

Where to Start?

Simple, the motto is: “Tackle the Worst First”

Take a couple of minutes and assess your body –

Do you have any Pains? Limitations? or Concerns?

Have you been given a 'scary' diagnosis?

No offense, but you have been fed a line of bull,
many of these are not “normal” in aging!

Yes, many around you may experience those symptoms,
but, they have been similarly educated (programmed),
to believe so - same with “believing” that your doctor
is looking out for your best interest - Sorry, surprise,
surprise, he or she is not.

Perhaps, many do, (many of my MD Mentors wanted
to actually help and heal, they knew how, had
the education and intelligence to be able to do so,
but, were not allowed to do so, that's why they went
into Alternative Medicine rather than becoming,

glorified, highly-educated pill pushers for Big Pharma, they couldn't do it) but, simply many couldn't and can't, because of how the "Healthcare system" is run by Big-Pharma, a for profit business) works or doesn't. It is a business, but, it's not for Health or Care.

You will have to take care of yourself - Sorry, but that is the reality. The sooner it can be faced and deal with, the better.

But with the highest per capita Healthcare expenditures and only the 37th best healthcare (in the world), there is something dreadfully 'wrong' with this picture.

All too often the "Healthcare System" is powered with 'Fear' (and if you don't comply with their recommended treatment plan, they can report you as being non-compliant and have your funding cut it off.) So, threatening? They can be...

So, let's take care of ourselves and never need be desperate for their services.

What is the Worst? (And needs the most focus?)