SCARY STATISTICS
**"We are very conservative when it comes to health
and very liberal when it comes to disease."
- Gary Null**

Weight:

* 64% of the people in America are overweight -- the highest percentage of any country in the world.

*Of those, 30% are classified as obese.

> *The rate of obesity has doubled for children and tripled for teenagers in the last 20 years.
> *In addition to a significantly higher risk for many health problems and chronic diseases, overweight people have a 45% higher risk of developing many cancers.

Specific Chronic Diseases

Chronic diseases are defined as illnesses that are prolonged, do not resolve spontaneously, are rarely cured completely and **are preventable**.

Heart Disease

> *Heart disease is the number one cause of death in America.
> *Cardiovascular diseases account for more than 40% of all deaths in the United States.
> *Women comprise more than half of the people who die each year of cardiovascular disease.
> *At least 58 million Americans have some form of cardiovascular disease, including high blood pressure.

Diabetes

> *18 million people in America have diabetes -- 6 million don't know they have it. Another 41 million have pre-diabetes, and most of them don't know they have it.
> *Type 2, or adult diabetes, which has been considered until recently a disease of aging normally striking adults over 40, is now afflicting pre-teens and teens in alarming numbers.
> *There was a 70% increase in adult diabetes for people between the ages of 30-39 from 1990-1998.
> *Diabetes is the #1 cause of blindness, kidney failure and amputations. Each year, among people with diabetes:

> > - 12,000-24,000 become blind due to diabetic eye disease
> > - more than 100,000 experience kidney failure
> > - 86,000 undergo lower extremity amputations

Cancer

> *One out of every 2.5 people will develop some form of cancer in their lifetime. That's almost half the population.
> *Over the next 5 years, cancer is predicted to surpass heart disease as the number one cause of death.
> *53% of Americans believe that most cancers are the result of genetic factors, while in reality, only 5-10% of most types of cancer result from genetic factors.
> *Sine 1973, the overall cancer rate has increased by 40%.

Note: A very recent study indicates that overall cancer rates have declined by 0.8% between 1990-1997. This is minuscule compared to the enormous increase over the last 30 years and says nothing about the many individual cancer rates that have skyrocketed.

Chronic Disease In General

*More than 90 million Americans live with chronic illnesses.
　　*Chronic diseases account for one-third of the years of potential life lost before age 65.
　　*Poor nutrition and lack of physical exercise are associated with 300,000 deaths each year, factors that may soon overtake tobacco use as the leading cause of death.
　　*Chronic diseases account for 70% of all deaths in the United States.

It is important to remember that the diseases mentioned above are chronic degenerative diseases. People don't just suddenly have a heart attack or suddenly "get" cancer or diabetes. These are diseases that develop in the body over a number of years. Tragically, they are not due to circumstances beyond someone's control. They are self-inflicted conditions. Given the high percentage of deaths attributed to chronic diseases caused by diet and lifestyle, we are in an era where the majority of people in this country are literally and frequently unknowingly, committing a prolonged rendition of socially-sanctioned suicide.

If 70% of deaths in America were the result of accidents, terrorist activity or infectious diseases, people would be storming government offices demanding that action be taken at a government level to eradicate the problem. Instead, a tremendous number of individuals and families are playing out what has become a culturally accepted epidemic of preventable chronic disease in the privacy of their own homes, living quiet lives of desperation tending to diseases. These statistics aren't just numbers on a page, there are people we see every day -- they are our aunts and uncles, our parents and grandparents, our children, our friends and ourselves.

The preceding statistics only provide a profile for those who already have the above-mentioned chronic diseases. The overall picture of things is actually much worse when you consider the many other chronic diseases not listed, not to mention the perils associated with the degenerative process. Plagued with a multitude of symptoms, syndromes, and discomforts, as their bodies progressively deteriorate, most people live a sub-standard quality of life during the years leading up to an established chronic disease. They suffer from sinus troubles, allergies, arthritis, chronic fatigue, lowered immune function, that the latest medical procedure was available to bail them out if things got bad, they were afraid to get sick and generally speaking, took better care of themselves. There is a laissez-faire attitude toward taking care of oneself that has developed over the last couple of decades that is due in part to the belief that if you get sick, modern medicine will take care of you.

This belief has been fostered by massive ad campaigns by the pharmaceutical and over-the-counter drug companies, to the degree that people immediately think of, or suggest to one another, a popular brand of drug to take at the mere mention of a symptom. We have literally come to translate a headache, stomachache, pain or any other disease in the body as a need for aspirin, antacids, ibuprofen or some other drug, rather than as a need to make better food choices, reduce our stress level or something else we could have done to prevent the condition in the first place.

Although, the modern medical field deserves to be heralded for its advances and contributions in the treatment of acute trauma, it is not without its problems and limitations. The Scary Statistics clearly make a statement about its inability to address chronic, degenerative disease.

You don't have to be one of the above statistics. But... change must start today!