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April 2011



Total Wellness Concepts Newsletter

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Big Changes in Store For Health Care



If things stay as they are expect big changes in your health care. Our country already spends \$2.6 trillion on health care annually. The new law will add another \$311 billion to the total cost. To help pay for this, Medicare will be cut by \$500 billion. And by adding millions of currently uninsured people to the system there will be a shortage of primary care physicians and nurses to care for the sick or to keep you well. The Association of Medical Colleges projects a shortage of primary care physicians to be 91,000 by 2020.

Nursing is already experiencing serious shortages which will only get worse since the new law does not address this problem. Unless something is done very soon, these shortages will lead to long waiting lines for non emergency services. One potential bright spot is the emergence of primary care nurse practitioners such as the ones staffing Minute Clinics at CVS

pharmacies. According to Steve Galen, President and CEO of the Primary Care Coalition, nurse practitioners can handle about 90 percent of all primary care. The question is can the current educational system produce enough nurse practitioners to satisfy demand?

Safe Alternatives to Prescription drugs:

There are safer alternatives to many drugs. Food can be medicine if you eat low-glycemic vegetables, lean protein, especially from fish. Exercise daily even if it is just walking, substitute herbs and other nutrients for pharmaceuticals where possible. A good example is Omega-3 oils for anti inflammatory drugs.

A combination of ginkgo, CoQ10, riboflavin, and magnesium will halve the frequency of migraines in children and adolescents.

Beware of Chantix, the smoking cessation drug. It is linked to violent behavior more than any other drug. Anti depressants were next.

Boost nitric oxide (NO) levels with lifestyle changes. NO promotes better circulation which can improve angina, diseased arteries, and even erectile dysfunction. It improves peristalsis in the gut. Take arginine 500 to 5,000 mg. a day in divided doses. Drink green tea, eat plenty of onions, grapes, blueberries and drink pomegranate juice daily. Exercise most days of the week.

Epidemiologist, Hannah Gardner, ScD. says that people who drink diet sodas are 50% more likely to have a stroke or heart attack. A difference in eating habits may account for this finding.

Julian Whitaker, MD of the Whitaker Wellness Institute and Peter Rothwell, MD, PhD of Oxford University say that studies reveal that daily use of aspirin (80mg) cuts cancer deaths by as high as 50%.

Sex therapist, Lou Paget says that touch is the most powerful

way to connect with your spouse because it releases oxytocin. Men need more touching than women to achieve the same level of oxytocin. Massages, cuddling and full body embraces are all good to do.

I invite you to read **my blog** which covers such topics as diet, wellness, exercise, vitamins and herbs among other things. Go to my website at www.totalwellnessconcepts.com and click on blog.

Be well.

Sincerely,

Steve Seater
Total Wellness Concepts

Steve Seater, CPT, CNC, CN, is a life long fitness enthusiast with a strong interest in holistic nutrition and wellness. He is a certified nutritionist (CN), and a certified nutrition consultant (CNC). Steve provides natural alternatives for better health without side effects. Additionally, he is a certified personal trainer (CPT) and a certified spinning instructor.

Contact Information:

Phone: 240-888-5453

Email: sr.seater1941@yahoo.com

Web: www.totalwellnessconcepts.com

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Total Wellness Concepts | 2325 East Gate Drive | Silver Spring | MD | 20906