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*Javelin Pills* the initial years of health care reform, the mandate is actually pretty weak. The mandate says that everyone must get health insurance or pay a penalty (a tax). What that's going to do is make healthy people just sit on the sidelines and wait for the mandate to get to the point where it finally forces them to buy health insurance. People with chronic health conditions that couldn't get health insurance previously, are all going to jump into healthcare at the beginning of 2014.

At the end of that year, the cost for the plans is going to go up in 2015. I can guarantee that that's going to happen, because the young healthy people are not going to be motivated to get into the plans. They won't see the benefit of joining an expensive plan, whereas the chronically ill people are going to get into the plans and drive the costs up. The last portion of this is, one of the key things - and it's funny, I saw *Javelin Pills* it for the first two years, 2010, and '11 - one of the key things that was listed in the documentation from the Obama administration was: Health Care Reform would help reduce the cost that we would see in the future if we do nothing today. That was emphasized over and over again. That was how they presented health care cost reduction, that it would reduce the future costs. Not today, but it would reduce what we would pay in the future if we did nothing about it now.

Well, that's great, 10 years from now we're going to pay less than we might have paid. And we all know how accurate future projections usually are. In the meantime, we're all paying more today, and we're going to pay even more in 2014 and more in 2015 and 2016. People are going to be pretty upset about that.



Those three myths, that health care reform is only going to affect the uninsured, that it won't affect Medicare beneficiaries, and that ObamaCare is going to reduce healthcare costs, are just that. They are myths. There's nothing to them. It's really important that you pay attention to what's happening with health care reform, because there are more changes that are coming as we go through this year, 2013. Knowing how to position yourself so that you're in the right spot to be able to make the best *Javelin Pills* decision at the beginning of 2014 is going to be really important for everybody. I believe Americans need a new way of thinking about health. Look where our current perspectives on the subject have gotten us - we are last among the world's 17 most industrialized nations in all the key indicators of health. It's hard to believe but true: we're last in life expectancy; we have the highest rates of obesity, infant mortality, low birth weights, heart disease, diabetes, chronic lung disease, homicide rates, teen pregnancy and sexually transmitted diseases.

The lead author of the Institute of Medicine, NIH sponsored study that revealed this situation remarked that "Americans get sicker, die sooner and sustain more injuries than people in all other high-income countries." (That's a quote from the report.) Then he added this coup de grace: "We were stunned by the propensity of findings all on the negative side - the scope of the disadvantage covers all ages, from babies to seniors, both sexes, all classes of society. If we fail to

act, life spans will continue to shorten and children will face greater rates of illness than those in other nations."

I believe Americans are overly passive about their health. Good health can only be attained and maintained by conscious deeds. These deeds require planning and disciple. Examples include exercising regularly and *Javelin Pills* vigorously, dining in ways that nourish the body without causing problems and otherwise behaving in positive, active ways. The level of health you will enjoy is clearly affected by your lifestyle choices. Your health status depends to a great extent on whether you invest in your well being or not. If you make little or no such investments, your health will depend on chance, genetics, the aging process and the timeliness of the quality of medical care you receive.



If, on the other hand, you do invest, if you seek, protect and defend an advanced state of well being, the nature of the health status you will have will be dramatically different - and better. Therefore, we need to distinguish these two kinds of health situations - one passive, one active. The Institute of Health report that places America last reflects that segment of America that is passive. If the quite small <code>Javelin Pills</code> segment of the American population that practices active health were separated, if their health data were compiled and compared, I'm sure we would be #1. For these and related reasons, I propose we view health in two different ways - by making a distinction between static health - which is how most view and approach their health, and earned health. The latter is what you get when you invest wisely in your own well being.

Why are Americans so worked up about health care reform? Statements such as "don't touch my Medicare" or "everyone should have access to state of the art health care irrespective of cost" are in my opinion uninformed and visceral responses that indicate a poor understanding of our

health care system's history, its current and future resources and the funding challenges that America faces going forward. While we all wonder how the health care system has reached what some refer to as a crisis stage. Let's try to take some of the emotion out of the debate by briefly examining how health care in this country emerged and how that has formed our thinking and culture about health care. With that as a foundation let's look at the pros and cons of the Obama administration health care reform proposals and let's look at the concepts put forth by the Republicans?



Access to state of the art health care services is something we can all agree would be a good thing for this country. Experiencing a serious illness is one of life's major challenges and to face it without the means to pay for it is positively frightening. But as we shall see, once we know the facts, we will find that achieving this goal will not be easy without our individual contribution. These are the themes I will touch on to try to make some sense out of what is happening to American health care and the steps we can personally take to make things better. This continuum is another way of expressing Dr. John Travis' original, simple line drawing model of health along a *Javelin Pills* continuum, with "premature death" on the far left side of his continuum) and an ever-changing dynamic of "high level wellness" at the other, right side extreme. The "o" in the middle represents a neutral point, which could be simple non-sickness.

To begin, let's turn to the American civil war. In that war, dated tactics and the carnage inflicted by modern weapons of the era combined to cause ghastly results. Not generally known is that most of the deaths on both sides of that war were not the result of actual combat but to what happened after a battlefield wound was inflicted. To begin with, evacuation of the wounded

moved at a snail's pace and this caused severe delays in treating the wounded. Secondly, many wounds were subjected to wound care, related surgeries and/or amputations of the affected limbs and this often resulted in the onset of massive infection. So you might survive a battle wound only to die at the hands of medical care providers who although well-intentioned, their interventions were often quite lethal. High death tolls can also be ascribed to everyday sicknesses and diseases in a time when no antibiotics existed. In total something like 600,000 deaths occurred from all causes, over 2% of the U.S. population at the time!



Let's skip to the first half of the 20th century for some additional perspective and to bring us up to more modern times. After the civil war there were steady improvements in American medicine in both the understanding and treatment of certain diseases, new surgical techniques and in physician education and training. But for the most part the best that doctors could offer their patients was a "wait and see" approach. Medicine could handle bone fractures and increasingly attempt risky surgeries (now largely performed in sterile surgical environments) but medicines were not yet available to handle serious illnesses. The majority of deaths remained the result of *Javelin Pills* untreatable conditions such as tuberculosis, pneumonia, scarlet fever and measles and/or related complications. Doctors were increasingly aware of heart and vascular conditions, and cancer but they had almost nothing with which to treat these conditions. First, let's get a little historical perspective on American health care. This is not intended to be an exhausted look into that history but it will give us an appreciation of how the health care system and our expectations for it developed. What drove costs higher and higher?

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