

# HealthStyle Today

REAL HEALTH CARE IS NOT ABOUT INSURANCE



Ancient Greek painting in a vase, showing a physician (*iatros*) [bleeding](#) a patient.

## Iatrogenesis

Learn this word because someone you know suffers, suffered, died or will be suffering, it's a fact. In this issue we will consider options to avoid such practices.

First used in this sense in 1924,<sup>[1]</sup> the term was introduced to [sociology](#) in 1976 by [Ivan Illich](#), **alleging that industrialized societies impair quality of life by [overmedicalizing](#) life.**<sup>[4]</sup>

Iatrogenesis may thus include mental suffering via medical beliefs or a practitioner's statements.<sup>[4][5][6]</sup> Some iatrogenic events are obvious, like amputation of the wrong limb, whereas others, like drug interactions, can evade recognition. In a 2013 estimate, about 20 million negative effects from treatment had occurred globally.<sup>[7]</sup> In 2013, an estimated 142,000 persons died from adverse effects of medical treatment, up from an estimated 94,000 in 1990.

### DIY HEALTH CARE

#### SELF FAMILY BUSINESS

Make the TIME and take control of your own health care plan. The cost for health insurance contracts has exceeded its value. Anyone age 55 to 64 or a small business hiring employees, or any self employed family can feel this financial strain that is of little value unless something goes really, really wrong, the 'what if' scenario.

### MOLECULAR MEDICINE

#### SIMPLE SOLUTIONS

for Lyme, Arthritis, Diabetes

Check out these links:

[Demos](#) How to make your medicine.

[Testimonials](#) Recovered Health!!

[Research](#) Hydrogen and Brown's Gas

### BREATH & EXERCISE

#### [RESPECT THE TEMPLE](#)

[YOU](#) owe it to yourself to do your best to manage and care for your [body](#). No one, I mean NO ONE cares more about what [happens](#) to your body than your body itself! It literally has so many [mechanisms](#) and [processes](#) and ability to [heal](#), it's [mindboggling](#).

**Not cures for a disease..  
Solutions for all disease.**

**Discover simple molecular  
Medicine you can do at home!!**

Forbidden Healing **BEGINNERS** [link](#)



Chlorine Dioxide  
(**ClO<sub>2</sub>**, **mms**,  
**CDS**)  
Ch 1-11 &



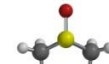
Hydrogen  
(**H & H<sub>2</sub>**)  
Ch 12-14



Electrically  
Expanded  
Water  
(**Ex-W**)  
Ch 12-14



Hypochlorous  
Acid  
(**HClO**)  
Ch 6 & 7



Dimethyl  
Sulfoxide  
(**DMSO**)  
Ch 6 & 7



**When was the last time you READ ALL the Warnings and Inserts for Procedures, Injections, Prescriptions, or Over-the-Counter Drugs; Before taking them?**

## Do-It-Yourself Health Care *Today*

With all the changes happening in medical care, it's wise to reconsider who cares more about your good health, in other words, keeping you OUT of the clinic or doctor's office and not on meds for life. You wouldn't be a very good patient customer healthy and well, now would you?

One way to take control of your care is to employ natural biology for healing. There are so many ways to heal the body naturally, meaning allowing the body to do the work of recovery and to reach homeostasis. A little research on your part and the desire to improve status quo is necessary for change. Good and positive self help change.

The health system is broken or very corrupt where the consumer can't afford a basic primary care office visit. Often that doctor visit costs more than the monthly premium and does not even include any labs, imaging or medicine.

Make time to Create your own system of healing and balance. There are so many resources and techniques to aid the body in homeostasis that you can do for yourself at home. REMEMBER health insurance only covers [allopathic](#) medical procedures and treatments and [pharma](#); hence Iatrogenesis. Alternative treatments are usually paid out of pocket and at a fraction of the cost to your health and wallet.

QUESTION: WHY pay for a health contract that does not offer more treatments options than; drugs, surgery or radiation?

Answer: Stop. Then consider medical cost sharing(rules below) or self insure, even for chronic conditions...

## SAMPLE MEMBERSHIP GUIDELINES

Iatrogenesis from the Greek word 'iatros', iatrogenesis means harm brought forth by a healer or any unintended adverse patient outcome because of a health care intervention, not considered the natural course of the illness or injury.

Contrary to the Hippocratic Oath.



"Your X-ray showed a broken rib, but we fixed it with Photoshop."







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Health Care and Lifestyle Planning

15 MINUTES to get started.  
<https://calendly.com/amy-nielsen>

Keep Summer Going with this Simple Fresh Cold Seafood Roll, but add your FLARE!

<https://www.bonappetit.com/recipe/shrimp-rolls>

