



Overall Quality of Health Improvements under Chiropractic Care

-BREAKING NEWS – Healthy Habits Lengthen Life-

“Lifestyle Medicine: Treating the Causes of Disease”

*Mark A. Hyman, MD; Dean Ornish, MD; Michael Roizen, MD
Alternative Therapies, NOV/DEC 2009, VOL. 15, NO. 6*

Purpose:

Point Medical Providers to healthy lifestyles as path toward higher quality of life for patients

Points:

The problem, the fact that most of the chronic diseases that affect 160 million Americans and account for 78% of our healthcare costs are caused by lifestyle and environmental factors - namely diet, sedentary lifestyle, smoking, chronic stress, environmental toxins.

EPIC Study showing how 4 healthy behaviors leads to reduced risk of disease

We must change not only the way we do medicine, but the medicine we do. Center of health care debate must change to what is covered, not just who is covered

Doctors must “do” lifestyle medicine and receive adequate reimbursement; otherwise, the cost of chronic disease will bankrupt Medicare by 2017*

INTERHEART study, published in The Lancet in 2004, followed 30,000 and found that changing lifestyle could prevent at least 90% of all heart disease. Heart disease accounts for more premature deaths and costs Americans more than any other illnesses and is almost completely preventable simply by changing diet and lifestyle

Results & Conclusions:

- If lifestyle medicine becomes central to the practice of medicine, our sick care system will be transformed into a health care system
- Put energy into teaching people to live healthy, paving the path for less cost, less disease, and longer life.