

# **LONGER LIFE AND BETTER HEALTH ARE WITHIN YOUR REACH RIGHT NOW**

## **The high cost of dying**

Despite all our boasting of medical advances in the last 50 years, lifespan is still limited by degenerative diseases – heart attacks, strokes, cancers, lung and liver disorders – that resist treatment. *Most* of the medical costs spent in a person's lifetime are devoted to heroic efforts in the very last few months of life. And these unsuccessful and expensive consultations, medications, operations, and other “interventions” often seem to prolong suffering and death rather than to prolong life and restore health.

## **Why medical technology fails us**

In an era where chemistry, physics, and biology have “explained” so many mysteries of the world, we have come to expect our physicians to solve our problems, no matter how desperate. President Richard Nixon's *lost* “war on cancer” showed that a technological and hopeful society can pour billions of dollars into medical research without affecting suffering or survival to any real degree.

Modern medical care has blindly looked to the universities to offer research and results that can be practiced by community physicians everywhere. When research scientists and physicians have focused on the wrong questions, then quite frankly their answers have been wrong. When patients have blindly followed treatment programs based on drugs and surgery, chemotherapy and radiation, they have made one deadly mistake – they trusted doctors who are simply “fighting disease” rather than restoring health.

## **Why doctors *don't* understand health**

Medical training focuses on the “presenting complaint” (patient problem) and the “history of present illness.” Thus, usual physicians become experts at “reactive” or “responsive” testing and treatment, trying to “slow” or “stop” the problem from worsening. For most patients, this finally means staying on medications for their remaining years of life and repeatedly undergoing operations.

In stark contrast, good “health” appears to occur almost effortlessly for many children, who grow and play and develop normally without medications or operations. When these children become adults, their usual doctors make the *false* assumption that eventual recovery from illness or injury will also occur almost

effortlessly. Instead of being “proactive” or “preventive” in their approach, usual doctors fail their prime responsibility to their patients. For example, the usual medical advice given after surgery is reported to be “Do what you’re able, eat pretty much like you have been before, you don’t need any vitamin pills, and you’ll do just fine.” *Nothing* could be further from the truth.

But the answers for my problem *must* be *somewhere* .....

Patients delude themselves into believing that somewhere someone has figured out what to do to rescue them from an increasingly desperate situation. With thousands of medical journals published each year, surely someone “understands” what has gone wrong and just exactly how it should be “fixed.” The 20,000+ medications available today can be grouped loosely into about 20 major categories. When patients finally sense that life is slipping beyond their grasp, they fail to understand that their *real* problems *don’t* fall within any of these categories.

Specialists treat *organs* – but *your health* depends only on *your cells*

Medications and operations are aimed at “organs gone wrong.” Indeed, modern diagnoses are based on problems at the organ-level: “heart failure,” “liver failure,” kidney failure,” and so on. But the functions of your body depend entirely and exclusively on the functions carried out in every single one of the 10,000-trillion cells that make up your organs and tissues.

As cells begin to malfunction, slowly and steadily you are developing diseases. Often many years will pass before your organs are affected enough for you to “notice” a problem (symptom) and finally come in for medical evaluation. Thus, “usual medical care” always has, as its starting point, a symptom (complaint) that “needs to be treated” ..... by drugs and surgery. As symptoms slip into crises that threaten your comfort and survival, these deteriorating organ problems “need to be treated” ..... by more drugs and more surgery. Finally, modern specialists have nothing left to offer but potent drugs to control your suffering while you steadily worsen ..... and finally die.

At *no* point does your physician “consult” or “call in” a specialist on how your cells actually work to maintain or restore health. At *no* point does your physician measure body functions that directly affect how efficiently your cells can repair themselves. At *no* point does your physician provide treatments that have been scientifically shown to reverse degenerations of cell function and restore more normal balances. At *no* point does your physician take responsibility for failing to understand and assist the body to repair itself, cell by cell, organ by organ, to restore better function and health.

Along the course of your life, several opportunities arise for you to live longer, become healthier, feel more energetic, and create more fulfilling experiences. Almost without exception, we miss these opportunities and let our future health slip away. Unfortunately, our usual doctors fail to meet our needs – and unthinkingly lead us along the path to more suffering and an earlier death. Until your very last days, you still can improve your health. But why wait?

The *first* missed opportunity for better health .....

About 1 couple in 6 in “developed countries” are unable to conceive a child. Yet pregnancy should be a natural result for healthy people. The key is that they are *not* healthy people. Sperm counts have been declining in men for years. Young women report many problems with their cycles. And advanced testing often shows that these couples have various deficiencies of essential building blocks (such as minerals and vitamins) and sometimes have unexpectedly higher levels of environmental pollutants (such as toxic heavy metals and organic chemicals).

The *second* missed opportunity for better health .....

Pregnancy specialists – obstetricians and gynecologists – fail to recognize their keen responsibility to the developing baby, to be sure that all of its cell needs are met. How can research studies years ago show that folic acid is a critical vitamin for early spinal cord development – all the while physicians have reassured women, as they unknowingly took less than optimal dosages of this critical vitamin. How can obstetricians for many years treat some women with magnesium for sudden severe blood pressure problems before delivery – yet these very same doctors have reassured women, as they unknowingly took less than ideal dosages of this vital mineral that could have prevented such a crisis for both mother and baby.

The *third* missed opportunity for better health .....

Children – especially in “developed countries” – eat far too many sugars and starches and cooked fats during their developmental years. Pediatricians reassure mothers that “vitamins” aren’t really necessary beyond the commercial “once-a-day” formulas commonly available. Yet, ear and tonsil infections, asthma and allergies, behavioral disturbances, juvenile delinquency, and physical development problems (particularly with female reproductive organs) seem to be increasingly common. And most of these are easily correctable by appropriate evaluation and treatment by “advanced” (*not* “usual”) specialists.

The *fourth* missed opportunity for better health .....

In the misguided belief that “pumping iron” or “jogging” or aggressive sports such as tennis will improve their well-being, many young and “middle” adults lunge into

physical training programs that stress and wear down their frames. In the misguided belief that a few excess pounds are dangerous, they frequently switch from one to another fad diet that can damage their cells by severe restrictions of oils, vitamins, minerals, and other essential nutrients.

The *fifth* missed opportunity for better health .....

When injuries occur, people have been trained by television, radio, and print ads to reach immediately for medications. More recent ads have promoted prescription medications for various discomforts ..... “Ask your doctor.” And the United States Food and Drug Administration has – surprisingly – made a number of prescription drugs readily available over-the-counter, for indiscriminate self-treatment. Side effects of “arthritis” medications (called non-steroidal anti-inflammatory drugs or NSAIDS), such as aspirin, ibuprofen, and others directly account for an estimated 30,000 deaths *every year* in North America alone. Anti-ulcer medications, such as Tagamet, Axid, and Pepcid, are so effective at reducing natural acid production in the stomach that they can interfere with absorption of vital minerals and proteins. When the body is short of these nutrients, cells are unable to repair and function more normally.

When illnesses occur, people have been trained to see their local physician. Studies have shown that almost every “doctor visit” results in prescriptions being offered – some of them for months or years. When the common problem of high blood pressure is first “diagnosed,” usual physicians fail to look for specific, known, common, treatable causes that have been associated with heart and blood vessel changes. When asked about heart attack risks, physicians focus on the “hi-dee-ho’s” – high cholesterol, high blood pressure, high blood sugar. But medical studies have shown that *other* risk factors are *even more critical* for long-term survival. Less than one in a thousand physicians ever checks for one of these key factors. And even laboratory reports erroneously show that what you would be told is “normal” could actually mean you have *triple* the normal risk for a heart attack. Can you afford to risk your life while you wait many years for *all* of the usual doctors finally catch up to what has already been discovered?

The *sixth* missed opportunity for better health .....

When people begin to realize that they have developed serious illnesses – ones that could severely limit their activities or even lead to suffering and death – they turn to “specialists” who share the very same biases as their family physicians. More drugs and more surgery are the result. Slowly at first and then more quickly and more surely, they worsen and add even more drugs and more operations. At every step of the way, they trust that their physicians have taken into account *all* of the scientific medical information that would be relevant for their care. Yet no one takes

responsibility for *not* knowing how cells slip from health into decreasing function, dragging you into further suffering and finally severe crises.

As a human birthright, we are given the miraculous gift of a self-repairing body. Then we trade it for a “bowl of porridge” called drugs and operations, chemotherapy poisons and radiation burns. And no one pauses to wonder whether we have turned our back on the *only* lifesaving chance we have ..... restoring health by helping each and every cell to recover, to repair, to rejuvenate.

The *last* missed opportunity for better health .....

At some point, each person reaches the stage where “all the doctors” offer their opinion that “*nothing* more can be done,” that modern medicine “has no more treatments available.” This admission is frightening in its severity – there is “no more help” to be found.

Regrettably, patients and their families find a solemn comfort in wrongly concluding that “they’ve done all they can,” that “the best doctors have done their very best” for them. They assume that their doctors have done “all the tests.” They haven’t. They assume that their doctors have “looked for all the problems.” They haven’t. They assume that their doctors have “tried every treatment that might help.” They haven’t. And – sadly – they lose their final chance to restore any semblance of health by helping each and every cell in their body to recover, to repair, to rejuvenate. And they die.

*Now* is the time to reach out for better health .....

Regardless of how many opportunities you have missed, “advanced” treatments based on solid discoveries of science has something to offer you – especially if you still can “get up and get around.”

Why? Because those few of us in our advanced practices have seen the many miracles of patients once again becoming more whole, more youthful, more energetic, more alive. We have learned to use special advanced tests and special advanced treatments that are ignored and deplored by “usual” physicians ..... the very same doctors who helplessly (even zealously) watch their patients suffer and die.

Cancers. Heart diseases. Strokes. Gangrene. Alzheimer’s and other dementias. Diabetes. Multiple sclerosis. Lupus and rheumatoid arthritis. Severe pain syndromes. Ulcerative colitis. *These* and many other “deadly” diseases are the ones with which *our* patients arrive. *These* are the ones that *we* must treat. *These* are the ones where *we* have had to develop the most practical ways to help the body to

restore better health. Not every time. But *many* times, when their specialists and other usual doctors have resigned them to die.

Why should you believe any of this?

Quite honestly, you shouldn't "take it on faith" – likewise you shouldn't dismiss any of this outright. You should believe *only* the results that you see with your own eyes, that you feel in your own body.

But you should trust that the designer of this program is a "professor" in his own right who have achieved international prominence for their various contributions to our understanding of human body function. Certainly he has trained in "usual" medicine to know what is commonplace – and he has further trained to become a leading expert in "advanced" medicine, to produce results *far beyond* the commonplace. His experience and expertise – his *results* – is what makes this approach invaluable.

What price better health?

This question is, of course, misleading. Very few people turn away from their "usual" care and "university specialists" soon enough for *any* approach to fully restore their health. Unfortunately, permanent changes in structures such as bones and permanent changes in cell functions can limit the results achievable by *any* program that depends on restoring the body's ability to recover, to repair, to rejuvenate.

Have you finally decided that you will no longer miss any more opportunities for better health? Regardless of your age or physical condition, the results might be far more than you ever expected.

Do you have any doubt that Howard Hughes or the Shah of Iran or President Ferdinand Marcos would have hesitated to give half of their respective fortunes – measured in the billions of dollars – to live just a few more years, to suffer just a bit less, to feel just a bit stronger, to laugh and love and share with their families the joys of just a few more holidays?

Each of them pursued "the best" of usual medical care and failed to look for "alternatives" that might have made a dramatic difference ... if tried soon enough. Instead, each of them lingered, clinging to life with drugs that missed any chance of healing.

Each waited until, indeed, there was no further chance of help. By delaying, they proved their usual doctors "right." Would you be willing to prove yours "wrong"?

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