



An ALTERNATIVE TRADITIONAL HEALTH

A recent article published in the Journal of the American Medical Association brought to the forefront some very disturbing information involving health care guidelines. The authors boldly stated, "Too many guidelines have marketing and opinion based pieces, delivering directive rather than assistive statements." In other words, Big Pharma and Papa Insurance are influencing what Doctors' guidelines are being practiced. This is something we see day in and day out, and is a direct relation to why your time with the Doctor lasted only five minutes.

This illustrates a problem in that the provider is no longer making clinical judgments but following guidelines, which the authors point out that are based on the lowest level of evidence 48% of the time.

Traditional medicine physicians relying on expert opinion which was influenced by marketing based testing have created a massive problem. Guideline committees allow bias and values to affect recommendations. Often times the bias may occur subconsciously and are not noticed. Shaneyfelt & Centor (2009) stated, "The most widely recognized bias is financial. Guidelines have become marketing tools for device and pharmaceutical manufacturers." This prompts phrases commonly spoken in physician's offices across the country, like "I am going to write you a script?" or "The treatment is XYZ surgery." Too often traditional health care leaves the patient with little options versus solving the root problem. The quick fix is a pill or surgery thus costing the patient more money and not improving the person's health or quality of life.

The authors reported that guidelines are often limited and are aimed at a specific disease and do not account for the whole person. There are few guidelines that are focused on treating several problems at once. Following such guidelines do not allow for individualized care and the patient suffers the consequence. What is more frustrating is that research changes quickly, and because there is a lack of formal procedures for updating guidelines, they are not updated for 4.6 to 8.2 years before updated recommendations make it to publications.

Integrated and Preventative health / anti-aging clinics, like Rejuvenation take a different approach to care. The unique treatment allows for enough time for education and

the development of solid relationships between the caregiver and patients. As a result, guidelines are revised to consider complex multi-focused care plans and people get well. The best clinicians in the world are useless if they have not spent enough time to listen to the patient. The fact the practitioner may not hear the most important symptom that pinpoints the issue until they have spent 30 minutes to 45 minutes minimum with the patient. The patient may not feel the symptom is related or significant at all and until you give them enough time to go through everything you just can't treat thoroughly.

The solution is not easy and may require investment from each person who desires quality care. No matter what happens in the future I believe that there needs to be a shift in health care that allows for more time with the patient. Traditional health care is restrained by Insurance companies discounting services to the point that caregivers are required to see a quota of patients and time becomes the chief focus of care in order to make financial ends meet. The clinician often has one foot in the door and one out before the visit is initiated. Caregivers are rushed and stressed and may seem disinterested in listening to patients. As a result the patient is frustrated and needs are not met.



I will provide a scenario with a possible alternative solution. Mrs. Smith enters a doctor's office for the first time and finds out she is diabetic. What is she told? Change your diet and exercise. She may be handed a paper with foods that should be eaten and foods that should be avoided. Offering foods with no ideas on preparation can create huge barriers. Out of convenience or lack of faith

in people, patients may be told to take medications when nutrition may be the answer. The problem with telling a person to exercise is clear. Most patients have never stepped foot into a gym, are clueless and terrified at the thought. Some may not feel they are healthy enough for exercise.

There is an alternative that she may encounter

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at a preventative health office, like Rejuv-a-nation. First, imagine the patient had spent quality time with the caregiver. They may have learned that there are several supplements that will aid sugar into a cell and improve blood sugars. Other symptoms and problems are addressed at the same time. She then meets with the nutritionist to learn about new healthy eating plans. For example, she learns that white pasta has a high glycemic index and is provided a diet that contains no pasta, rather several alternative foods she may enjoy.

Additionally, she is set up with an exercise program and will now meet with her new trainer on site which in turns lessens her anxiety about going to a gym. There are measurements that need to be done to determine her individual requirements to achieve her goals and quality of life. She has periodic visits with the team that are set up according to her individual needs.

People commonly hear that anything that sounds too good to be true, probably is. So what is the catch? Unfortunately complex care requires that she will need to invest in her care. Providers with knowledge of these kinds of services are very familiar with financial struggles and offer affordable solutions to cost. If you're ready to take charge of your health, instead of leaving it in the hands of Big Pharma and declining Insurance coverages, invest in your health. Bottom line, cost should not be a barrier when it is your health at stake.

REJUVANATION
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Preventative & Integrated Medicine
Adding Life to Years

James Porter,
Health Coach



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