



The difference between Conventional and Holistic Medicine

What is Preventative Medicine and how does it apply to you?

Imagine buying a brand-new car...

What would happen if you never washed it, or changed the oil, fluids and air filters?

What if we filled it with bad fuel?

How long do you think the car would last?

What about going without cleaning or maintaining your home?

Such as: putting out the garbage, changing your air filters, or keeping up with the wear and tear.

Do you think you might run into some problems with things breaking down or falling apart?

How about your teeth?

Have you ever tried going without brushing, flossing, mouth wash?

All these things are preventative measures we take to get the most out of our investments.

So, what about our body, health and wellbeing? Why is it, that these areas of our lives mostly get attention once something goes wrong, or breaks down?

The difference between Conventional and Holistic Medicine

The three things that differentiate a holistic approach to problem solving vs a traditional approach is, with the Holistic Approach:

- 1) All natural
- 2) The goal is to get to the root of what caused the issue in the first place, rather than treating symptoms
- 3) No damaging side effects

An excerpt from Dr. Kimarie Machinga's book, "Inner Power-Outer Strength." 2017

A Holistic approach, recognizes that the body has a natural ability to heal itself, given the proper environment. The focus is to uncover the source of what is causing the issue, at its root, rather than just treating symptoms. The approach is to integrate body, mind and spirit recognizing how they each affect one another. It can be used for dealing with all areas of life, such as: health and weight issues, relationships, career or any area that has knocked you out of balance.

The holistic approach comes from the realization, that Cancer and all disease are a bi-product of an unsupportive environment. If the environment does not change, dis-ease will continue to reproduce itself.

The direction of conventional medicine, is to give you a diagnosis based on your symptoms, then prescribe the matching treatment, in hopes to alleviate symptoms. The problem is, the treatments offered use only harmful chemicals with possible deadly side effects or very invasive procedures. Treatments being offered for cancer (for example) are chemo, radiation, and pain medications, where they aggressively attempt to kill off cancer cells in the body. These approaches also kill off all the good cells as well. We depend on these healthy cells for healing, therefore, the body is left weakened and defenseless.

Although, I do believe the doctor wants to help and provide relief, the doctor's job is not to heal the body. The body can only heal itself.

Polls were taken, by accomplished scientists at the McGill Cancer Center from 118 doctors who are all experts on cancer. They were asked whether they would be willing to participate in a medical trial for cancer treatments. Seventy Nine Percent of them said no, expressing that these treatments don't work. Further studies have concluded, that chemotherapy has never been proven to prolong life expectancy, yet, has a great deal of side effects that break down the body's immunity, as well as, inhibit other body functions. Still, these treatments are largely the options being offered.

According to the latest research marked in 2014:

- 70 million Americans are on mind altering medications
- 8.4 are children on psychiatric drugs
- 1 in 5 adults, also, are prescribed psychiatric drugs
- 70% of Americans are on at least 1 prescription drug
- 20% of people are on at least 5 prescription drugs
- 6.4 million American children have been diagnosed with ADHD

(that is a 42% increase in an 8-year span).

What happens when we treat only the symptoms?

The problem is, the symptoms are the body's way of letting us know that there is something deeper going on and not at-ease. So, if we eliminate the body's indicators the problem will continue and worsen over time and end up in a state of **dis-ease**.

An excerpt from Dr. Kimarie Machinga's book, "Inner Power-Outer Strength." 2017

Let's say you find yourself feeling anxious as an example. If you take a medication to take away the feeling, it doesn't cure the problem. It may dull the symptoms, allowing you to not get as overwhelmed. But, when you feel that way next time, you will likely believe that you need medication to calm down (thinking there is something wrong with you). The problem with this approach, is the focus is NOT on what is actually causing you to feel anxious, nor, how to prevent it from becoming unmanageable. As a matter of fact, the medication gets in the way and makes it more difficult, because it inhibits (or even shuts down) the body's ability to communicate.