

Is it really 'Better Living Through Chemistry'?

After what I learned recently, that isn't always the case.

I'm not some conspiracy theorist. If I'm in a car accident or I need my shoulder scoped, I want a qualified surgeon to be on the other side of that scalpel. I gladly get vaccinations and flu shots.

But, medical specialists aren't meant to treat overall health and wellness.

Unfortunately, specialists dominate modern medicine. Describe your aches and pains and they only can help so much. They don't understand the big picture.

What happened to daily wellness that addresses everyday needs? After sitting with your doctor for 10 minutes at most, do they really understand your health situation? Probably not.

How do I know? I recently witnessed these specialists in action. They "diagnosed" me with some kind of autoimmune disorder. For right now, they don't know exactly what it is. It will take months of blood tests. Some take weeks for the results.

But let me start from the beginning....

It started with a nagging joint pain in my foot. On the initial visit in the orthopedist's office, I tried to explain the situation.

Well, after a whole 6 minutes of listening, the doctor prescribed a large dose of anti-inflammatory medication. "Come back in 6 weeks if it still hurts."

Thanks?

It turns out that wasn't the best remedy. The very real side effects include daily upset stomach and other discomforts I'd rather not mention.

After a little research I found the longer-term side effects could be heart attack and stroke! Are you kidding me? I'm not sticking around for that.

On to the next specialist, I went to a rheumatologist. At this point, it isn't everyday joint pain. It spread from one joint to six over the course of several weeks.

Having never experienced this kind of pain before, it's a little scary. Try describing it to someone you've just met.

She prescribed a stronger medication until the test results come back. I feel ok now, but at what cost...

Then I realized they have a pill for everything nowadays. I don't know about you, but I'm not 'experimenting' with pills and hope for the best.

Specialist or not, I don't need someone who knows nothing about me giving me potentially fatal 'medicines' because 'it might work'.

When it comes to my health, I don't want to be someone else's poker chip that's going "all-in".

Let me ask you two questions:

1. How many doctors listen to your symptoms and go straight to the prescription pad?
2. How many doctors really examine your overall health and wellness? How many understand your lifestyle and not just your symptoms?

Unless you can afford so called 'concierge medicine', it's best to take back control of your medicine cabinet.

Arthritis? Headaches? Digestive Problems? There are solutions.

Back when doctors were "healers" not "specialists", they used of a wide variety of naturally occurring plants and herbs. Relief from common maladies and more serious illnesses wasn't so complex.

Many are still widely used today, but are passed off as "too scientific" for the average Joe to understand. In reality, many modern medications are just derivatives of the same herbs used by our ancestors.

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Bullets:

- Arthritis? How about herb #41 which mimics the benefits of steroidal medicines to reduce joint inflammation. You could also consider herb numbers #6, #7, #12, #13, #16, #28, #31, #37, #45, #48, #52, #55, #57, #58.
- Migraines and Headaches? This guide shows you half dozen different herbs you can grow to help alleviate pain symptoms. (#6, #10, #13, #38, #44, #57)
- Cholesterol? The medical establishment LOVES to prescribe cholesterol-lowering drugs. The problem is they only treat the symptoms. Herbs #3, #5, #9, #29, #31, #33, #40, #43, #53 all have the ability to help reduce cholesterol naturally. And without the drug dependence or crazy side effects.

- Flu season? Herbs # 7, #20, #21, #25, #27, #29, #31, #44, and#52 can be easily added to your diet to combat seasonal illness when it strikes.
- Bladder and kidney problems? Use of herb #23 will surprise you. This common food item, when brewed into a tea, can help bladder and kidney infections. Not to mention herbs #24, #26, #34, #36, #37, #47, #51.