

EPIDEMICS ARE NOT ALWAYS APPARENT

While it is clear that we have made tremendous progress in the medical arena over the past 100 years- Americans no longer die of scurvy, smallpox and diphtheria. It is less obvious that these issues were just replaced with others – cancer, heart disease and diabetes. There is no doubt that medical advances have added much to our wellbeing but while the advances succeeded in increasing life expectancy, it now appears that because of offsetting lifestyle issues these advances have leveled and are possibly in decline. Over the last 100 years changes in the American diet, increases in toxins, added stress all factors in negatively impacting health and are now starting to offset advances in healthcare. Lethal consumption of animal fat and protein along with exploding increase in exposure of environmental toxins has overwhelmed the ability of medical breakthroughs to keep up. The scary thing is no one is talking about it. It appears that as long as the growing amount of sick people is consistent with our expectations that everything is fine. Comparable to people saying they grew up poor but did not mind it because everyone around them was poor. This epidemic will only see the light of day when Americans take off their blinders and look at differentials in the rates of cancer, heart disease and diabetes compared to Japan.

Eventually we will as a nation become aware of this catastrophe. As each one of us becomes aware of the problem we will hopefully make meaningful lifestyle changes. When having a healthy heart will be more important than eating a cow, when maintaining a high functioning immune system to keep cancer in check will be more important than the taste of animal fat and protein from animals – then you will know we are on our way. The real difficulty is and will continue to be tuning out all of the major influences of our society. To totally avoid the food that has been manufactured specifically to feed our addiction for sugar and salt. To make exercise a priority like your life depended on it. Think about how many billion dollar industries are dependent on you abusing your body, pharmaceuticals, tobacco, food, hospitals, health insurance providers, drug stores, doctors, diet centers and many more would all be negatively impacted and will use whatever political pressure and marketing power to maintain the status quo.

My research has led me to the conclusion that virtually all cancer, heart, diabetic, treatments are unnecessary if we only made modifications in how we choose to live. Start today and get ahead of the curve.

Nelson Berman

5/11/12

