

The Dawn of Disease



Our ancestors lived significantly healthier lives. When did it all go wrong?

Modern humans have created a society that is unique in the entire history of man. When reading historical literature on history and science, it appears our ancestors were not preoccupied with pain, suffering, and disease. Life was biologically organic, simple, and relatively stress-free. We, individually and as families, always depended upon ourselves and were sustained, both nutritionally and economically, in great part from what we grew.

In the 19th century, more than 90 percent of us were farmers. In the case where we cultivated one crop, we traded with our neighbors for what they grew.

There was not pressure nor demands on the average person to gain economic wealth and save for their very survival as they aged. Families, friends and community most often took care of their elders and revered their experience and wisdom. There was a rhythmic and natural cycle that was born out of love that rendered a sense of pure security that is rare today. Although not utopic—there was plenty of hard work and lean times—we still knew who we were and what roles we filled.

But in the mid-19th century, something changed. The English created industry that rapidly spread worldwide and became a new paradigm that led us off the land and into factories and urban ghettos. Losing our sense of purpose and surviving only to make enough to sustain became the first universal stressor.

When the elite accrued enormous wealth from the sweat of the populace, they then required a new class of educated people to help them run what eventually morphed into corporations. This gave birth to a burgeoning middle class that rapidly created the suburbs (peripheral of cities) to gain a little sense of the inherent need of land ownership.

In great part, we humans have never adjusted over the past century and a half to this newfangled way of life. When radio, then television, then computers, then cell phones entered the fray, mass communication became mass pressure. We not only were concerned about our family and community but now for the first time in history, we were exposed to national and global confusion.

Technology with all its benefits also became the venue for corporations to manipulate the hearts and minds of the masses. They actually created the teen-age years knowing that this was a perfect time to procure lifelong consumers for their products. When lacking the fulfillment of family and wider support systems, buying stuff became the unfortunate choice that never brought the reward. Materialism became the new religion, and if one felt they were unable to purchase what they desired, inadequacies mounted. Before they knew it, people were unable to think on their own or have any sense of independence. They became dependent upon a wide array of professions. When our children sneeze, we rush them to the hospital. When our marriages struggle, we rush to the lawyer.

Occasionally, people reflect on this insanity and ask the question, "Where am I," and, more importantly, "Who am I?" Our birthright was to contribute and be fulfilled, living passionately. Today, it is more about maintaining the status quo, pay-ing bills and hoping catastrophe does not touch us. Our current fear-related culture is the perfect percolator of physical and mental disease. There is no wonder why illness is the standard and that for the first time in history, babies born today will die five years sooner than their parents. Diseases that were rare a century ago, like diabetes, heart disease and cancer, are plagues among our youth.

We are all so familiar with this state of disarray that we think it's the natural state of affairs. But statistics on disease from the yonder years note that some of today's disorders were nonexistent and others were minimal. The only deadly dis-eases people succumbed to were contagious disease, and those not infected lived long, healthy lives. Data on life expectancy is skewed to make us believe we live longer today than our ancestors did. Barring infectious disease and infant mortality, which modern medicine has greatly alleviated, today's number of early deaths by lifestyle disorders are staggering.

Here in the United States, the Centers for Disease Control actually states that "80 percent of all major disorders are created from poor lifestyle choices."

Hippocrates Health Institute is the antidote for this killing field. Since 1956, teaching and supporting lifestyle change has helped hundreds of thousands reverse and prevent disease as well as premature aging. Sadly, this effective and proven remedy does not fit into the economics of today. Disease-causing foods, living high-pressured lives, possessing negative attitudes and taking medicines to veil symptoms is the current prescription disaster. As a matter of fact, when you suggest to mainstream health professionals that lifestyle is the most important prescription, they actually are out of touch enough to say that there is no proof scientifically that this is so.

From my perspective, it is time we come down off the ladder, get our feet securely grounded, and take back our lives. There is never a time when you are not the most important person to bring about your own healing and recovery. We health professionals can do more to love and support you, guide and teach you. Like it or not, you are in total control of your life and can heal and prevent any disorder. Anyone can live a long time when they have something to live for.

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