

Healtheorium®

By Mimi Borger

“Thinking outside the processed insurance box”

Not too long ago, a visit to a doctor or emergency room was limited to those with bacterial infections, bleeding, broken bones, or imminent death. Now at the drop of a virus or acronym, many Conventional Western Medicine physicians are dispensing antibiotics, vaccinations, drugs, and surgeries while getting paid from and answering to corporate or government entities. Politics and medicine have become co-dependent. Perhaps as Americans fill their bellies with empty calories and cover their progressively ill bodies with thin blankets of insurance, its time to revise their medical as well as eating habits.

In the past few decades, health insurance has changed and yearly costs have driven away with the family vacation money. Instead of purchasing expensive medical insurance, families might benefit more by spending \$100 each per month visiting homeopathy centers or deserted islands once a year to rejuvenate their bodies, minds and spirits.

Years ago, when I slipped a vertebrae in my neck, a neurosurgeon suggested removal of the disk. “Explain the procedure,” I asked. “Well,” he began, “First I make a vertical cut in the front of your neck. Then I move over the Jugular vein...” “Whoa...stop there!” I exclaimed, “I’m reserving the movement of my Jugular for my autopsy”. I could almost hear the collective heavy sigh of my primary care, neurology and orthopedic physicians.

Surprised that I would turn down the opportunity for a \$50,000 surgery, the insurance company representative explained they did not cover acupuncture or certain other alternative treatment in “The Plan”. At first, I agreed to their restrictions, accepting chiropractic care, months of physical therapy (with traction, TENS, and massage) and visits to several Conventional Western Medicine physicians. Although my neck and corresponding body parts improved, one of my arms remained numb. As a final resort, I paid \$750 up front for acupuncture. Six out of twenty visits later, acupuncture coupled with medical message began to pay off and I joined a local yoga class. I got back both the feeling in my arm and reimbursement by the insurance company for acupuncture. My doctors concurred – there was clear and direct benefit to the naturopathic quackery.

I finally saw myself holistically -- mind, body, and spirit. I learned new medical terms, and what it meant to integrate the best of the world’s medical experience and ideas in taking care of myself. Although I was well familiar with Natural Medicine, I visited local libraries and bookstores searching for information in order to more intelligently make medical decisions. (Available in this area are several bookstores, CNM, UNM, and the local Loma Colorado Library.) Some terms I researched were for different approaches to healthcare: Homeopathic, Ayurvedic, Traditional Oriental, Indian, and Native American Medicine. I read volumes on Folk remedies, Biofeedback, Hypnotherapy and Aroma

therapy. Still, constantly learning, just this past year, my dentist taught me the terms “Osteopathic Manipulation,” and “Cranial Therapy”, both fascinating areas of study.

I believe the best doctors see their patients as individuals; they are good listeners, and ask for detailed history; they teach preventative care and clearly explain treatment; they are open to new ideas and alternative medicine; they are careful to prevent complex harm from unnecessary surgeries, medicines or inappropriate treatment of any kind. Most important, they are more concerned with the quality of their work than with satisfying the standard treatment restrictions of government entities or corporate dictated plans.

Basic economics teaches us that consumption drives both cost and availability of care. In our great melting pot of people and power, elections and healthcare issues are on the horizon. I suggest that we each take a deep cleansing breath and with clear vision and intention move forward toward Modern Integrative Medicine.

(Originally published in The Observer newspaper, Rio Rancho, New Mexico, USA, December 18, 2007. Copyright© Mimi Borger. All rights reserved. Healthorium is a registered trademark)

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