

大康自然健康中心

OPTIMUM HEALTH CENTRE

OVERCOMING OBSTACLES TO HEALTH

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More and more people are beginning to realise how difficult it is to regain health especially after you have reached the chronic stage of disease. The road back to health is often winding and treacherous with many pit-falls.

I often tell my patients that, nowadays, in order to be healthy, you must be different from the rest of the population, you must be willing to swim against the mainstream, you must be willing to spend the time and effort to learn about the healing process and assume responsibility for your own health. You must learn to become a “health nut,” a “health freak” and be proud of it. Only then do you stand a chance of becoming truly healthy again.

Of course, they always laugh, thinking I am joking. The reality is that for those who manage to regain their health, they usually wind up doing just that. They may not have to be a “health nut” but at least must become a “health-enthusiast.” The way our society is today, means that the things we learn from our schools, our families, establishment medicine and the media are often erroneous, misleading, and not conducive to health. These are the road blocks which we must overcome in order to find our way back to Health.

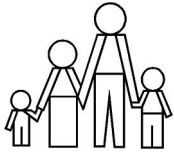
In this time and age of tremendous technological advancement we see great advances in every aspect of our life. Yet in the area of personal health, we have not progressed proportionately. The decrease in mortality from early childhood diseases and the advances in surgical techniques have given us the illusion of being in better control of our health. The truth is we are getting more and more chronic ailments at a younger and younger age. When parents get together in children’s playground, you often hear them talking about their children’s frequent visits to the doctors.

The main reasons we are not healthy are:

- (1) We do not know the proper way to health, which is self evident, and
- (2) We have too many misconceptions about health and diseases.

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To begin to explore your way to health, you must first examine the following:

WHAT IS HEALTH?

As a health-care consumer, if you do not have a clear understanding of what health is, you do not have a clear goal. You will be lost and you have no chance of finding your way. Often we think if we can control the symptoms, cut away the diseased organs, we will regain our health.

According to the United Nation World Health Organization, Health is defined as “A state of well being, in physical, emotional and social realm, and not a mere absence of diseases.”

In other words, health is an active state of feeling good, enjoying your work, enjoying your eating, sleeping well, playing well, and feeling happy about your time on earth.

With this as your goal, whatever medicine, therapy, and treatment you undertake should eventually bring you to that active state of feeling good. Otherwise, you are on the wrong path.

THE MYTH OF THE SCIENTIFIC BASIS OF MEDICINE

Many people are deterred from trying alternative medicine because they have been told that alternative medicine is unscientific and that the therapies have not been proven scientifically.

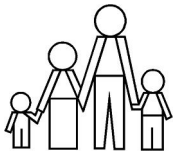
Few understand what this statement really means is that alternative medicine does not have the means of spending US\$ 250 millions and ten years of time to go through a narrowly defined double-blind study to satisfy the FDA requirement for every medicine they want to put on the market.

First, no company will be able to spend that kind of money to test a natural herb or vitamin. They cannot be patented and therefore the investment cannot be recouped.

Second, much of alternative medicine is based on a holistic, multi-factorial approach to healing. It is the synergistic effect of several factors which together bring about the healing process. Some like homeopathy must be prescribed according to individual characteristics and not by a disease category. Thus, many natural healing practices are not amenable to the reductionistic double-blind study.

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Third, you simply cannot perform placebo procedure required in a double-blind study on some of the natural procedures such as colon hydrotherapy. You cannot perform a sham colon treatment as a control. So, in a sense, colon hydrotherapy will always be accused of not having any scientific proof because such a proving simply cannot be performed.

Fourth, the fact that no such double-blind study has been performed means just that. It does not necessarily follow that the absence of such study means the procedure or medicine is necessarily invalid or ineffective. For example, nobody has ever performed a controlled double blind study to prove that human beings require oxygen to live. It is just by common observation that we know we die from oxygen deprivation. Yet, there is no double-blind study to such effect published in any medical journal.

Interestingly, according to a study by the Office of Technology Assessment commissioned by the US Congress, as much as 80-90% of conventional medicine has not been subjected to such scientific study either. This includes most surgical procedure and practically all cancer treatments. As the saying goes, “those who live in glass houses should not throw stones.”

Fifth, so what if the drug has gone through the gauntlet of the FDA? Many of these approved drugs still turn out to be fraught with serious side effects and have to be quickly and quietly withdrawn from the market. The problem comes from the fact that many such studies rely on animal models and have a limited time-frame to fully bring out the side effects. Animals cannot tell you they are depressed or suffer delusion after taking those drugs.

Many natural medicine and therapies have been tested through hundreds and thousands years of usage by people. What more proof can one ask for?

THE FALLACY OF BALANCED REPORTING BY THE MASS MEDIA

Today, the mass media has become a major source of information for the average person. The mass media is basically an entertainment business and not the promulgator of truth or the guardian of the public interest, or the watchdog on our government they would like us to believe. The reality is the business of the mass media operates on advertising dollars from commodities including drugs. Few reporters, or their editors or producers are well-versed with the field of alternative medicine and, as something they do not understand, consider them as controversial. To handle subjects they know little about they retreat to the safety net of “balanced reporting.” That is they have to paint a neutral picture of the subject matter - 50% pro and 50% con. Usually, after introducing any alternative medical subjects, some medical spokesperson will be interviewed and their “expert opinion” sought.

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Invariably, negative and sceptical comments will be made about the subject matter and concluding remarks, “See your medical practitioner first for any of your health problems” to leave you the impression - “Don’t trust what we show you, go back to your medical doctor for your health problem.”

Also alternative medical practitioner are rarely addressed as “Doctor” in spite of their numerous doctoral qualifications. It does not matter that what the medical spokesperson said is irrelevant or erroneous as the reporter, editor or producer do not know enough about the subject to tell the difference anyway. As long as they are medical practitioners, their words are treated as gospel even on subjects they have received no training in.

Balanced reporting rarely reflects the true picture of the subject matter. For example, you can find ten good points about a subject or ten patients who are benefited by such treatment and two bad points or two patients who are not benefited. Because of the limited time of the show, you will see the presentation of two good points or two patients who have positive things to say and two bad points or two patients who make negative comments on the subject.

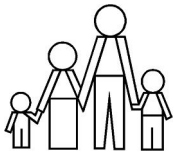
Another example would be like the reporting of a rape case, the rapist is made to appear half right and half wrong and the victim is also half right and half wrong. This is the fallacy of so called balanced reporting. The media rarely subject conventional medicine to similar treatment; that is to invite an alternative medical doctor to balance the conventional medical viewpoint.

THE PROBLEM WITH LOOKING FOR A QUICK FIX

Of course, everybody wants to be relieved of pain as quickly as possible. The catch is provided the end result is better health and not the mere suppression of symptoms or the loss of an organ. Conventional medicine act quickly by forcing the body into submission. It is like throwing a fire bomb into your messy house to urge you to clean up your mess immediately. Natural medicine comes to you as your friend. It knocks on your door to gain access and gently persuade you to tidy up your place. Naturally medicine is individualised, fine tuned medicine, not a broad spectrum approach as conventional drugging and require higher skill to practice well. But a properly prescribed medicine can work miraculously quickly, sometimes within minutes. You have to experience it to appreciate it. Often in a chronic situation, quick fix is not possible as the damaged tissue takes several months to repair itself. Any attempt to offer quick fix is thus an illusion and a cover up at best..

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DISCRIMINATORY INSURANCE PRACTICE

People who work for large companies often have an additional disadvantage when their companies offer medical insurance. This often does not cover alternative medicine, or to a much lesser extent than conventional medicine. So there is the financial disincentive to exploring other more effective treatment. I found this out from talking to the top executives in those insurance companies. Generally, insurance companies do not like the health insurance business. They lose money. Usually the medical insurance is offered as a part of a comprehensive insurance for the company and not as a stand-alone package. Some insurance companies are seeing the light in alternative medicine as a money saving area (people stay healthier longer), but they are heavily influenced by medical people who often serve as their consultants.

THE FALLACY OF PREVENTIVE MEDICINE

The conventional medicine's idea of preventive medicine is through vaccination and early medical check-up. Both fail to show any net gain in health of the nation. Vaccination has taken the credit for the reduction of mortality from infectious childhood diseases in the past undeservedly. Numerous studies show the mortality from the infectious childhood diseases had declined by 90% before massive vaccination ever entered the scene. Diseases such as scarlet fever, bubonic plague leprosy for which there is no vaccination also shows similar declines. And in spite of the different vaccination practices in different countries, (some with massive vaccination programmes and some without for certain diseases), they all decline equally with or without mass vaccination.

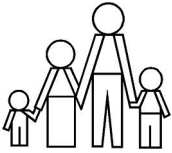
When the infectious disease makes a come back from time to time, those who are vaccinated and those who are not are equally affected.

Injecting diseased substance directly into new-born infants and children's blood stream thus bypassing the body's natural defence posts in the respiratory and digestive systems, and before the infants have a chance to develop proper immune system, can only play havoc with their immune system. As well, it plants seeds for all kinds of auto-immune diseases to crop up later in their lives and possibly in their coming generations.

One large insurance company in the United States did a study on the effect of early, regular medical screening over 25 years time. One group of clients were given yearly medical check-ups and the other group sought treatment only as needed. Over the 25 years, the morbidity, that is the disease rate, and the mortality, the death rate between the two group was no different.

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The explanation for such outcome is that the existing medical screening can only detect diseases at the fully established stage which is too late to treat. Or, for diseases detected, there is no effective medical treatment anyway.

True prevention require you to constantly maintain yourself at the optimum level of health, to build up your health savings in the best way you know how to for rainy days.

DISEASE IS A CONTINUUM

From optimum health, to varying degree of health, to functional ailments, to structural, pathological disease and eventual death is a continuum. It is never too late or too early to start doing something for your health.

Most people feel that as they grow old, they must suffer from chronic ailments. The fact that there are people who live to a ripe old age and die without disease should tell us ill health is not a condition of ageing.

It is only by overcoming the obstacles mentioned above that you stand a chance of a long life time health and happiness.

Are you suffering or frustrated in your battle against ill health? Are you depriving yourself of all the various natural healing methods which have been time-tested for hundreds and thousands of years? Are you using the wrong tools for your health problems? Remember - ignorance is not a blessing. Open your mind, your horizon and begin your journey to optimal health.

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