

Wealth & Health Empowerment Network

A BALANCED LIFE - 3 Types Of Health Care

(Which Do You Choose?)

We spent the last several sessions exploring the idea of gaining solid control of our finances. Having a balanced financial life is a crucial component to realizing a life full of happiness. However, as we said right from the start, the most important aspect is having balanced health. Without your health, you have nothing.

So, we need to understand what health really is and how we can strive to be healthy. Since we live in a society that has strongly held beliefs about anything and everything, we must first address society's concept of health and health care. We are told that we can all be healthy if we all have access to health care, (we all have health insurance). We are led to believe that if we feel good, we are healthy and if we don't feel good, we are sick. When we are sick we go to the doctor to be helped, fixed, cured or basically just made to feel good again.

That is one type of health care, but there are actually three types of health care and the best part is, you get to decide which type of health care you would like to receive.

Three Types Of Health Care

1. The first type of health care involves you having a problem and going to the doctor. This is the typical allopathic, or medical doctor visit where you would be treated with usually drugs or possibly surgery or radiation. Some physical therapy may also be utilized.
2. The second type of health care is when you have a problem and you choose to do anything but go to the medical doctor. You may choose to go to a chiropractor, nutritionist, massage therapist, acupuncturist, etc. Basically you choose anything but drugs, surgery or radiation for treatment.
3. The third type of health care does not involve you having a problem but rather you taking a proactive stance in regards to your health.

Which Do You Choose?

So which do you choose? This is very critical. The choice you make and the corresponding actions you pursue as a result of your choice can make the difference in not only how long you live, but also the quality of life you experience until you do pass from this existence.

Most people in our society think that the first type of health care is not only the ultimate but is the only one available. Hence, we tend to think everyone needs health insurance in order to pay for this very expensive type of health care.

This trend is changing. People are beginning to realize that taking drugs for everything isn't really working all that well. Currently we all spend more out of pocket money on the second type of health care than we do on the first type. And, this has been going on for the past several years.

Everyone feels really good about this type of care because it is "natural" and we assume that it is healthy. Now, don't get me wrong, it is a huge step up from the first type of health care, however, the only difference is the type of treatment received. Think about it. You have a cold and instead of taking a drug you take vitamin C, zinc, vitamin D and drink more water.

This is the crucial concept to understand, **you are doing the same thing!!!**

Okay, but it isn't bad, is it?

Let us investigate the third type of health care.

When you begin to take a proactive stance in regards to your health, your health becomes better than it has ever been. The bottom line is this, healthy people don't get sick! Why? Because they are healthy.

They are not healthy because they take more drugs, have access to the first type of health care or anything else. They are just healthy. Now does that mean they are just lucky? I think not. They are proactive and it takes a lot of hard work to remain healthy.

You see, there is a universal law of entropy that basically says that if you are not moving towards something, and then you will naturally begin moving away from that which you want. Once we are born, our bodies begin to break down, decay and die. The reason we just don't die is because we are constantly moving towards life. (Our innate survival mechanism is urging us in this direction).

If we decide not to embrace this urging and don't go for a walk, but instead decide to be a couch potato, then we will begin to allow the law of entropy to get a stronger foothold and we begin moving towards sickness, disease and ill-health. If, on the other hand, we decide to celebrate our life and go for that walk, we begin to move our body towards greater levels of health and well-being.

The third type of health care involves our taking personal responsibility for our health. We need to forgo the notion that we have to go to the doctor or health care practitioner in order to be healthy. Health does not come from the doctor anymore than it comes from taking more, better or stronger drugs. It comes from within us. Accept that. Support that. See your life and health change.

Next week we will learn how easy it is to gain control of the third type of health care and make it work to our benefit. Most importantly, we will learn exactly what health is and what we need to do to take responsibility for our own health.

Be healthy and prosper,

Dr. Lou