

INSURANCE VS PROACTIVE HEALTHCARE WHICH ONE WILL YOU CHOOSE?

By Dr. Cathy

"I would definitely go to that doctor if she was in my insurance plan... If my insurance plan covered massage I would use it consistently... If I can meet my deductible then I can commit to a health care treatment plan..." and around goes the rationale that gives insurance coverage priority over being proactive in our own healthcare. Insurance as an umbrella when the unforeseen accident occurs – sure! That's what it was initially meant to be used for – coverage against accidents related by rail and steamboat, back in the Civil War period (1861-1865). It's worth "Google-ing" the history of health insurance in the United States to see what it was and what it's become.

Health insurance coverage today is designed to channel you into the conventional medical system by a predetermined program of benefits for targeted conventional services and treatments, and the withholding or exclusion of benefits for "unconventional" services and treatments. These "unconventional" and excluded services and treatments usually fall into the alternative health categories. How many plans cover massage therapy or pay for natural supplements? Both which are *health-enhancing* treatments.

Through massive marketing efforts by the health insurance industry, we have been conditioned to choose only those treatments and services covered by our insurance plans in the belief that the covered treatment is the least expensive for us and the most effective. After all, if our insurance pays a portion of the cost for "scientifically proven" treatment, it's cheap and safe. Right?

What's called "alternative healthcare" in our country encompasses a wide array of treatments. Most have been used effectively for centuries, long before modern scientific research came along. They are still widely used around the world in countries that never heard of health insurance, and as an "alternative" in those that have it. Why are they still in use? They're **effective**. They're **non-invasive**. They're **affordable** for the common people. They're **natural** treatments. **They produce health, and our insurance system will not pay for them.**

So let's stop and try to clear our conditioned thoughts about healthcare for ourselves and our families. If you had available a plan that moved you toward having perfect health and maintaining it, knew it costs pennies compared to conventional healthcare, and knew it was safe, non-invasive, and effective, would you choose to follow that plan even if insurance coverage was not part of the picture?

Who wouldn't choose that kind of healthcare plan?

Read [Know the Facts About Sickcare vs Healthcare](#) then call us at **404-257-0188**.

We'll get you started toward **Perfect Health**.



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