

Is Jimmy a Victim ?





Jimmy is a hypertensive, pre-diabetic, obese, middle-aged man whose brother, Bob, just died from a massive heart attack. Jimmy is now eating fried chicken at the funeral ceremony because he wanted some comfort food during a time of great sadness and stress.

Unfortunately for Jimmy and many other Americans, there is an entrenched system in our country that reinforces Jimmy's unhealthful behaviors. Here are a few of the winners and losers:

Winners:

Doctors and Hospitals – no shortage of chronically sick patients

Drug companies – plenty of patients (like Jimmy) on meds for life, never cured

Meat/Dairy Industry – government subsidies for Jimmy’s cheeseburgers which clog his arteries and promote cancer cell growth

Big Agriculture- government subsidies for Jimmy’s high fructose corn syrup laden “food like substances” which keep him quite hefty and addicted

Losers:

Doctors- most doctors die from the same preventable diseases as patients

Jimmy- obese, sick, food addict on a path to early death

Bob- now dead of preventable disease (heart attack)

Fried Chicken- also dead

Bob’s Wife and Kids – lost husband/father/primary income source in middle age

Small, Local Organic Farms (fruits/vegetables) – minimal government subsidies. Besides, fruits/veggies not really part of Jimmy’s diet

U.S. Federal Government/Employers – Health care costs continually on the rise, contributing to federal budget deficits and greater company expenses

Planet Earth - Continued consumption of animals contributes greatly to global warming and creates many environmental pollutants, continually destroying our environment.

Sadly, in the aftermath of Bob's funeral, Jimmy will probably continue to eat fried chicken, cheeseburgers, pepperoni pizza, and other unhealthful foods at his church, sporting events, work and elsewhere else. He will almost certainly continue to take prescription medications for the rest of his life, which may be quite short. His doctor probably does not have the time or resources to offer to him a comprehensive, plant based dietary and lifestyle change education support program which would give him the best possible chance for disease reversal or cure. Unfortunately, this approach has not yet become foundational in most medical education programs, which instead focus on prescription drugs, surgery, and high tech gizmos generally used after disease has already done plenty of damage.

However, if Jimmy is lucky, he may stumble into a lifestyle medicine practice such as that of Jennifer Rooke, MD (Atlanta, GA) or learn about a cutting edge coaching and telemonitoring system such as MyOwnCare. These "root cause" approaches were discussed in detail during my recent Funerals and Fried Chicken (insert trademark sign, please) Radio Show

(<http://www.blogtalkradio.com/learnforlife/2013/02/06/funerals-and-fried-chicken-tm>). Practical advice for Jimmy was also specifically discussed during the show by both Dr. Rooke (<http://www.lifestylechangeworks.com/>) and by Chris Corbett (e-mail-ccorbett@myowncare.com) of MyOwnCare, LLC. I look forward to focusing on helping Jimmy with many of my future radio show guests.

I am certain that the day will eventually come when our U.S. health care system will help people like Jimmy by mandating a plant-based whole foods approach to disease prevention and cure, but in the meantime, how many more Americans will suffer greatly and die early? It seems we are too proud as a medical profession to admit that the solution to our nation's health woes is as simple as eating a lot more fruits and veggies and eating a lot less animal based and processed foods. For now, it seems this "emperor" (U.S. Health Care) will continue to stumble, without clothes, grasping for Band-Aids, as the rest of the world observes, and our nation's citizens suffer the dreadful consequences.

Any movement in the direction of eating more plant-based whole foods and less animal based foods will benefit your health and also help to preserve our planet.

With these considerations, I am delighted to now be 100 % vegan.

God Bless !

Dr. Ed James

And God said, 'See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food.... And you shall eat the herb of the field.'

Genesis 1:29 and Genesis 3: 18.

For more on Funerals and Fried Chicken ... and Jimmy, please see

<http://heal2bfree.com/funerals-and-fried-chicken/>

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