

Chatting with The Good Dr. Laura Shook
October 2009

This morning on NPR they were discussing “National Health Care Reform”. The experts had opinions, politicians were stamping their feet and insurance companies were trying to appear calm as the media, flush with excitement, captured then rehashed every word. Call me a cynic but all the arguing, posturing and discourteous behavior leads me to doubt their intentions.

One thing I’m sure of is that I do not have the answer to manifesting optimum health for “All”. If, as defined by the World Health Organization, health is, “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity” then the answer is going to involve more than simply providing affordable health insurance.

Don’t get me wrong, something needs to change. The United States is a nation with sky rocketing rates of obesity, diabetes and heart disease. Our desires for supersized portions are leading to supersized heart attack and stroke in all but the youngest among us. An obsession with cars, TV’s and computers is creating a society of sedentary sloths. Our desire for cheap fatty protein obtained from monstrous feedlots has resulted in pollution of water ways and dead zones within the oceans. A diet high in calories and low in nutrition combined with a sedentary lifestyle and liberally sprinkled with environmental toxins can result in a grocery list of “dis-ease” conditions to include but not limited to cancer, hyperactivity, osteoporosis, erectile dysfunction, immune dysfunction, asthma and depression.

Do not get me started on the quality of school lunches, what high heels do to the body or the consequences of an addiction to tobacco.

I do not believe that “National Health Care Reform”, as discussed on morning radio, will work if it must accommodate a nation willfully damaging their health. If I am to expect the government to facilitate my access to the health care system then it is only fair that I do my best and take care of my own physical, mental and social well being and make every effort to abstain from habits that lead to disease and infirmity.

I will be bold now and suggest that, in the spirit of social well-being, we work together and encourage each other to eat well (veggies, fruits, whole grains and lean protein), move and exercise (walk, dance, bike and play) and give consideration to the impact our actions have on our own health and the health of the planet.

Recommended Reading.

[8 Weeks to Optimum Health](#) - Andrew Weil, M.D.

[Healthy Moves](#) - Carol Krucoff and Mtchelle Krucoff, M.D.

[Chew on This](#) - Eric Schlosser and Charles Wilson

Dr. Laura L. Shook is a chiropractor with an office located near downtown Wichita KS. She can be reached by phone at (316)267-6522 or by email to gooddrLaura@cox.net