

PRESCRIBING NUTRITION AND EXERCISE!

Description

In a world where the general consensus seems to be that prescription drugs are the one and only answer to our ailments, this post from [All About Healthy Choices](#) will hopefully help to disprove that. I've seen/heard numerous success stories about individuals having literally dozens of prescriptions to take each day, that, by changing to a healthier diet and just moving more were able to get off all of their prescriptions.

Hippocrates said it best with his famous quote, "Let food be thy medicine, and medicine be thy food." Enjoy the article, hope you can take away a newfound approach to health/fitness and put it to practice for your entire family.

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"In the womb and in early infancy, several risk factors can influence susceptibility to the development of diet-related chronic diseases later in life."

During childhood and adolescence, the adoption of habits such as unhealthy diets and low-levels of exercise, has been shown to increase the risk of developing certain chronic diseases. An unhealthy diet contributes to high blood pressure in children causing changes in the body which are associated with the risk of developing cardiovascular disease and obesity. A high calorie intake in childhood is also linked to an increased risk of cancer in later life.

Most chronic diseases are expressed in adulthood. Risk factors that prevail during adulthood have been strongly linked with cardiovascular disease and diabetes including obesity, physical inactivity, high cholesterol level, high blood pressure and alcohol consumption. *An individual's ability to take control over his or her life and to make healthy lifestyle decisions appears to be an important determinant of health.*

As the risk of developing disease is generally believed to be reversible at any age there is an absolute benefit for ageing individuals to eat healthily, maintain their weight, and continue to exercise. (Ref: [World Health Organization's Recommendation To Address Chronic Diseases](#))

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*****Chronic diseases are long-term diseases that are not contagious and largely preventable.*****

• They are the most common causes of death in the world •

and present a great burden for society, particularly diseases such as obesity, diabetes, cardiovascular disease, cancer, dental disease, and osteoporosis. Making improvements in terms of diet and physical activity can help reduce the risk of these chronic diseases. (Ref: [Diet and Nutrition Prevention of Chronic Diseases](#))

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The World Health Organization's own findings show the most common cause of death in the world comes from preventable and reversible chronic diseases. This article doesn't mention ANYTHING about the CAUSE OF CHRONIC DISEASE originating from a HUMAN DEFICIENCY in prescription drug use. Nor does it recommend the need for further drug development and wider distribution as a remedy to this world wide cause of death. It does, however, specifically and repeatedly state the prevalence of chronic disease as a self induced condition TREATABLE and CORRECTABLE by, *• An individual's ability to take control over his or her life and to make healthy lifestyle decisions. •*

img0If this is the leading cause of death, why aren't our physicians writing prescriptions for nutrition and exercise? A dentist doesn't offer prescription drugs because their patients refuse to comply with brushing and flossing their teeth. They don't refer their patients with depression to family physicians for anti-anxiety medication to improve teeth brushing compliance. Why does the medical physician offer prescription drugs IN PLACE OF the PROPER PRESCRIPTION: EXERCISE AND NUTRITION? How will the patient ever be incentivized to *take control of their life* if their health relies on a doctor prescribing medication for the rest of their lives?

It is no longer acceptable for a doctor to prescribe medication because a patient would rather *pop a pill* than comply with necessary lifestyle changes. Doctors have refused to perform heart bypasses and transplants in patients unwilling to give up smoking. This concept needs to be extended to the family medical practice. Prescription medication should ONLY BE USED after the SAFEST most efficacious treatments have been utilized FIRST without attaining desired results (unless an acute emergency presents itself.)

This means the physician must begin working in collaboration with licensed nutritionists and certified exercise specialists capable of helping their patients overcome obstacles interfering with healthy outcomes. When and if nutrition and exercise is insufficient to achieving healthy results, medical physicians can consult with natural health care providers to see if natural remedies could effectively and SAFELY provide additional support to overcoming any remaining obstacles. If this process does not achieve the desired results, the physician should then turn to their pharmaceutical prescriptions. Even if they are needed, there is a greater

chance the amount and potential duration will be reduced*limiting the harmful side effects patients commonly experience.*

This approach to HEALTH CARE (rather than DISEASE CARE) provides a solution for BOTH patient and medical physician. It provides the patient more comprehensive care intended to address and correct UNDERLYING CAUSES of CHRONIC DISEASE while empowering them with greater CONTROL over their lives. It provides the medical physician the additional resources needed to help their patient achieve a better quality of health.

WHY NOT HELP YOUR DOCTOR WRITE THE NEXT PRESCRIPTION? (SHARE THIS ARTICLE WITH HIM OR HER)

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