

Dr. James T. Skeen, MD
2511 Neudorf Rd., Ste. F
Clemmons, NC 27012
336-778-1950

WHY DO YOU TREAT YOUR CAR BETTER THAN YOU TREAT YOURSELF?

The American health care system is badly broken. Diabetes, heart disease, cancer and obesity are rampant. Chronic Lyme Disease and Biotxin Illness are not even recognized by most medical “experts.” How is this possible, when we put so much money into health care?

I have a simple answer: there is no American Health Care System. What we have is a “Sick Care System.” We are great at diagnosing and treating many diseases, but we suck at maintaining health. We are great at specialties and procedures, but we suck at understanding the way the multiple systems of the organism interact to maintain optimum function. Medical insurance doesn’t pay for complex understanding and health optimization. It pays for specialization and procedures.

Let me use as an example a vintage automobile. If a well-built automobile, say a ’57 Chevy, a 50’s Jaguar, or a gull-wing Mercedes, is well-maintained, garaged, painted, and driven right, it can be a thing of beauty and a thrill to drive today. Or, if it has been driven hard, never had an oil change, left out in the snow and ice, it can be a rusting heap in a junk-yard. Does auto insurance cover oil changes, regular maintenance, body work, a garage or paint? Of course not. But it is money well spent. Auto insurance is for catastrophes, accidents, etc.

So why do we expect medical insurance to pay for health maintenance? Good diet, exercise, appropriate supplementation, hormone optimization? It doesn’t and probably never will!

So, let me ask you again: why do you treat your car better than you treat yourself? Do you really want to be a rusting heap? The “Sick Care System” does that to too many Americans. Will that be you?

Concepts borrowed in part from the Podcast “Living Beyond 120”