



Contradictions: The Bane of Healthcare...

In a world where all the 'experts' in healthcare seem to contradict and squabble in amongst themselves for supremacy **how do we find unbiased answers??** Currently the traditional doctor and the pharmaceutical companies rule the healthcare industry. They are the castle defending us from disease and illness. What has happened recently is that many other groups in what is loosely termed 'alternative healthcare' have been banding together so that people will listen to the 'village folk' as well. Prevention and upkeep are typically the themes of many of these groups. However, with the medical stronghold of traditional Western doctors and the armies of the pharmaceutical companies these groups voices are barely

audible. In plain English... we often pay too close attention to the advances in pharmaceutical drugs and how they can 'solve' problems. 'Alternative' therapies offer the possibility that we do not need drugs to be healthy and disease-free. The main problem lies in the in-fighting between these smaller groups and the inability of the practices of traditional medicine to accept that avoidance and prevention are the best medicines. Treating, once afflicted is important, however, it should play a much smaller role than prevention. The groups spoken of; Personal fitness, nutrition, chiropractic care, naturopathic doctors, massage, physio (to name but a few) ...if banded together

could create a revolution in the healthcare industry. Combining and collaborating would ensure that the common man avoids disease and gets the best treatment and preventative measures that they need. **The answer;** a network of professionals working synergistically who realize the max scope of their profession and the benefits of other health industries and how they can work synergistically for the benefit, not of their profession, or themselves, but of the people who need them. Pillars of Health is said professionals....

RISE UP!

If you think you (or someone you know or love) could benefit from this type of healthcare... please email us:

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Disease Watch: A daily affair.

Are you worried about the prevalence of disease in our society at the moment? You should be. Did you know that 36% or more of deaths this year will be attributed to Cardiovascular disease? What are you doing to protect yourself?

What do you daily that will ensure you don't become a statistic? When was your last check-up? Do you know what your blood pressure is? Cholesterol level? Get tested and then get sorted!! Often we attribute disease to the unavailability of ge-

netics. We do not realize that 90% of the Mass-Exterminators of our current times are preventable. By adhering to a lifestyle cleanup program and creating a better environment to live in for ourselves we can avoid this pain and suffering. Can u dig it?

Health umbrella : (Health pro search)

Physiotherapist	-
Massage Therapist	-
Cooking /Food Instructor	Shaya / Maxine
Water Specialist	Ken Newman
Clinical Counsellor	Michael Danyluk
Naturopathic Doctor	-
Chiropractor:	Dr. Dale Detzler

Pillar Facts:

- Did you know that white breads dissolves into your bloodstream almost as quickly as white sugar.
- Did you know that dehydration can lead to confusion, fuzzy thought and weight gain?
- Did you know that naps longer than ~40 mins disrupt your sleep-wake cycle.
- Ever considered that your body pH is regulated most through breathing and the release of CO₂ and H₂O? How well do you breathe?
- Known Fact: Exercise releases endorphins which are tied to happiness.