



What's wrong with this picture?

By Deepak Chopra

Isn't it about TIME to start taking a more natural approach to good health and a long life?

* 36% of all hospital patient admittance is due to iatrogenic (induced inadvertently by a physician or surgeon or by medical treatment or diagnostic procedures) causes.

* Between 1981-1987, 3 million people died as a direct result of medical treatment. In the same period, only 39,000 people died of AIDS.

* Every year, 100,000 people die from infections acquired while in the hospital, and as a direct result of antibiotic use.

* From 1962-1988, there was a 300% increase in drug addiction as a direct result of the use of medical prescriptions. In the same period, drugs from Colombia accounted for only a 30% increase.

Each year, the average American adult consumes:

- 100 pounds of refined sugar
- 55 pounds of fats & oils
- 300 cans of soda pop
- 200 sticks of chewing gum
- 5 pounds of potato chips
- 7 pounds of pretzels, corn chips, and popcorn
- 18 pounds of candy
- 20 gallons of ice cream
- 50 pounds of cakes and cookies
- 63 dozen donuts

In 1900 the risk of cancer was 1 person in 30.

In 1980 the risk of cancer was 1 person in 5.

In 1990 the risk of cancer was 1 person in 4.

In 1995 the risk of cancer was 1 person in 3.

In 2000 the risk of cancer was 1 person in 2.

Prescription drugs are now the third largest killer of the American population.

* 36% of adults continue to smoke (that's more than 1 in 3)

* 7% of adults are active alcoholics (that's 1 in 14)

* The average American will live to age 76 (about 20 years longer than the average doctor!)

* The U.S. spends \$14 million per minute on healthcare, more per capita than any nation on earth. Over 50% of all healthcare costs is spent keeping people alive in the last five days of their life.

Courtesy of: Deepak Chopra, M.D., Michael Murray, N.D. and the Metagenics Corp.