I've read Dr. Foresman's article and I have decided to comment on the topic as well.

It would take a very long history lesson to explain how chiropractic in particular, and other traditional health care delivery systems, were relegated to the sidelines in the American health care system. However, one example of this would be the Supreme Court case Wilk vs. the American Medical Association, where the AMA was found guilty of willingly and intentionally trying to contain and eliminate the chiropractic profession in an anti-trust suit.

Take time to read about that incident, it is a fascinating period in American medical history. It also highlights an often overlooked aspect of healthcare: it is an industry. Industries have a vested interest in protecting their constituents and advancing their interests, even at the sake of others. While big medicine and Big Pharma can easily hide behind their cultural authority and appeals to science, let us not forget that underneath all of that is an industry that needs to profit and support itself. You can do that addressing peoples symptoms, but not by actually making them better or preventing illness in the first place. Allopathic Medicine is the “fire department” of health care. And no one gets paid if there are no fires.

When it comes to Wilk vs. The AMA, yes a decision was rendered, a guilty party was named, and reparations were made. However, the damage had been done and the chiropractic profession has never recovered since. There was a brief resurgence in the profession with third party insurance coverage in the 1980’s, but that has slowly dwindled to a trickle since then. In the battle for market share and cultural authority between “the big three”, allopathic medicine won, osteopathic medicine was integrated and controlled by allopathic medicine, and chiropractic was weakened at the knees.

Dr. Foresman is correct in stating that there of course is tremendous financial motivation to the actions our nation has taken in health care. You are absolutely fooling yourself if you think any of this is about making people healthier. The Affordable Care Act was nothing more than a handout to big insurance, a subsidy. Even if it is called the "Affordable" Care Act, there are no price limitations or government checks and balances to actually keep the prices affordable. They legislated a captive, must-pay audience.
This is extensively stressful for a nation of people that are literally already being fleeced of their material wealth at an alarming rate. The fiat currency system, where debt and money is created out of thin air, only serves the people who created the money and the people who collect the debt. Mortgages, skyrocketing student loan debts, increasing prices for fuel, utilities, and food; they all add up to inflation from deficit spending. And now we add mandatory medical expenses, even for the healthy, and we can see the squeeze is on as America is fleeced of its wealth.

Does spending more money on health care equal better health outcomes? Absolutely not. Americans spend as much as 30 percent more on healthcare than any other developed country, and we are nowhere near 30 percent better in outcomes. Will paying insurance carriers higher premiums somehow improve these outcomes? Do I even have to answer that?

Medical procedure pricing, especially in hospitals, seems completely arbitrary. Searching for the price of a surgery at different hospitals will give you a vast range of prices. When I mean vast, I mean a difference between $10,000 to $125,000 for the same exact procedure.

If you spend more on your surgery, will you have better results? Absolutely not. In fact, the higher price of procedures in hospitals has been associated with higher complications.

Evidence based medicine is a misnomer. Or at least it is misunderstood in its scope and intent. Dr. David M. Eddy, MD, PhD is literally the father of “evidence based medicine”. Even he has been quoted as saying that only a small percentage of what we do in the healthcare world is actually evidence based. So even if we toot the evidence based scientific horn, we are a long way from it actually happening. Anyone who thinks evidence based practice is a “written in stone” mode of operation is sorely mistaken. “Evidence informed” is a polite way to phrase it, and even that is being gracious at times.

Yet the professionals with the cultural authority (Allopaths and Big Pharma) sell the public the idea of being tremendously grounded in evidence, while they are not entirely. And at the same time they dump on and even openly attack “Alternative Medicine” for not being evidence based. It’s a whitewash. The Science Based Medicine crowd, who ironically ignore the evidence available that shows that science is not always the answer, or the solution. It is very important to be evidence informed of course, but we also have to realize that not all therapies can be studied well under the peer reviewed, randomized and controlled trial system. They prefer to look at the world in black and white, declared effective by trial, or not. But in the world of caring for human beings, there is a lot of gray. And there IS validity there, at varying levels, which warrants further investigation.

The hospital system is broken because our culture is broken. Hospitals cannot possibly fix what is going on with our aging baby boomer population. The boomers have

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been completely blindsided by their longevity, and never prepared physically for the later parts of their lives. Many are living a lot longer than they expected, in bodies that were treated in ways that could never last that long. They treasured work and riches over moderation, movement, and meditation. Good meals in excess, instead of moderate meals and occasional treats. Nearly all of the things that this healthcare system is failing to address could have been addressed years ago with lifestyle change and education, nutrition, mindfulness, and exercise. And we know this.

We especially know this now. But even that knowledge is not putting a dent in people’s behaviors. In fact, it is getting worse. The only thing that is going to fix our healthcare crisis is a change in the way people behave. It will not be more insurance coverage; it will not be a new drug. It will not be throwing more money at the problem. It will only be getting people to understand their bodies, how they were meant to be used, how to respect that, and how to respect others as well. It will be finally coming to understand that a product is being sold to them.

Big Pharma is not here to heal you. They could not "heal" you if they tried anyway. Stop living the lie. There is no one there to save you. Your responsibility is to save yourself; it has been yours from the beginning. Insurance won’t save you. Lifestyle can. I have found in my practice that people who pay cash for their care get better much faster than those who use insurance. They also utilize fewer services and are more satisfied with the care. Why? They have skin in the game. They respect the value of the transaction. They have now become part of the team, and are willing to play as team members, not passive players. Oh yeah, and because they are motivated to improve, to save money!

Chiropractors are never going to be able to afford ads on television touting our effectiveness and encouraging you to ask your doctor if chiropractic is right for you like a little blue or purple pill. That is one reason why you may think it is worthless as a profession and modality. You have been effectively marketed to. You have been bought and sold as a commodity. More valuable sick, but not dead, until you go bankrupt and the banks, who have invested in all of this, can come in and take your stuff.

The system is rigged folks. Just like the movie The Matrix. You are here to produce for corporations, produce profits. Pay those premiums and high deductibles, but do not get sick. And if you do get sick, they will fight tooth and nail to not have to cover your services or pay your doctors. They will keep you plugged in to a false reality for as long as they can, until they have as much as they need. They will keep you fat and entertained, and sell you false hopes of "insurance", until you no longer serve a purpose. I cannot understand how this does not infuriate people.

What it boils down to is that you are responsible for you, your family, and your community. No one else. No government, no company, no entity. Only you. And at this point in time in our history, you cannot afford to get sick. Whether you have "coverage" or not. You cannot afford it. You need a team of healthcare professionals you can trust to give you the tools to survive and be viable in this game called life for as long as possible. A team that supports you on your journey, and does not dictate what that journey is, and will not support you remaining a passive non-player. There is no pill, or trick, or medical procedure that can do that better than just plain taking care of
yourself. This is not a joke, and it is not a conspiracy theory. The evidence is very clear about this.

The medical system is where sick people go to die, not where healthy people go to live. We need to stop fooling ourselves that medical doctors have the monopoly on health. It is not working. They are the firefighters that keep your house from burning down. But the Chiropractors, Naturopaths, Dentists, Acupuncturists... they are the contractors. They are the professionals that help you build your house from a strong foundation all the way up to a solid protective roof. You would not call a firefighter to come build your house, and you certainly would not call a contractor to put out your fires. When the mainstream medical system understands this, we will become a much healthier and higher functioning people. As Dr. Foresman said in his article, we know this, the evidence tells us this is so.

Your Journey to Health and Healing,
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