



# Eating Your Way to Health Living Life to the Fullest



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## Opinion

"You can't keep one disease and heal two others - when the body heals it heals everything"- Charlotte Gerson.

Most 'doctors' and the healthcare industry in general, focus on treating symptoms, not the disease! It is so much easier to write a prescription to cover up pain and discomfort than it is to analyze and treat the real cause of a disease. The word 'cure' is seldom every mentioned in a traditional medical office. It seems it is always a never ending 'treatment' and prescription drug that a patient must endure; most of the time, for the rest of their lives!

This is pretty much INSANE., but it IS very, VERY, profitable for the healthcare industry. The crazy part is that many doctors really would prefer to cure, not just treat but when the insurance (always follow the money trail) payer forces a timetable of treatment (usually about 10 minutes) there is seldom time for a doctor to review, analyze or discover any underlying Cause and Reason why the patient is ill.

No, the healthcare industry is no doubt one of the most profitable, yet ineffective industries in the USA. We spend billion\$ more than other countries, yet Americans continue to be amongst the sickest on the planet. It is not how much money we throw at this problem it is the utter failure of the modern medical system to function as healers.

The current medical infrastructure is focused purely on profit and how fast they can turn around a patient, write a prescription, recommend a 'specialist' and go on to the next. The 'specialists' repeat the performance and add to the ever-increasing cost to the patient, the insurance company and the employer, as the patient is often treated to death.

The truly disgusting part of this sad story is that MOST of the disease and illness people endure is based and centered upon their lifestyle. Yes, the lifestyle of Americans is killing them while making billion\$ for the medical industry (and that includes the drug/pharmaceuticals).

It is not just the lack of exercise and the lethargy that most Americans experience it is the very FOOD they consume and stuff

down their 'pie hole' every single day. A constant bombardment of processed crap, contaminated by Franken-foods created in a lab (many of which are more pesticide than nourishment), loaded with fat, salt, cholesterol, sugar and preservatives. Nary a colored vegetable, legume, bean, or green in sight.

"The government is paying cancer researchers to figure out why Americans have more prostate cancer. They have heart disease researchers trying to figure out why we have so much heart disease, and at the same time, government subsidies pump more cheese, more milk and more and more processed sugar into all of us. There's the answer!" - Neal Barnard, MD

The amazing thing, to me at least, is now easy it is to eliminate these lifestyle diseases and all you must endure is a change to a less expensive but Delicious Cuisine. Yes, you can eat your way to health and wellness and save a bundle at the same time.

All you really have to do is eliminate four simples, yet deadly, things from your plate: Meat, Fish, Dairy and Eggs (as well as all GMO toxins and derivatives). Therefore there is the number '4' in our company name: Whole Foods 4 Healthy Living!

I'm not just talking, as my wife and I have walked the walk, hiked the trails and eaten this way for over nine years. Now in our early 70's, we take no medications, are full of energy and we just finished a 30-day hiking adventure that included Big Bend National Park, Sedona and the Red Rocks of Arizona and the magnificence of Upheaval Dome in Canyonlands National Park, just outside Moab Utah. (See: <https://roadtrip.skipstein.com/wellness-tour-2018.html>).

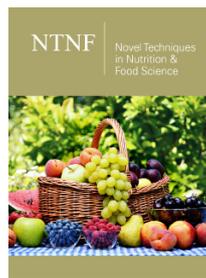
It really IS so darn simple and so delicious most people just can't believe how easy it is to eat your way to health. No drugs, no 'treatments', almost no doctors, just a feeling of vibrance and exhilaration and zest for life and living. Why don't you at least give it a try. What have you got to lose besides some weight, horrendous side effects from prescription medications and that lack of vitality that so many experiences eating the Standard American Deadly Diet. Just try a Whole Food Plant Based diet and lifestyle for 30 days; you will NOT regret it.



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