

7 American Health Myths

(a.k.a 7 Reasons to Keep The Doctor Away)

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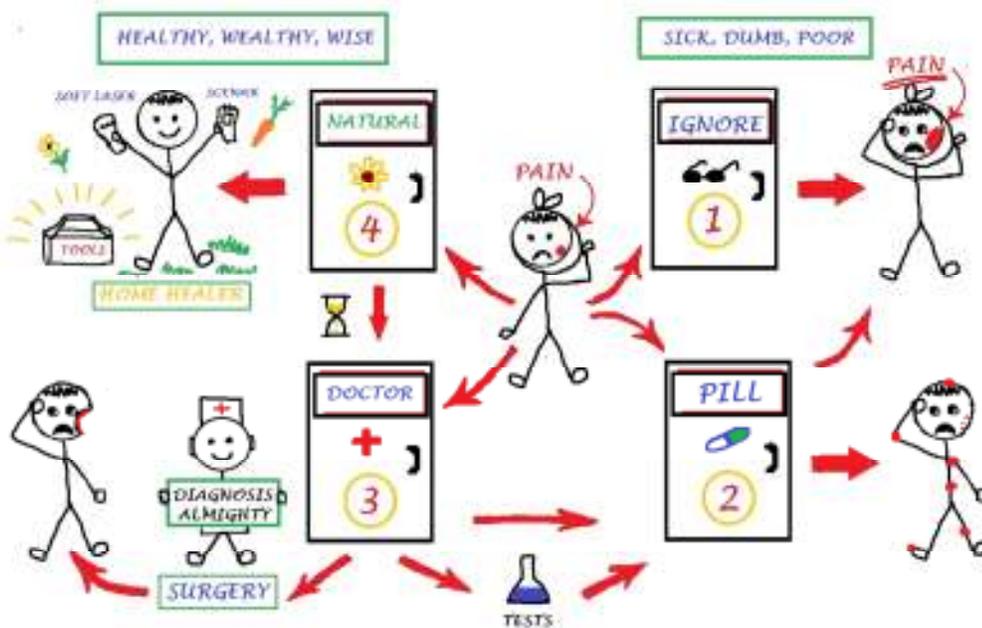
Health Myth #1: PAIN IS BAD.

Well, let's see. What, do you think, is **PAIN**? Is it your punishment for mortal sins and annoying stranger – or maybe, just maybe, it is a very natural way your body is trying to talk to you letting you know that something is not right?

PAIN is your body's scream for help, it's "**SOS!**" In body's language it means, you've got a PROBLEM, and you need to take care of it NOW, or else...

Pain is your friend and your beacon on your journey to health. It is there to make you healthy again.

How do we deal with pain? There are several options. Let's review them.



OPTION #1: IGNORE YOUR PAIN. (We usually ignore pain if it is not too bad.)

Since the PROBLEM is not resolved, pain will continue to increase crying for attention.

It will start affecting your energy level, your work performance, your sleep, your mood, your family and social life... and before you know it PAIN will be running and ruining your life. Soon **STRESS** will add to your PAIN and worsen the situation pushing forward the vicious cycle.

IGNORING YOUR PAIN IS NOT AN OPTION!

OPTION #2. TAKE A PILL (usually a "painkiller" to numb your pain).

Health Myth #2. A PILL WILL FIX YOU.

Pill will only kill your pain (or inflammation). By doing so you will make your body **MUTE** but not healthy. The core **PROBLEM** is still there and will continue to grow affecting your life more and more in more than one way, until it is too late to fix it because it grew out of control (see the outcome of the Option #1).

Health Myth #3. IT'S ONLY A PILL, NOT A BIG DEAL.

It **IS** a big deal. Pills (drugs) are never safe; they all have **SIDE EFFECTS**.

Even a plain **aspirin** will thin your blood; **ibuprofen** (Tylenol) will eat holes in your stomach and make your kidneys and liver old before their time; **antibiotics** will kill the healthy flora of your intestines and let candida grow; antidepressants will affect your mind, emotions, and spirit making you feel "drugged" (and you are); **steroids** will destroy your immunity and metabolism, and gaining weight will be only one visible sign of a mess on the inside... And that only SOME of the common side effects of the most common medications.

Still doubting the point? Just listen to TV advertisements of various drugs and long lists of not-so-cool conditions that they "may" cause. At the end of the day, you will have more problems in the various parts of your body caused by your MEDICATION than by your main PROBLEM.

By taking pills for pain you are weakening your body and endangering it.

KILLING YOUR PAIN WITH A PILL IS NOT A GOOD IDEA!

OPTION #3. GO SEE A DOCTOR.

A sensible option – and the one we "suppose" to go for.
But let's look at the reality of this option in today's America.

Pain affects your life creating **STRESS** and **FEAR** ("Why it is not going away? What is wrong with me? What if it is something serious?").

You:

1. Call the **Ambulance** (usually in emergency situations) – they bring you to Emergency room.
2. Drive to **Emergency room** yourself (usually with ACUTE pain) – wait 3-6 hours to be looked at – spend 5-10 min with the Doctor – get prescription for a *Pill* – go home with recommendation to see a family doctor.
3. Go to a **Family Doctor**: make an appointment – wait several days (weeks?) – get progressively more stressed and fearful – spend 5-10 min with the Doctor and:
 - A - get a prescription for a *Pill*;
 - B - get sent to run some *Tests* – make an appointment for a Test - wait several days (weeks?) – get progressively more stressed and fearful – run a Test – wait several days (weeks?) for a result – get progressively more stressed and fearful – get a phone call from the Doctor to make an appointment to discuss the Test results - wait several days (weeks?) – get progressively more stressed and fearful – spend 5-10 min with the Doctor and:
 - finally get a **DIAGNOSIS** and a prescription for a *Pill*;
 - be sent for more tests... the cycle repeats, until you get a DIAGNOSIS (in conventional medicine **NOTHING happens without DIAGNOSIS Almighty**).
 - C - if your DIAGNOSIS requires an expensive therapy and/or surgery (that will typically leave you without some parts of your body and with scars) – then a new, even more complicated cycles begin that involve **INSURANCE** issues yet still eventually and inevitably lead to **MORE PAIN, MORE STRESS** and **MORE FEAR** in your life.

STRESS and FEAR weaken your body and endanger it.

PILLS weaken your body and endanger it.

You are hemorrhaging time, money, and energy running the endless cycles and quickly sliding towards being "sick, dumb, and poor" versus being "healthy, wealthy, and wise".

So why are we doing it? Because we were programmed to believe in Health Myth #4.

Health Myth #4. DOCTOR KNOWS BEST.

No, he does not. Your body is so complex and multidimensional that a human brain cannot comprehend it. No doctor can know EXACTLY what is wrong with you – hence, he can be mistaken in his diagnosis. Nor can he know exactly how a Pill he prescribes or a surgery he performs is going to affect your system in its entirety.

Doctors were named the **third leading cause of death** in the USA in 2002 by the Journal of American Medical Association (JAMA) killing almost as many people in one year as cancer and heart disease.

Yet Doctors are NOT the problem! It is NOT their fault. They are good people trying to help you the best they can, and they keep *practicing* – in the way they were taught and within the parameters of the existing healthcare system.

What they were taught and what they practice is called **BIOMEDICINE** (= modern medicine = conventional medicine = mainstream medicine).

Biomedicine looks at **DISEASE** as an **ENEMY** and declares a “war on disease” trying to kill the reason for disease and the disease itself by all means, which are called “**medical INTERVENTIONS**”.

Biomedicine poisons disease with drugs, burns it, cuts it out, and your body after these interventions looks like a battlefield – violated, empty, and lifeless.

Health Myth #5. DISEASE IS YOUR ENEMY.

Actually, disease is not your enemy. It is your friend, just like pain is. It is **DIS-EASE** = inability, uneasiness of your body to perform a function.

In most cases, your body is merely trying to **ADAPT** to something – your environment, a virus or any other bug, a toxin etc. It is not going easy – and you experience **SYMPTOMS**. They are unpleasant, yes, but think about it.

What your body is telling you through symptoms is that **IT IS WORKING HARD** to keep you healthy. It activates immune reactions, it mobilizes energy resources, it builds protective barriers (all what we call **INFLAMMATION**) – and all that to stop an unwanted stranger from harming you. Without your dis-ease a virus or a toxin could kill you.

There is also a “side benefit”. In the process of overcoming a challenge of dis-ease you are getting stronger. You grow and mature and wise up. They say, “*what does not kill us makes us stronger.*” The next challenge will be a piece of cake.

Just remember: **Healing starts with Dis-ease.**

By fighting disease biomedicine fights with nature – and nature fights back. Bugs mutate and overpopulate your body, your immune system runs down, and you become more and more vulnerable in your world.

LOVE YOUR DIEASE; IT IS KEEPING YOU HEALTHY!

Health Myth #6. HEALTH IS ABSENCE OF DISEASE.

With its “war on disease” approach biomedicine defines health as **ABSENCE of disease**.

Unless you have a label for your disease (DIAGNOSIS), biomedicine does not know how to fight it. Hence, it declares you healthy, even if you do not feel that way. Have you ever heard an expression “*it is all in your head*”?..

Actually, health is **PRESENCE** – a presence of vitality, joy, and internal peace. And unless you have it, **YOU ARE NOT HEALTHY**, no matter what your test results show. Keep digging.

By the same token, you cannot get vitality, joy, and peace through a war. You will still end up “sick, dumb, and poor”.

WAR ON DISEASE IS NOT A SOLUTION TO YOUR PAIN!

OPTION #4. GO NATURAL.

At this point it should be a little wonder why with all the technological advances of the 21st century America is getting sicker and sicker – and why we should keep the Doctor away.

More and more Americans arrive to that conclusion, and we are witnessing a powerful and quick shift towards a natural way of living and growing interest to alternative/holistic medicine.

Most complementary and alternative medical (CAM) practices instead of focusing on fighting disease concentrate on **HELPING THE BODY** deal with disease. They strengthen the body's systems to let nature run its course.

Working **WITH** the body (and not **AGAINST** or **INSTEAD** of it) makes you much more efficient and productive in dealing with your pain. Most of CAM practices intend to go to the **ROOT** of your problem and not just suppress the symptoms. They are effective... but have some serious downfalls in today's America:

1. They may not be efficient enough. It may take **too long** to see the effect.
2. Some of CAM therapies may not be effective if your body is very sick.
3. Most of CAM practices are still administered in the clinics and centers by practitioners.
4. Most of them heavily depend on how good is a practitioner.
5. Most of CAM practices are "cash only".
6. CAM practices are often treated as "useless" by "real doctors", who oppose their patients using them. So if you decide to "go alternative", you have to lie to your doctor.

All in all, CAM practices at the moment are not strong enough to sustain the pressure of the BIOMEDICINE in power. You will still be pushed to use the mainstream route, mostly because you need to deal with pain **FAST** ("take a pill", "go see a doctor" options).

Result: You are hemorrhaging time, money, and energy (as per the Option #3). That leads to more **STRESS** and **FEAR** in your life, which adds to your **PAIN** and worsen the situation pushing forward the vicious cycle. You quickly slide towards "sick, dumb, and poor".

IS THERE ANY REAL SOLUTION TO MY PAIN? CAN I GET RID OF IT ONCE AND FOR ALL, IN A FAST, SAFE, AND EFFECTIVE WAY?

Yes, you can – but for that you need to overcome the most powerful of all 7 American Health Myths:

Health Myth #7. MY PAIN IS SOMEONE ELSE'S PROBLEM.

We do not like responsibilities. We gladly pass the responsibility for our pain and our health to doctors and other health care providers. But with this responsibility we are also **GIVING AWAY CONTROL** - and **POWER**.

We are giving power over our health to someone else. Someone else is our **Health BOSS**.

You need to claim this power back, because without it you will always be a **VICTIM** and you will always live in **FEAR** – the main slayer of joy and happiness. You need to become a **HOME HEALER**.

You need to love yourself – you need to understand yourself – you need to trust yourself – and you need **TOOLS** to fix yourself.

**READ ON to find out how to acquire Health CONFIDENCE and COMPETENCE
and become Health INDEPENDENT.**

We can show you how. We've got the "know how" and the technologies. Yet it is ultimately up to you to **Make YOUR Health YOUR Problem**. Only YOU have got the power.

YOU ARE THE BOSS.

