of most auto immune disease. We become over worked and over worried and our bodies cannot take it any more and we become susceptible to creating illnesses. Most

people do not know how or cannot afford to stop this vicious cycle and continue on this downward path until they are so sick and weakened that they cannot survive the consequences. What if there were a way to get some relief to stop this spiral and rejuvenate the body?

Americans work harder and longer than any other country. Most American workers do not get a paid two week vacation or cannot afford to take one each year. In contrast, several European countries provide paid leave for their citizens, some up to six weeks a year. These countries even have government funded sanitariums for their citizens to visit for free to refresh and renew themselves. These facilities include spas, hot mineral soaking pools, massages, healthy food and detoxification programs. These individuals might endure smaller health care costs because the government has funded facilities that help to keep each citizen in a healthy and relaxed state.

Why could the United States government not construct and operate hundred of spas and sanitariums and provide four weeks of paid stay for every citizen each year? Are we too busy building another drug research lab or another wing of a cancer hospital to be proactive in our health care?

One might argue that there is no money in the government coffers to pay for a month long sabbatical at a sanitarium for every adult citizen each year. Yet a new aircraft carrier for the navy will cost around 13 billion dollars while the latest jet fighter plane will cost 35 millions dollars apiece. We spend over 500 billion dollars on defense each year. If health were important we would find the money to make sanitariums happen.

Mental Health

Each year over 200 billion dollars are spent treating mental health issues with over 12 million Americans on some form of disability for mental health. There are millions of hours of lost wages, families in chaos and prisons filled with mentally ill people who have committed crimes.

We are doing a very poor job with mentally ill people. First, we do not understand mental illness very well and then we do not treat it very well. Much of the time a person described as mentally ill has made a choice to be absent from his or her body and this then evolves into a clinical diagnosis. For instance, clinical depression is often nothing more than a person who remains frozen and cannot or will not feel any of his emotions. He has blocked emotional expression and then we give him a diagnosis called depression.

If we were to teach our children about their emotions and how to appropriately express them we would have far less need for expensive hospitals and drugs to care for them. We have neglected the emotional needs of our society and now are paying the price for it. We are far too quick to label a person with a mental illness before teaching them how to free their inner world of emotional pain. Hence,

we add billions of dollars more in health care costs due to our societal emotional resistance.

Solutions

1. The United States shall embark on an ambitious 5-year plan to study health care around the world. From industrialized regions to third-world nations, we will compile a comprehensive analysis of what works and what does not work. This bipartisan plan will also interview leading edge health and nutrition experts as well as authors in this country and around the world. It is time that the United States loses its arrogant attitude that it cannot learn from other countries.

2. Health care will come under the control of the government where every citizen has equal access. When you take the profit out of health care you substantially lessen its cost. Privatized health care is mostly about a commodity that can be sold with record profits each year. Insurance companies and their large profits will go away. Health care will return to being a service and not a commodity.

3. The pharmaceutical industry will be regulated. Drug companies are acquiring patents on drugs then charging customers obscene prices for those drugs. Regulation will end this price manipulation. Patients can now purchase drugs from foreign suppliers where most often the prices are much cheaper.

4. Patents on living things will end. Nobody has the right to own nature which includes genes, organisms and molecules.

5. Natural and inexpensive health care will be required first and foremost. Expensive scientific medicine will only be used as a last result and not as a first choice.

6. Approval for drugs will be much more difficult. Why do we need four or five drugs that essentially do the same thing?

7. The United States Government Vaccine Injury Compensation Fund will be eliminated. A private citizen is now allowed to sue directly a pharmaceutical company or one of its employees (like its CEO). The burden must now be placed on the manufacturers of dangerous and faulty products.

8. Fix the immigration problem. Illegal immigrants are not allowed free health care or free birthing. Either give amnesty to those living here illegally and make them pay their fair share of taxes or deport them. Do not keep everyone in limbo. People in the country illegally

are placing an excessive drain on the health care system as they are receiving an abundance of health services and only paying a minimum in taxes.

9. Limit payouts. Health insurance companies and Medicare cannot keep pouring more and more money into the oldest and sickest of patients. Encourage people to live a healthy life. Cut them off after a while. Require charities to pick up the slack instead of working families. Why should a family of five be paying \$3000 a month on health care premiums so that someone on Medicare can receive an artificial hip?

10. Sanitariums not hospitals. It is cheaper to give every citizen a government paid one month stay in a sanatorium each year then to try to keep on life support the sick and dying. Most people need a rest or a break from the stress of their lives in order for their bodies to recharge. A national retreat like a sanatorium would do that.

11. Physician assisted suicide. Just because we can keep people alive and in vegetative states does not mean that we should. We kill animals (putting them to sleep) we kill babies (terminating a pregnancy) we should also assist people in death when there is no hope left for them. Keeping people alive who are severely ill serves no one.

12. Natural child birth centers with an emergency department attached. Hospital births are expensive. Open up government funded natural birthing centers which are must less expensive to operate.

13. Stop farm subsidies to corn, wheat and soy. Instead, subsidize organic produce so that it is accessible and affordable to everyone. You can pay the farmer or pay the doctor. Provide inexpensive organic produce to everyone. Food is medicine (except in the United States where it is illegal to promote food as having any health benefits). A healthy diet will eliminate much of the health problems that we encounter. Place taxes on beverages (coffee, soda, alcohol), fast food and junk food to help pay for subsidies on organic produce. Why should it be cheaper to eat junk food than to eat healthy food? Demand that public school cafeterias serve a healthy menu.

14. A bottom up approach. More local small hospitals and fewer giant hospital research centers. More midwives and birthing centers should be used as well as more hospice care and death and dying centers. Less reliance on technology and research. More natural and proven methods established. House calls by medical professionals and local urgent care centers expanded. Even add many mobile clinics in recreational vehicles that can move around from place to place where they are need most. For instance, in the case of a natural disaster or

multi casualty event (like a plane crash or brush fire), have RVs that will easily be brought on site to treat people rather than transporting everyone to the emergency room.

15. Get serious about healthcare and Medicare fraud. If Medicare were a private company most of the employees would have been fired a long time ago. Since Medicare is a government run program most employees are not concerned with stamping out waste as long as their weekly pay check still comes and their pension is waiting for them. It is not their money so they are less concerned with wasting it. Penalize government employees who waste tax payer dollars.

16. Stop rewarding people for their sickness or abuse of their bodies. We give new livers to alcoholics, new knee and hip joints to those who have abused their bodies through high impact sports and other dangerous endeavors. Reward people for good health and not for poor health choices.

17. Review and then eliminate the CDC, NIH and FDA. All the decisions from these agencies over the last 100 years must be reviewed and find out if they have validity or if they were done with politics in mind and not sound science. Allow natural healing treatments to be included in the national treatment protocol. For instance, the FDA and NIH (National Institute of Health) refuse to test and approve food as medicine like most other countries have done. Cranberries are medicine for the kidneys while Hawthorne berry helps with high blood pressure. Why not use these products instead of drugs?

These government institutions are largely responsible for the high cost of health care because of their alignment with the drug industry which does not want to see inexpensive natural medicine because it would interfere with their exorbitant drug profits. Energy medicine like Rife machines that have cured everything from shingles to cancer have been outlawed by the FDA. Ozone therapy, a natural cure for many illness including cancer, has been banned because it would put the expensive cancer hospitals out of business. It is time for this to change.

18. Western Scientific medicine is not only very costly it is most often very ineffective. Nearly sixty percent of medical procedures are labeled as harmful or doubtful of their impact. Replace most medical doctors with homeopaths, naturopaths, osteopaths, chiropractors, acupuncturists and other natural healers. Currently we have in place a system where ninety eight percent of our health care dollars are spent on drugs and surgery. A better approach would be to spend 90 percent of our health budget on natural solutions and only ten percent on expensive scientific matters. Scientific solutions would be available only after natural therapies no longer worked. Allow a

system in place like China's where natural health care was on par with scientific medicine.

19. Audit all medical procedures so that a fair and equitable price is paid for them. Ambulance rides should not cost \$2700 for a three mile ride and Medicaid nursing homes should not cost \$90,000 a year for one patient.

20. Stop the advertisement of drugs. Do not let drug companies spend billions of dollars on drug advertisements.

21. Become a wellness society rather than a sickness culture. Good habits early will eliminate many of the health problems later. "You can pay the doctor or pay the farmer." A wellness program would mean to pay a doctor to be well. If you get sick then he does not get paid. You send him a check every month if you stay well.

23. Release the stranglehold that the drug industry has on the government. Do not allow lobbyist in Washington. Eliminate the drug companies' influence on government policies.

24. Ceo's of drug companies can now go to jail for making flawed and harmful products that harm or kill people. Stop protecting the drug industry from their harmful products.

25. High schools, colleges and professional sports teams must have their tax exempt status removed. These institutions are flooding society with former athletes who are crippled and in dire pain. Society is having to pay the cost of health care for aging and debilitated former athletes. Make the schools or the teams pay for this cost.

In a nutshell, there are too many old and sick people. There are too many costly medical procedures. There is too much fraud. We are pouring an enormous amount of money into people just to keep them alive a few weeks or months longer. There is too much scientific research for things that can be cured simply and naturally. There is too much waste. There are people being served who have not put into the health care system. There are too many diseases that are created by lifestyle choices or environmental pollution.

Despite random criticism government run free health care works in most every country of the world. While there can always be improvements, no country has the failure system that America currently experiences. America is the laughing stock of the world when it comes to health care.

In America, unlike most for the rest of the world, health care is a business. Business people desire to make money. The way you make money is to make sure you have plenty of customers. As long as

American society can stay sick and ill informed there will be plenty of customers for this "sickness" society to flourish. If everyone suddenly became well then all of the profits would be lost. What a marvelous day that would be!

Resources

***An Unnatural Order*, Jim Mason**

Transplant Living

Blue Shield of North Carolina

***The Hundred Year Lie Book*, Randall Fitzgerald**

***Sweet Deception*, Dr. Joseph Mercola and Dr. Kendra Degen Pearsall**

The Huffington Post: health Insurance Profits:

http://www.huffingtonpost.com/ethan-rome/the-truth-about-health-in_b_863632.html

***Rigor Mortis*: Richard Harris**

***An American Sickness: How Healthcare Became Big Business and How You Can Take It Back*, Elisabeth Rosenthal**

Mayo Clinic Proceedings:

[http://www.mayoclinicproceedings.org/article/S0025-6196\(13\)00405-9/pdf](http://www.mayoclinicproceedings.org/article/S0025-6196(13)00405-9/pdf)

***The American Cancer Society*, article by Jon Burras**

***The Conspiracy of Scientification*, article by Jon Burras**