

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Build Health: Initiate A Health Strategy Makeover**

**By William R. Quesnell**

**Build Health: Initiate A Health Strategy Makeover**

by: **William R. Quesnell**

My mother-in-law, a widow of a doctor, recently died. The way she exited was a nightmare. This was because her health strategy produced a lousy result.

Shortly before passing away, she had a colostomy to fix an intestinal blockage, the result of a decades-long struggle with diverticulitis. Poor teeth and gums, kidney failure and liver problems were also in the mix.

Not surprisingly she was riding a doctor-directed merry-go-round of prescription drugs and their side effects.

My mother-in-law went out in typical American fashion—a slow system-by-system breakdown accompanied by loss of mobility.

She learned three hard, painful lessons during her exit:

- 1) You can't find health in a doctors office.doctor's .
- 2) Pharmaceuticals do not restore your health.
- 3) Our "health care" system manages disease, but does not improve your health.

My father, a retired dentist who can barely get around using a walker, is also following the typical American health strategy.

In spite of eating all the "right foods," he is dealing with the effects of prostate disease, osteoporosis, arthritis, stroke, Parkinson's, and has recently been fitted with a pacemaker.

## Build Health: Initiate A Health Strategy Makeover

He too has been riding that doctor-directed merry-go-round of prescription drugs. He has his cozaar, carbidoba, ticlid, prilosec, voltaren, lipitor, and zoloft. His vasotec and doxycycline have recently been discontinued.

You do not have to follow this common American health "strategy."

Instead, you might want to consider implementing what I call the Grandma Weiss/Uncle Wallace health strategy.

These relatives of mine lived well into their 90's, were seldom sick and rarely ever saw a doctor. They were not plagued by slow, agonizing, system-by-system breakdowns.

On their last day they made it to the bathroom unassisted, had an evening meal, drank a little tea, read a bit, went to bed and didn't wake up.

The night they closed up shop, all their metabolic enzyme systems mercifully shut down at the same time, the way nature intended it.

This kind of strategy is quite common in remote places like Vilcabamba in Ecuador and Abkhazia in the Russian Caucasus.

Dr. Weston A. Price chronicled other distant groups who did not get sick nor die like we do. He found the diets of those people to be nutrient-dense, containing four times the minerals and ten times the fat-soluble vitamins found in the American diet of the late 1930's and early 40's.

Here are two common denominators found in the strategies of Grandma Weiss/Uncle Wallace and isolated groups noted for their health and longevity:

- (1) Diets loaded with minerals and vitamins that maintain their 2000+ metabolic enzymes through time.
- (2) No reliance upon prescription drugs that interfere with those metabolic enzymes.

Consider what has happened to most Americans during the six decades beginning 1940:

The nutrient density of their diets, including that of the so-called "right foods" in those diets, has continued to slide downhill, and their use of prescription drugs has skyrocketed.

If you conclude you want to retool your present strategy, here are a couple of simple, logical things to do:

- (1) Take advantage of the resources offered by the Price-Pottenger Nutrition Foundation.
- (2) Start looking for natural alternatives to the prescription and over-the-counter items in your medicine cabinet.

Bill Quesnell (

) is a health educator, author of *Minerals: The Essential*

*Link to Health*, and Price–Pottenger Nutrition Foundation member. He farmed melon for eight years in Costa Rica where he learned how minerals build health and prevent disease by putting his hands in the soil, not by relying upon medical advice devoted to disease and treatment. Critical reviews of his book and a list of 15 harmful health myths can be found at

## **Marriage Shouldn't Determine Your Health Insurance Policy**

**By Elizabeth Newberry**

It's common for people who share a life together through marriage to also share a health insurance policy. Marriage brings two people, and everything they own, together; sometimes, "everything they own" includes their health insurance policies. While most married couples choose to use one health insurance policy to cover both because it seems more affordable, there are actually benefits to having two separate health insurance policies.

It's true that using one health insurance policy for both people after marriage can sometimes save money; however, what happens if both spouses already have health insurance policies with which they are satisfied?

If this is the case, it's time to sit down and list the pros and cons of both keeping separate health insurance policies, and deciding on one health insurance policy to stick with.

If you and your spouse both have health insurance policies, think about how pleased each of you is with your separate health insurance policies. If you're both extremely satisfied with your own health insurance policies, it may not pay to eliminate one and keep the other. You may have a health insurance policy that allows you to see certain specialists your health requires you to see at lower prices while your spouse, who doesn't need to see these specialists, has a plan that doesn't cover these specialists.

On the other hand, your spouse may have a health insurance policy that offers benefits your current health insurance policy doesn't offer, or vice versa. If your spouse's health insurance policy is cheaper than your health insurance policy, and offers the benefits you want and need but don't currently have, perhaps you should consider dropping your health insurance policy and joining your spouse's health insurance policy.

Ultimately, as long as the coverage needed is offered, and the prices paid are affordable, whether you keep separate health insurance policies or decide to use only one after marriage is entirely up to you.

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**