



Advocates for Responsible Care

We will be their voice until their voices are heard.

For Immediate Release

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### Health Reform RX: Opportunity

**The debate over our health care reform is like a missed diagnosis in medicine. We have a sick system of care and delivery. If we are going to tackle health care reform we have to be able to realize this is an opportunity to teach people how to be well and provide care that supports the body's own healing mechanism. Our health care delivery system has only focused on managing illness. It does not provide the education, life-style tools or therapies to promote prevention of disease or incentives for maintaining wellness. Illness lives in the mind, plays out in the body and comes to a place of peace and wellness in the spirit. With reform, we have an opportunity to change the entire health paradigm by focusing on prevention of disease and active patient participation in their wellness profile. We have an opportunity to be free of the control of the insurance industry and put the task of wellness back in the hands of doctors, patients and integrative healthcare professionals. We can move from focusing on the high cost of outside tests, treatments and medications to implementing a health education system with rewards for wellness therapies and outcomes. The American people can participate in health and wellness programs in order to receive the reward of insurance coverage and full access to care.**

**Currently the new health care reform and the public option will only provide some coverage for the uninsured and under-insured and some affordability for prescription drugs. As a clinician I commend that as a start but we have an opportunity to reduce the entire cost of health care for the future. As of today, our health care delivery system only emphasizes marginal evidence based tests and treatments, daring surgical procedures along with the endless quest for the magical cure drug. It is not rocket science to teach people simple remedies, better eating choices, healthier life-style engineering patterns, stress stabilizing techniques and sensible mental and physical fitness practices. We can motivate and reward our medical and allied practitioners to use both complex technology and protocols for life-threatening illness along with the simpler, cost-reducing therapies and techniques for less sick patients. We can teach people to be healthy. We have left little to the procurement of the patient–doctor relationship and an integrative health team approach to care as we have diminished the patient's accountability to the process of *getting healthy, staying healthy and becoming an advocate for personal wellness* . Until we realize this is our best opportunity to institute a new model for treatment, prevention and wellness education we will never reduce the cost insurance or our healthcare delivery. And most unfortunately, we will never put *healthy* back into our healthcare.**

*Dorothy Leone-Glasser, President*

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