

Dr. Kelley Hails and my comments from the LN thread about alternative care and changing the current medical system (1/15-1/16, 2015)

Katrina Parsons:

As holistic medicine professionals how can we pull together to influence change? The medical system is a \$6 trillion industry.

Our physicians need to be empowered to treat the whole patient not the symptoms. If we become a healthcare system built on education and focus on outcomes and the patients overall well being, we will no longer be a society where prescriptions are the #1 cause of accidental death.

I am a person with a passion for an empowered approach to using essential oils, diet, and mindset I believe our doctors and medical breakthroughs should be focused where we really need them. I believe the symptom treatment model needs to be banished and rather than being at odds with doctors we should be joining forces to bring about a healthier world. Am I crazy?

(There were several comments from other people before this one, including some from me)

Kelley Hails, MD, FACEP, ABIHM
Healing Facilitator

I'd like to address a few repeated concepts that seem to be cropping up. My experience in almost 30 yrs in "conventional medicine" (emergency medicine) and even more in "alternative medicine" (energy work) has shown me that both of these systems work best together. I wholeheartedly endorse "complementary" meaning WITH, over "alternative" meaning IN STEAD OF. Although my practice in the ER was one which most holistic practitioners see as "necessary", I want to share with you my experience with hundred of primary care physician colleagues who would like nothing better than to incorporate holistic measures. The number one complaint of primary MDs? Not enough time with their patients, to address their whole psycho-social-emotional-spiritual needs. Why don't they just do it, you ask? Surprise- Western medical systems are NOT run by doctors. They are run by non-physician executives, lawyer, lobbyists, now politicians, and giant pharmaceutical companies that lobby these groups. The "private practice" in America is essentially obsolete. The practices have all been bought up by hospitals, HMOs, and other large corporate groups. Primary care MDs in particular are now treated like cattle. Most of the massage therapists I know make more money than primary MDs, and they don't have an investment of 12 extra years of education and \$800,000.00 price tag to pay off in loans. More and more, primary care doctors are stuck in micromanaged situations where every penny they make (of their \$60,000/year income) is controlled by how quickly they see patients and by "managing their numbers" i.e., getting their blood test results in a narrow range! It would be really nice to see some compassion toward your colleagues in traditional medicine, and I love that some of you espoused a "how can we help" attitude. My thought as to how to change this system? This is not a medical system. It is a political system, run by insurance and pharmacy

lobbyists and lawyers. The best way to change it is to support the elimination of lobbyists from our political system.

NOTE: When I copied the comments into a file, I found some typos I made, which I corrected in this version.

Me:

Holistic Health Prevention & Longevity Coach, plus Business Coaching

You raised some great points and you seem to have a level of awareness that is well beyond the doctors I've encountered.

And yes, big pharma, device and surgical manufacturers lobby congress daily. Big pharma has the largest lobbying army in the U.S. with about 1,200 high-paid influence peddlers, influencing everything from FDA regulations to medical education and research.

They spend about 50 billion annually on marketing, most of which is for behind-the-scenes operations: so-called educational conferences, continuing ED, hospital and university grants, with many key university and medical researchers serving on their boards to keep everyone close and under their sphere of influence.

The problem I have had for many years is being called a “quack” and "dangerous" because I work with clients using nutrition, exercise, stress management and lifestyle changes to improve their health.

Too many in medicine buy into the fraudulent and bogus research that either attacks supplements or glorifies drugs. The vast majority of doctors I've encountered are horribly uninformed about how corrupt research has become. They are taught to "believe" research if it's published in their favorite medical journal. Most seem to have no idea how to debunk what is often industry-written studies, with well-known medical doctors shown as the authors when they didn't participate in the work.

This link may or may not shock you, but I do think too many MDs are arrogant and willing to attack anyone who does things differently than they do. I've experienced their aggressive intolerance for decades (and also been injured by their terrible practices):

<http://www.endsicknessnow.com/5-big-medical-lies>

Kelley Hails, MD, FACEP, ABIHM
Healing Facilitator

Steven, you are so right about the financial impact of lobbyists. And certainly, some doctors will always rebuff you. After reading your blog, which appears to hate-monger those in medicine, who can blame them for rebuffing you as well? We each carry around an energetic imprint pattern that everyone- not just those of us trained in energy work- can feel and react to. I suspect

until you change the pattern of attitude you carry around with you, you will always experience the same problems. What you resist, persists. This is how Ghandi freed India, and changed the world- by peaceful nonresistance. Our own consciousness is what creates our experience in the outside world (outside of ourselves, of course.) This is why you have a totally different experience than I have had. You say "too many buy into" this and that. Of course this could be true. So what? Are you simply not allowing yourself to see the ones who do see things like you do? My experience is that more and more allopathic physicians are thirsty and drinking up the new, more holistic information available to them. Especially when the science is presented to them; we have all been taught to read the literature critically. There is even a whole new trend in medicine, integrative medicine. More and more are open to it. Whatever we focus our attention on, grows. Don't let a few naysayers determine your future. Find the doctors who are eager to work with you. I can assure you they are out there. My colleagues contain both naysayers and eager learners. Most of them are overworked, exhausted from battling a system they don't agree with, and fully aware that traditional allopathic medicine doesn't have all the answers. I feel it is inauthentic and prejudiced to overgeneralize any group of people.

Me (2 comments):

Holistic Health Prevention & Longevity Coach

Thanks so much for the lecture and lack of compassion and understanding!

I thought there was hope for you but alas, It's more attacks, denial and the same lack of accountability I've seen in medicine for decades. I have been victimized far too often to again be blamed for medical failures.

You are an insider, something you clearly forget. You seem to have no idea of the endless vicious and personal attacks I (and others) have been subjected to, along with the injuries and high costs your medicine has cause me, including friends and loved ones. You seemed skilled at making excuses.

You are still part of the problem, in spite of the manipulative language you use. Blaming someone who has already been victimized and abused by the medical system is just more of the same horror. Nice, and so very revealing that at your core, you are just the same!

Me:

Holistic Health Prevention & Longevity Coach

I might also add that many of my blog posts (apparently the ones you chose not to look at) are about nutritional and lifestyle education, enlightened, positive change and breakthroughs in understanding about health, fitness, longevity and many other important areas of wellness.

So for those who question the truths I tell, feel free to browse the over 100 posts I've written, (about 1,000 pages) all well sourced and based on credible articles and research studies.

I can't condemn the bias and disrespect this so-called doctor put up enough! Astonishing!

NOTE: on 1/16/15, I did a quick scan of the site, and it looks like maybe 10-15 posts are about medical problems, even including some of the myth posts. Before that I don't think there were any, meaning I have about 15% of my posts about problems with medicine1).

Kelley Hails, MD, FACEP, ABIHM
Healing Facilitator

Dear Steven, "Our own consciousness is what creates our experience in the outside world." I'm looking for blame in my statements. You say it is there, you could be right, and I'm just not seeing it right now. I don't find any excuses in my statements either. I advocate taking responsibility for our own thoughts and behaviors. One of those thoughts might be "I'm a victim." This is a disempowered thought by which we keep ourselves down. Automatically we are giving away our power to someone we see as bigger, stronger than ourselves. I would question it's merit, and it's hidden benefits too. Again, don't let a few naysayers determine your future. I wish you the best in your work.

Me (2 comments again):
Holistic Health Prevention & Longevity Coach, plus Business Coaching

You continue to evade, dismiss and do your PR dance. It's so obvious that you are detached from the real world, using clever quotes to avoid what you said.

I'll make it very simple: Based on my previous comments, you have twisted and evaded much of the substance and misstated the overall content of my blog. You keep providing a type of corporate dancing, an irresponsible approach given the gravity of my life, terrible experiences and the rest of what I have pointed out.

See if this sounds familiar:

"After reading your blog, which appears to hate-monger those in medicine, who can blame them for rebuffing you as well? We each carry around an energetic imprint pattern that everyone- not just those of us trained in energy work- can feel and react to. I suspect until you change the pattern of attitude you carry around with you, you will always experience the same problems. What you resist, persists."

So you advocate taking responsibility (BTW, many of my worst medical experiences happened when I was a child, something you know nothing about and show no concern about either), but you take none of your own. It's so telling.

Me:
Holistic Health Prevention & Longevity Coach, plus Business Coaching

Just for some perspective, when I've told average people about the terrible medical treatment I've been through, the arrogance, cover-ups and unfair costs, people react with compassion and understanding.

Some have been there themselves, other's have had family or friends suffer or die from medical procedures. I've lost friends to those very problems (often avoidable).

Yet, we have the Gandhi-quoting doc who offers no compassion or concern whatsoever. Instead, she lectures and uses clever quotes to direct all the responsibility for medical injuries and corruption back to the patient. Does this seem familiar to anyone else???

It's nothing but the same issues and problems we have all been through and have been discussing. These are not solutions, they are denial and evasion, pretending to be what they are not.

Me:

Holistic Health Prevention & Longevity Coach, plus Business Coaching

Finally, the so-called doctor, Kelley Hails, MD, really typifies the corruption many of us have seen or experienced in medicine.

Blaming the patient's attitude for cruel/botched medical procedures and injuries sustained from following medical advice for taking prescription drugs, and making excuses for other doctors' unprofessional name calling and trash talking is the height of corruption, but it's more of what's I've seen in medicine all my life!

For those who want to know, she apparently practices in Portsmouth NH, and does cosmetic surgery? After checking into her a bit I wonder how old her picture is?

Kelley Hails, MD, FACEP, ABIHM
Healing Facilitator

Steven, thanks for asking, My photo was taken in November, 2014, since you are interested. I've personally had medical disasters occur to me, and my family, and I've had medical miracles as well. There are certainly terrible practitioners of medicine out there, no doubt. There are also terrible practitioners of every other profession as well. There are good practitioners of both. Let's honor the good in each person and collaborate.

Me:

Unfortunately, cover-ups in medicine are too common, and the link I included above has quite a few examples of that. The last procedure I went through (what should have been a fairly routine screening test) resulted in an injury, one which required additional medical treatment.

The doctor who ran the scanning center denied the whole thing, and tried to blame my age for the problem! They refused to pay for a penny of the extra testing and care I needed (believe me, it wasn't my fault, it was his staff people), even though I provided him with documentation.

He then pressured the new doctors to change their view about what happened, in spite of having bleeding where I shouldn't and lots of pain for weeks!

That was part of a national group of scanning centers. When I posted some online complaints, I heard from many more people who were also treated badly and abused in a similar way. The centers were sued by several states for fraud and abusing seniors and all of them were closed. That's how medicine works these days.

Another point is that all of the expose' articles I write about medical errors and injuries are supported by medical studies and doctors who have the courage to expose the corruption, greed and dishonesty in medicine. In spite of some who claim it's not that common or that I generalize too much, these problems are rampant!

I provide hundreds of expert quotes and source material/links in that article, which runs about 90 pages, so it's not hate mongering as it was incorrectly called.

Rather, it's the truth, as documented my numerous studies and medical insiders, including drug sales people and universities and more enlightened MDs!

Me:

I guess our comments crossed. So have you had cosmetic procedures done?

And the issues of "other professions" is such a typical PR stunt and so reflective of the use of platitudes to again dismiss the serious issues we have brought up.

When medical people misdiagnose or make medical errors, people are injured or die! I guess you want me to feel like I will die or be injured if my accountant makes a mistake? Sorry, it's NOT an equal situation but thanks for trying! LOL!

Perhaps this will help (copied from my previous comment above):

Here is the lead-in and a list of stats I copied from the link I provided above:

1. Medical practice causes millions of deaths and injuries annually. The numbers are both staggering and grim, affecting the lives of millions more family members and friends. Yet the numbers are a normal part of medical practice, affecting lives and ruining families every day, even as mass media rarely reports these widespread problems (see source links below for articles and research):

* More than 4 million people are treated for drug side effects at doctor's offices and ERs annually (about 12,000 per day), costing billions for extra treatment

* About 140,000 die annually from taking prescription drugs as directed

* About 200,000 people are injured by preventable hospital mistakes annually, contributing to numerous deaths and injuries, costing about 20 billion for additional treatments

* There are 10-12 million patients misdiagnosed annually, costing lives and billions more in additional costs

* Total medical costs are approaching 3 trillion annually (we spend the most by far), yet the health and longevity in the U.S. is ranked well below other advanced countries, often 25th or lower

* Modern medicine wastes about 750 billion annually from errors, misdiagnosis, fraud, waste, etc., which brings extra money to doctors, clinics and hospitals

* Most experts agree that \$3 of every \$4 in medical costs are caused by preventable chronic diseases, traced to unhealthy lifestyle choices and behaviors

* Most doctors study little prevention, nutrition, exercise/fitness, lifestyle modification, etc.

As for most evidence-based medicine that's also a falsehood. Many independent researchers and journals have found that only a small number of most drugs and procedures are actually backed by credible research. The numbers are in the 10-15% range, meaning 80-90% of drugs, medical procedures and surgeries are NOT backed by credible research!

Hence, the terrible carnage above.

I added this later:

You are clearly very well-practiced in the art of misdirection and evasion, showing how deeply political you are (funny how you blame the medical system for being political).

You are so very self-serving, just like the majority of other doctors I have had terrible experiences with. You have employed the following tactics, showing a consistent pattern of denial, cover-up and unprofessional behavior:

- Blame the patient, even a child of 3, for the ignorant and damaging medical treatments and abuse your industry fostered
- Blame the person and their attitude for exposing the abuse and name-calling they have received from other doctors, defending their actions (because I really deserved it; they are the real victims)
- You have presented doctors as victims of the entire medical system, even as you say we are all responsible for our own thoughts and actions
- Your bogus comments are based on a strategy of blame-the-messenger for exposing the sweeping corruption, incompetence and carnage of the medical industry, even though it's supported by hundreds of medical and research experts, including many doctors and universities like Harvard, and quoted directly from their work

- And not once, even when confronted with all of this grotesque and abusive behavior have you ever apologized

I added this comment after someone asked for solutions:

As a health and wellness coach, I help clients improve their health, life and finances if they need it. I've been reading, researching and writing for many years (easily several books-worth of content now), all sourced and credible.

I've written several breakthrough articles about genes, lifestyle and aging, something most docs really don't know about.

Here are some of those links:

* <http://www.endsicknessnow.com/telomeres-genes-and-aging> (lots of science quotes later on)

* <http://www.endsicknessnow.com/stem-cells-health-and-aging>

* <http://www.endsicknessnow.com/for-long-life-talk-to-your-genes>

The focus I have is on coaching and supporting people to make positive changes in their lifestyle, through improved nutrition, more activity/exercise, stress reduction, quality sleep, etc.

And it's safe, no one gets injured! :)

NOTE: I added this comment in response to another comment about blood tests looking normal on 1/15:

Me:

Nicely put! I tell clients that just being in a "normal" range is not the whole story. Sometimes, tests show normal but the values are rising or dropping from past years. So there is a trend but it won't necessarily be noticed.

Also, people can have "normal" tests but feel crappy: low energy, weight gain, poor sleep, mood issues/depression, etc. I try to dig deeper to find out what's wrong. Guess what??? They are often on medications!

And when I look up the drugs and side effects, their problem is often right there!

I'll send them the link (drugs.com has tons of info), and they are shocked because their doctor said nothing about it!

So I try to help them find alternatives and there are often many. Drugs treat symptoms, they don't nourish or fix most digestive, metabolic or hormonal imbalances, even mood and low-grade

inflammation or high BP can be improved. and you always get side-effects, even if you don't feel them.

Most drugs never restore health, they hide symptoms so people feel better but the problem is still there. It's deeply irrational, except in a few situations.

There are lots of alternatives around.

The next day (1/16/15), I added this (after several more people added comments):

Me:

People should also be aware that if you offer alternative health or wellness care (nutritionist, coach, etc.), and you are working with an MD, you need to be very careful.

The reality is that if a patient's health declines, you will be thrown under the bus first. A doctor will protect his or her profession first. There are real liability issues in this situation.

As the patient, I've already been blamed for bad medical outcomes by doctors. Don't expect that the supplements or herbs or other treatments you recommended will be held blameless. Even in this forum, I have been outrageously blamed by an MD who knows nothing of the circumstances I went through, either in my role as a patient (many times, starting in childhood) or as an alternative health provider (it's okay because I brought up alternative methods and debunked bad research so it was okay to attack me). Most MDs will turn on you faster than you can say your name.

Many of us are already doing the right things today. It's medicine that has a long history of attacking alternative methods as quackery. BTW, do any of you know why this happened?

It's near the end of that long post. It's marketing and profit. The allopaths always killed people with unproven treatments and people at the AMA began a marketing campaign to discredit the competition: herbalists and alternative healers as quacks. The campaign is ongoing. It's about turf and money and has been for over 100 years. Here are 2 quick quotes from that previous link:

Numerous experts and writers have pointed out the shocking history of the American Medical Association (AMA) before, including racketeering, corruption and monopolistic practices. In the past, Allopaths, as modern doctors are sometimes called, used treatments like toxic mercury, lead, radium, lobotomies (70,000 lives destroyed), blood letting, and surgeries without anesthesia (how cruel is that?). Countless lives were destroyed by these medical procedures (the video history of these medical practices below will shock you)!

The AMA has been on a witch-hunt since its conception. In rare moments, it has been candid in its motivation: profit. The AMA has opposed all forms of medicine that have cut into its profits, not just non-traditional forms of medicine. They've attacked midwifery, acupuncture, homeopathy, naturopathy, massage therapy, physical therapy, nutrition, optometry, chelation therapy, and the list goes on.

Talk is cheap and in this forum, there is lots of talk but little accountability or understanding.

For those in about half the U.S. states, you can't call yourself a nutritionist or offer any advice or work with anyone regarding nutrition unless you are in the AND/ADA. Even people with masters degrees or naturopathic docs can't offer nutrition advice. Why? The AND, formally the ADA (the dietitians organization, the ones who told us not to eat nuts or cheese or fat and have plenty of veggie oils) has lobbied to pass laws in 25 or 26 states so they too could have a monopoly and control all nutritional advice. No big deal you say?

These people and their millions given by big food companies set up sting operations and if you get caught, you can face fines or jail! And if you assume this was done to protect the public, or that there were complaints from bad practitioners, nope! Most had none whatsoever. It's money and power! People here seem to be talking without any real grasp of the system we have and how limiting it really is!

Me (also 1/16/15):

I should have grabbed this map. For anyone who is in the U.S., be sure to know the laws of your state if you give or plan to offer nutritional advice, coaching or even write a blog that includes nutrition (this can include e-mails and other communication)!

Red and yellow states have severe restrictions; orange states have some flexibility but are also restricted. Fortunately, I live in a green state, so I am not restricted in giving nutrition coaching (the ADA tried to pass laws here several years ago, but there were no complaints and the legislature saw no basis to give dietitians a monopoly).

Notice that NH is a restricted (orange) state:

<http://www.nutritionadvocacy.org/laws-state>

I cover this issue in more detail on my blog. BTW, I checked this morning. Only about 15% of my posts are about medical problems, including some on medical myths (they are pervasive, especially about aging).

So for daring to expose the problems in medicine in about 15% of my posts, I'm a medical hate monger!

This is how people use distortion when they want to demonize other people's truthful work. It's pure politics, talking points and a need to attack. This from your Gandhi-quoting doc!