

# My Healthcare And Graceful Aging Manifesto

## Three Proven Steps To Provide Your Patients With Ways To Free Themselves of Premature Aging And Take Control Of Their Lives

by Dr. Bill Hemmer



Our health has been under attack for the last 3 generations. We currently live in the most obese, polluted and energy drained environment in the last 90 years. Unless we decide to make a serious change in the way our healthcare is being provided, we will likely succumb to the chronic diseases of today's modern civilization (diabetes, heart disease, autoimmune diseases and autism spectrum disorders).

We can be a big part of that change, but we have to "seize the day." If nothing is done about today's healthcare system, most people's remaining time on this earth is destined to be filled with prescriptions, doctor visits and hospital bills, and then finally ending in a nursing home thus potentially wiping out a lifetime of savings. None of us want that for our patients or for ourselves, so it is time to step up to the plate.

There must be a healthcare revolu-

tion. There are resources available to break away from what is currently considered to be "the normal aging process." But you have to be willing to stand up and recognize the need for change and then put your time and energy into making the improvements necessary to consider yourself a part of this healthcare revolution. The start of this change comes from you, the doctor. You have to be the change you want to see in your patients. If you lead, your patients will follow. Are you ready to join the revolution?

### The Mission

Liberate tired, pain ridden and energy starved patients from the bondage of drugs, high healthcare costs and premature aging so they can have the resources to:

- Age gracefully and enjoy the lifestyle they desire for themselves and their family.
- Elevate healthcare out of its current "sickness" care and become a

major force of change for the next generation to learn from.

### Obstacles To The Mission

The current "health" care model and insurance coverage.

I have worked with thousands of patients over the last 26 years, and although every person is different, those patients who have risen above the current "standard of care" and excelled in their health and vitality, all have things in common. They share a belief that maximum health can only be achieved if they:

- Take responsibility for their own health.
- Do what they say they are going to do.
- Understand that what they are doing right now about their health isn't working.
- Have a burning desire to make the changes necessary to become healthy.
- Go beyond treating symptoms, such as, drugs and surgery.

- Take a holistic approach and address the underlying cause of disease.

These are the patients I just love to work with.

The second step to breaking free of our current healthcare model is to recognize that all of your patients struggle with the question of who to turn to for "real" health advice and treatment. They are all sick and tired of scams, empty promises and bait and switch types of tactics.

It doesn't matter if they have good insurance coverage or not, people just want to be treated with respect, given what they actually need, and to be informed about what they can do to create an ageless lifestyle for themselves and their family.

Currently most people don't understand what happens to them at the

into chronic disease and premature aging by an invisible force that is sucking the life right out of them.

### Healthy Lifestyle Intelligence

Pain, fatigue and poor focus drains vital life force out of people every day of their life. This life force can be recovered and used to turn back the hands of time to create a better lifestyle for your patients, for you, and for your family.

A fact that remains constant is 92% of people over 50 have at least one chronic disease and 77% have at least two. Chronic disease accounts for 75% of healthcare dollars spent. Yet only one percent of healthcare dollars are spent on public efforts to improve health according to the National Council on Aging.

The root of these dismal statistics is not motivation. It is the lack of healthy lifestyle know-how.



end of the day. They feel like they have been run over; they have spent a bunch of money on health care already and are still growing old way too fast, and they are very frustrated because they don't know how to change their dilemma.

The third step to freedom from premature aging is to provide a new Functional Wellness paradigm to your patients. This allows them to break free from the lack of essential healthy lifestyle intelligence that has reduced them to becoming slaves of the current healthcare model. Most people slip a little more each day

Healthy lifestyle know-how is the ingredient that makes the difference between just getting by and aging gracefully. Don't confuse the lack of healthy lifestyle know-how with a lack of intelligence. My patients are all very intelligent but they haven't developed their healthy lifestyle habits.

Two problems all people face are:

- 1) Our current health care system – You are told to go away until you get sicker in order to fit the "sickness" model. Unless you can be diagnosed with a full-blown disease

you are simply told to "watch it."

- 2) Our current insurance system – For most people, medical bankruptcy is only a major illness or surgery away. You make your healthcare decisions based on coverage because of the huge price tag of care.

Said another way, go home and deny there is a problem until the problem is big enough to be covered under the current insurance model and then pray it doesn't exceed your insurance coverage so that then the insurance company can drop your coverage altogether.

There is alternative way to think about these two problems. You can become proactive. You can refuse to fall into this trap in the first place by going in a different direction.

### The Big Mistake...

The big mistake most people make is to hand over their healthcare needs to people inside a flawed system in the first place; they assume these people:

- 1) Know what they are doing to produce a healthy outcome.
- 2) Always have your best interest at heart.
- 3) Give advice to make you healthy, not just to manage a disease.
- 4) Treat you the person, not the test results.

This is why we need to educate our patients with an entirely different paradigm of healthcare. The Functional Wellness paradigm never allows your patients to get into a disease state in the first place. It allows your patients to look better, live longer and feel better. There isn't a person on this planet who wouldn't want to drink from that cup. You just have to prove to your patients you have the goods to make it happen for them right now. So let's all be the change we want to see.

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