

# *Let's Schmooze*

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## **Getting Ahead of the "For-Profit" health industry**

Not long ago, the journal of Health Affairs (Project Hope) reported that Americans had spent almost \$10,000 per person for health care in 2015. That's far more than the average health spending of other developed countries around the globe.

Wow! That's got to stop! Enough with price-gouging drugs and endless, unnecessary medical tests! America's for-profit health industry has morphed into a huge and shameless money center for those sitting at the very top of the corporate feeding chain. We're talking here about the huge insurance companies and pharmaceuticals.

There's only one sure way to stop this run-a-way exploitation of the American people. We need to cut way back on our need and demand for the services of medical professionals. The best way to do that is to start living healthy lifestyles.

Our bodies are holy temples for our sacred spirits. It's high time to keep our bodily temples in a condition befitting temples per se.

Refraining from excessive smoking and excessive drinking is de rigueur. Avoiding addiction of any kind is absolutely mandatory. Think about it. Addiction per se is a direct affront to our given free wills and autonomous psyches.

Eating, exercising and sleeping in due moderation is a great idea ~ no stressful extremes here. That would not be good for our temples, would it! Moderation in the basics of life can go a long way to enhancing enduring happiness and joyful longevities.

A good rule for ongoing slimness is to only eat when actually hungry, and to immediately stop eating when hunger ceases. Habitual overeating shreds personal happiness, and it ultimately drives us willy-nilly in the direction of the health professionals. That's no way to live!

In our daily routines, we need to exercise at any opportunity. Modern lifestyles are relatively sedentary, and we need to integrate physical exertion into our daily routines. Walk at every opportunity.

Beware those convenient robots! They may be convenient, but in robbing us of our natural physical movements, they ultimately drive us willy-nilly in the direction of the health insurance companies and the pharmaceuticals. Sure, that TV remote is convenient. But, it would actually be much healthier to get up and change the channel manually. Just think about it. Our temples are made to move; they are not made to just sit around. Here's a popular saying ~ if you keep it moving, it will keep moving!

Eliminate any annoying distractions when getting that good, well-earned sleep. Invasive TVs and ringing cell phones won't help you get to the REM stage, where we really rest. Turn all that mess off! Your sleep time belongs to you and your bodily temple, and not to anybody else. Guard your sleep jealously.

If we make a conscious point of living healthy lifestyles and protecting our bodily temples, we will minimize the time and resources that we hand over to the huge insurance companies, medical professionals, and pharmaceuticals. And, when America's health industry realizes that we don't need them as much as they thought we did, their retail pricing lists will plunge.

We need to do this until America's health costs per citizen are more in line with those of other developed countries. That means a big surge in healthy lifestyles, and a big plunge in industry health pricing.

Are you up to it? Let's get started now! Get up and do something physical. Be creative, and that physical exertion can be both fun and uplifting! Remember to eat like a mouse and nap like a cat!

~ *'til we meet again* ~