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The Medicalization of Everyday Life
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The biggest threat to the health of most of us is the healthcare system itself. More and more people are being drawn into treatment as a result of an astonishing increase in diagnosis and the ever-expanding definitions of what constitutes a disease, which places these “patients” in greater danger than if they were simply left alone.

One problem is the medicalization of everyday life. Everyday experiences such as insomnia, sadness or twitchy legs are now being diagnosed as sleep disorder, depression, or restless leg syndrome. Even more troublesome is the medicalization of childhood, where trouble reading becomes dyslexia and unhappiness is deemed depression and just being a kid is labeled ADHD.

Another problem is the drive to diagnose disease early. Illnesses are now being identified in those with no symptoms, but who are merely ‘at risk’. The bad news is that advanced technologies like CT scans, ultrasounds and MRI’s can detect subtle flaws that make practically everyone “at risk”.

At the same time, the definitions of diseases are expanding as experts drop the thresholds for diagnosing diabetes, hypertension, osteoporosis and obesity. The level of cholesterol deemed “normal” has dropped several times. Merely because of these changes, more than half the population is now “diseased”.

This epidemic of diagnosis has in turn led to an epidemic of treatments. And while not all treatments have benefits, almost all of them have harms. While the harms may outweigh the benefits for the severely ill, they can be far worse than the “disease” for those with only mild symptoms.

This epidemic of diagnoses may be one of the biggest threats to your health. Until very recently, we dealt with physical and emotional issues in far saner ways. But, with today’s focus on medicalization of our daily lives, any and every discomfort is an illness that merits a cure, usually in the form of a useless and often toxic pill.

What’s the real reason for this epidemic of artificial diagnoses? Duh! More diagnoses mean more money for the drug manufacturers, hospitals, physicians and disease advocacy groups. But, by far, the key contributor is the pharmaceutical industry.

The drug companies are designed to thrive in a state where more people are getting sick, as that means more repeat customers for their ever increasing overpriced meds. Simply changing the definition of what is an illness so it covers the majority of the population is a sneaky, insidious way to achieve this end, which is becoming all too common.

The optimal way to avoid unnecessary drugs and medical procedures starts with a conscious decision by a “patient” to take responsibility for his or own health and staying away from this fatally flawed conventional healthcare paradigm. How simple it is to eat an organic plant based vegan diet, avoid processed foods, dairy products, sodas, refined and devitalized foods, sugar and ingredients you cannot pronounce. Besides, eating the decomposing remains of various dead bodies, replete with bacteria, parasites and growth hormones, does not sound like the cleanest type of food to eat, does it?

Stop being a slave to the cravings of your tongue and take a new step in a new direction.

Aloha!

References: New York Times 1/2/07

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