

# Freedom in Hospital Care

by Deane Parkes

**N**atural food, natural remedies and exercise have been my first choices in health care since the early '70s. But as I age and see my friends caring for parents or coping with their own illnesses, I've become concerned about access to my own choices were I ever admitted to hospital.

A friend recently diagnosed with cancer was offered as her only option a combination of chemotherapy, radiation and surgery. Natural treatments were not even considered except with the party lines, "vitamins are a waste of money, they're unproven, you are crazy, does your family agree with your decision?"

## Health scare, not health care

How about statin medications, heavily promoted to lower cholesterol and Canada's most popular drug category? "Take statins or you will die" is a powerful and scary message promoted by conventional medicine. It's also a big fat lie. In cases of heart disease and others including diabetes, natural therapies work as well as or better than drug therapy—but then you likely already know this as Health Action Network Society members and *Health Action* readers.

How sad that, in 2015, society still allows the medical and pharmaceutical industries to control our health care and restrict our choices now and for future generations. And the government blesses this



by keeping safe and natural remedies unapproved and under threat of heavy enforcement.

## "Health-corp," not health care

A large percentage of Canadians, if offered a choice to address mental or physical illness, would choose natural first. Yet our tax dollars are restricted to one medical/pharma choice.

Imagine, one drug sells for billions of dollars a year, no discounts, paid by taxes, approved and protected by governmental health care. A brilliant yet twisted business plan!

The think tank C. D. Howe Institute certainly has taken

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note, saying in the report, *Paying for Hospital Services: A Hard Look at the Options*: "Hospitals play a central role in the Canadian health-care system. In fact, many have

argued that hospitals play too central a role. They and physicians are the only health-care providers enshrined within the Canada Health Act (1984) that provincial governments are required to reimburse for medically necessary services."

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## Ideal health care

If things do not change soon, I predict that people who do not follow drug protocols or vaccinations may be restricted from health-care insurance. Future generations are in for extreme pharmaceutical manipulation.

Those who oppose the system find themselves alienated quite quickly—and the red tape and long-term lobbying to make change require heroic effort.

The nice thing about the illusion of democracy is freedom of choice; if I choose chemo, radiation or surgery, my choice; if I choose natural treatments, my choice—all provided through a local hospital and covered by a medical plan. This is my ideal for the future of Canadian health care. ☺

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