

Forward

There can be little doubt that ObamaCare, well meaning though it may have been, has proved to be a disaster. For a while Emmale and I had subsidized coverage, briefly. Emmale paid \$20 a month and I paid zero. It lasted for 4 months until the government decided that we weren't 'qualified' for it. In the long term, that was actually a good thing, as I ended up with a tax bill for \$600 the following year to pay for the four months of premiums. Apparently I was taxed on my subsidy even though my actual income was **zero**.

When our subsidy was cancelled, our rates went from \$20 a month to \$1,400+ a month. NOBODY can afford that! There are, of course, many reasons why health care costs are so insanely high but I suspect at the core that greed has a lot to do with it. The fundamental problem with health care insurance, as it exists now, is that it's not about health care at all; it's about disease management. While medical costs keep skyrocketing far faster than do other costs, as a country Americans are getting sicker and sicker.

Emmale and I have a somewhat different perspective on health care. Our philosophy is that the best insurance of all is to not get sick in the first place. An impossible goal? We don't think so. However, for anyone who lives on the Standard American Diet full of meat, dairy, processed and fast food, sugar, flour, hydrogenated oil, high fructose corn syrup ... essentially, a diet with food that our body is not designed to handle, yes, in such a case, sickness and disease are inevitable. While it's a bold, even seemingly reckless, claim: The key to abundant health is to get off the Standard American Diet and eat real food that is actually nutritious. It involves three essential steps:

1. Live on a diet that is 90%-95% vegan: fruits, vegetables, nuts, seeds and sprouts.
2. Avoid consuming foods and food-like substances that poison the body.
3. Systematically fast, ideally one day a week and more often if possible.

And there are a few supporting strategies that go with this. Too, so the reader doesn't think that I'm anti-medical care, my solution is to pay \$39 a month for a primary care physician. He is very much supportive of all my healthy lifestyle practices but is there, more than anything, to make sure that no serious conditions develop. As of this writing I'm still on blood pressure medications, though that's all—and I have every expectation that I will be able to get of these sooner rather than later. To be sure, the one universal constant is that you reap what you sow. From my own folly of living on a less than stellar diet in the past, I've developed two conditions I'm struggling with now: The high blood pressure issue and obesity. Of the latter, since starting on the program discussed in this book, I've lost a total of 22 pounds and am continuing to lose weight.

The bottom line, and I say often in my book, **you are free to choose to eat whatever you want, but you are not free to choose, or ignore, the consequences of those choices.** The Standard American Diet has many consequences that are extremely negative. The primary driving force behind the insane cost of medical care is the disease brought on by unhealthy food choices. At the same time, the key to addressing the health care crisis is for people to eat a diet that is truly healthy and self healing, as nature intended. Hippocrates put it well: "Let food be thy medicine, and medicine thy food." He was absolutely correct.