

## The “Other” Health Care System

In today’s world, instant gratification is the norm, and we expect a quick fix for almost everything. We are targeted by the pharmaceutical companies on one side giving us prescription drug education through our televisions and magazines, to the other extreme of rejecting our traditional medical practices and embracing the persona of “natural healing” extremes of vegetarianism, raw food diets, etc. We look for the miracle weight loss plans with options ranging from low fat to full fat and everything in between. We have been erroneously bombarded with incorrect information regarding the benefits or supposed lack of, in our fresh fruits and vegetables. We have developed a fear of wheat gluten, red meat, fish, eggs, dairy products and many other highly nutritious food sources based on semi-accurate or completely inaccurate information.

Living as we do, in rural Western Kansas and Eastern Colorado, we still have the benefit of a healthier lifestyle if we choose to utilize it. True natural healing embraces the lifestyle of our area through good balanced food choices, regular exercise, stress management and the many complimentary natural health care providers that this area offers. Chiropractors, acupuncturists and massage therapists, along with a large variety of other natural health care practitioners are available locally to help maintain our health.

Medical doctors and natural healthcare practitioners are finally realizing that there are benefits for their clients by working together, instead of condemning and criticizing each other. Medical doctors are the obvious choice in cases of acute emergencies, while natural practitioners are the obvious choice for diet, nutrition, and health maintenance. Regular chiropractic, acupuncture and massage therapy can keep your body balanced and healthy, reducing or eliminating the need for multiple prescription medications and surgical procedures. Natural healthcare practitioners are the logical choice in treating conditions ranging from arthritis to the common cold.

Good health is an individual choice. We have the tendency to abuse our bodies early in life, and then turn to our doctors for help when we start to show signs of dis-ease and aging. Responsible lifestyles and good choices beginning in childhood can drastically reduce the growing numbers of diabetes, cancer, heart disease, etc. It is never too late to correct our choices and take control of our own health.

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