

“THE NEED AND SUCCESS OF ALTERNATIVE/INTEGRATIVE MEDICINE”

By Dr. Michael John Badanek, BS, DC, CNS, CTP, DACBN, DCBCN, MSGR./CHEV

There is much support for the apparent success of alternative medications in the treatment of chronic diseases and disease prevention by comparison with conventional methods. The intransigent resistance to incorporation of integrative and complementary medication into our current healthcare system further exacerbates progress in public health. Prescription drugs are generally recognized as essential means in the treatment of acute diseases, but their continued exclusive application in the treatment of chronic conditions incurs significant, unnecessary risks.

From the beginning of human life, our bodies have depended upon food to provide the fuel needed for our existence. Sources of such food come from plants and animal sources, entering the human digestive system, where they are converted into fuel for everyday living. Food is our energy source and it is processed through the digestive system, its primary purpose. After our energy needs are achieved, the additional activity of metabolizing the remaining food ingredients takes place to provide necessary components for body mass and health maintenance. It is a necessary additional function of food to further absorb nutrients in the digestive tract providing “medicines” in support of the human immune system.

The phytochemicals (inherent plant compounds) in foods and the cellular composition of our bodies are compatible with organic chemistry reactions. The maintaining of a balanced diet enables us to preserve an overall healthy condition. Common sense concludes that the human digestive system is “keyed” to the intake of food only. Our digestive systems react negatively to non-food items being encountered. Occasionally, new food varieties are introduced from other regions of the world and we adapt to such new foods based upon a common phytochemistry of universal food components and body chemistry. All foods share the basic combined composition of proteins, carbohydrates and fats, which are compatible with the human digestive system and present few or no significant threats of untenable reactions. In principle, these combined processes were designed to meet the total requirements of continuing human existence from both the energy and health aspects. Food is undoubtedly the intended

source of providing both nutrition and medicine in support of the natural immune system. In what ways can this system be impaired or fail to function in its purpose? Apparently, for this process to continue successfully uninterrupted, the quality and supply of nourishing foods must be maintained. The health aspects of this natural process will also be affected by environmental forces, which impair our DNA and cause resultant diseases and undesirable health conditions. Nevertheless, preservation of the balanced, natural system is much preferred despite such environmental attacks and the current deficiencies in the quality of foods. Our efforts and planning should be directed towards this objective.

Dr. Badanek has been and currently is 35 years into active/private practice in the Ocala/Marion County, Florida region. Find him online at Dr.Badanek.com and www.alternativewholistic.com, and see what the facility has to offer the sick and health challenged. To schedule an appointment call 352-622-1151