



January 2018 Newsletter

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**From the desk of Dr. James T. Skeen, MD**

**AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE**

I remember my Grandmother saying when I was a boy. "An ounce of prevention is worth a pound of cure." It sure seemed to make sense then, but even more so now.

Western Medicine has made huge strides in curing diseases. Pharmaceutical companies have developed potent antibiotics and cancer treatments; but they are not so successful in the prevention department. Look around you. There is an epidemic of obesity and diabetes in the US. One third of American adults are on at least five prescription medications. One quarter of American women are on an antidepressant. For the first time in our nation's history, life expectancy is decreasing.

The changes underlying age-related disease begins long before symptoms are noticed. By the time the symptoms begin, a diagnosis is made, and traditional treatment begun, the disease process has been developing for decades. Let's look at some of the most common age-related diseases:

**Heart Disease**

A heart attack is the first sign of heart disease in two thirds of cases. These patients have normal cholesterol and normal exercise tolerance. You may see your Cardiologist, have a normal examination, a normal EKG, a normal stress test, and the next day have a heart attack and your world is changed forever. Do you think that a person is healthy, until one day they have crushing chest pain? Heart disease begins in adolescence, but it can be reversed!

## **Hypertension**

A well-designed study published in the prestigious New England Journal of Medicine in 2015 (the SPRINT study) compared patients whose systolic blood pressure (BP) was less than 120 with those whose systolic BP was 120-139 mm Hg. (Systolic BP is the higher number). For decades systolic pressure of 120-139 mmHg was considered “Pre-hypertension” and not treated. The study was stopped early because of the striking findings: if your systolic pressure is “pre-hypertensive”, you have a huge increase in risk of heart attack, stroke or death. Over two years later, the powers that be finally changed their recommendations to treat systolic pressure over 130. This is a step in the right direction, but it doesn't go far enough. If your systolic pressure is over 120-130, your risk of heart attack and stroke are increased, but do your doctors tell you that? BP drugs don't reverse the damage, don't treat the root cause and they have side effects. Why not prevent HPB and reverse the damage already done? It is very possible!

## **Diabetes**

Elevated blood sugar causes microvascular damage in your heart, brain and kidneys and the deposition of glycoproteins when your glucose is in the high normal range! By the time your traditional doctor diagnoses diabetes, that small vessel damage is advanced and you are already at risk of heart attack, stroke and kidney disease. Dietary changes and traditional diabetic medicine are appropriately recommended by your doctor, but will not reverse the changes. Why not stop Diabetes before receiving a diagnosis and reverse any damage already done? You can do it!

## **Cancer**

By the time a cancer is large enough to be detected by MRI or Mammogram, there are cancer cells spreading throughout your bloodstream. Removal of the mass and radiation therapy may not completely remove the problem. Chemotherapy destroys dividing cells, including all the healthy cells in your body. The idea is to kill the Cancer before you kill the patient. This certainly is one approach, but is the idea of rolling the dice to see if you or the cancer dies first appealing? Why not detect cancer earlier and live your life in ways that prevent cancer? This CAN be done.

## **Alzheimer's**

When you are diagnosed with Alzheimer's disease, you have had abnormal changes in your brain for years, if not decades. Traditional medicine offers no cure for Alzheimer's. By the time the diagnosis has been made, you are doomed to declining mental function. Unable to care for yourself, you live out the rest of your days in a Nursing Home. Why not take steps to reverse and prevent the horror of dementia before the diagnosis is made?

Why don't your doctors do better at prevention? Don't they care? Having been a traditional doctor, I can guarantee that they do care. The problem is that, until the last few decades, the knowledge was not available on disease prevention and reversal. Most doctors are overwhelmed; seeing 50 or more patients a day, managing electronic medical records, fighting insurance companies while making an ever-decreasing income and dealing with intrusive regulations. They don't have the time or the energy to get off the beaten path of traditional medicine.

Traditional medicine has not led us astray, rather we have neglected Prevention. Wouldn't it be better to eat well, exercise, take the right supplements, and maintain optimum hormone levels to avoid chronic disease? Better to avoid taking multiple, expensive medications with unwanted side effects and interactions? Better to eliminate multiple trips to the doctor and the pharmacy and save some money?

The hospital, insurance, pharmaceutical, agricultural and industrial community makes billions of dollars from disease and the traditional treatment approach. For instance, once a patient has cancer, he or she is worth \$300-400,000. If these industries focused on health, they would not survive. I don't think that these are bad people, but with that kind of financial incentive, it is easy to turn a blind eye.

Maybe it's time to listen to our elders: "An ounce of prevention..." to live longer and be active and healthy.

It's simple. To stay healthy, do the following things:

1. Eat a healthy diet.
2. Take appropriate, pharmaceutical grade supplements.
3. Achieve optimum hormones.
4. Exercise regularly.
5. Maintain uninterrupted sleep.
6. Avoid toxins and eliminate the toxins in your body.

Let the experts at Integrative Life Solutions Wellness Clinic help you avoid disease by reversing damage you may already have to achieve a happy, healthy and productive life.

We want you to be the great grandparent who still feels and looks great!

**Call 336 778 1950 for a consultation appointment.**