

Medicine and Health

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We have received information about how and according to what principle medicine developed in the ancient civilization of Mesopotamia: each doctor, depending on his rating, had his own circle of patients. They paid him in direct proportion to the number of healthy clients. He was financially interested in ensuring that his charges were healthy. At that time, the causes of diseases were little studied. It was believed that illness was the work of God and it was forbidden to delve into it. Doctors devoted their attention and care to maintaining health and, in case of illness, prescribed natural remedies that strengthened the body and did not harm it, which we do not see today with drug treatment, when using artificial pills. The same system was observed in Greek civilization. We have reached records of Indian, Chinese, Tibetan and other methods of treating diseases with herbs and other natural products, which are still in great demand today.

In the last period of the new era, with an increase in the number of sick people, doctors began to focus their attention not on studying health, but on diseases, their causes and how to get rid of them. Health problems have faded into the shadows. With the development of chemotherapy, drug treatment based on the achievements of chemistry as a science has increased. Until recently, in the post-war period, there were so many pharmacies in Leningrad that you could count them on your fingers, and their price list was limited. Today, pharmacies are multiplying so quickly that pills are sold everywhere, even in bakeries. The tablet has become the second most consumed product for modern people after bread. As a result, despite the development of medicine and drug treatment, the number of patients is only growing.

It is necessary to reconsider your attitude towards medicine. There is a state program “health of the nation”. Under this program, the main cash flows go to the development of medicine: modern hospitals and clinics are built, the latest expensive equipment and devices are purchased, drug production factories are opened, new pharmacies are put into operation, etc. Indeed, medicine has made a breakthrough, we are proud of our doctors, they perform unique operations, saving thousands of patients from death. Then how can we explain that in recent years the mortality rate has been increasing, the birth rate is decreasing, the number of patients is increasing, the number of medications used is increasing, the number of people with bad habits, etc.?

Despite great achievements in medicine, we do not see success in improving health, and this is natural. The large sums of money that go towards the development of medicine have little to do with health.

There are two opposite poles. On the one hand there is a healthy person, on the other hand there is a sick person. Either we actively engage with a healthy person, study what a healthy lifestyle is and do everything to prevent a healthy person from becoming sick. Or we study diseases and try to help the patient. It is necessary to understand that a healthy person also needs support, just like a sick person. Without support, he turns into an ordinary person, a consumer, lives a “sedentary” lifestyle and rushes towards illness. Unfortunately, we are taking the second path, which is not effective. In the second case, we do not see a healthy person, so the ranks of the sick are constantly replenished. At the first stage of Soviet power, our medicine was organized into the Ministry of Health. This means that her main goal was to protect her health. It clearly does not fulfill this main task.

Doctors do not deal with health, they have a poor understanding of the concept of a “healthy lifestyle”, moreover, many of them do not follow its principles, lead a “sedentary” lifestyle, have bad habits, but it should be noted that they successfully treat, unfortunately, This is a completely different field of activity.

How can you demand that a doctor solve a health problem if he has little idea what it is? Moreover, the more patients, the greater his benefit.

“Modern medicine already knows how to treat, which alleviates the suffering of patients, but does not know how to cure.” V. Voitenko. The task of doctors is to bring the patient out of the climax of the disease. No doctor, having cured a patient, can guarantee that he has become healthy. Moreover, it often happens that a patient, having left the hospital, returns to it again with the same diagnosis.

“Treatment is not the road that leads to the temple of health” I. Brekhman.

There are two verbs: to heal and to heal, two different actions. Treating is only the first stage, which is necessary to move on to the action of healing, because treatment is not capable of making the patient healthy.

Today, priority is given to a sick person, and this is humane; he needs care more than a healthy person. From a tactical and ethical point of view, this is correct. From the point of view of the strategy of the general government approach, this is a mistake.

If we want to have fewer sick people, we need to focus on healthy young people, and direct the main cash flows to the development of infrastructure that would help educate young people on the basis of a healthy lifestyle, so that they never fall into the hands of doctors with great respect for them.

American doctors prove that disease prevention is 100 times cheaper than treatment.

In the media, doctors assure us that for the purpose of prevention they are conducting large-scale studies of the health status of the population. In cities, this means conducting medical examinations of various population groups, and in villages through mobile laboratories. This is actually a misconception. Prevention refers to measures that prevent the occurrence of diseases. In the Age of Physical Inactivity, most diseases arise from lack of movement. This problem can be solved by the massive development of sports. Back in the 4th century BC, the ancient Greek philosopher Plato argued: “gymnastics is the healing part of medicine.” More than 2 thousand years have passed and what has changed. Doctors still pay little attention to physical exercise. In hospitals and clinics we do not see a healthy lifestyle room, a gym, treadmills, morning exercises, swimming pools, physical therapy specialists, etc. Patients in hospitals lead a parasitic lifestyle, eating and lying down, which slows down the treatment process. This is all done under the slogan: “Gain strength.” In fact, it only slows down the remission process. Modern medicine in the media is actively promoting a variety of pills, which sometimes even have an aggressive nature: “buy a pill and you will be healthy.” This method of deception is very common. The average person himself does not want to make any efforts to help himself; he relies entirely on the doctor, and is ready to follow advertising. He believes that someone will do this for him, and he will buy himself health. Health is work, and you can't do without physical activity and sweat. To be healthy, you need to have a sufficient number of “healthy lifestyle” specialists, then there will not be such an urgent need for doctors. In practice, there are many more doctors and their number is growing, but there are much fewer physical education specialists. This ratio needs to be changed in favor of physical education specialists.

A doctor is needed when an abnormal situation occurs, when a person loses health; this should be an exception to the rule. “Every disease is anarchy, it is a rebellion against nature, the patient himself caused this anarchy, therefore there is no pity for the patient, he puts himself outlawed.” S. Zweig.

A person suffers losses not from diseases, but from the lifestyle that leads to them.

Many doctors believe that every person at birth receives a certain amount of health, and he is obliged to spend it sparingly in order to prolong his life. Physical activity is considered the main

consumable. In everyday life we often hear wishes: “take care of your health.” People avoid physical activity, especially if it involves some effort. The person began to use the elevator so as not to climb the stairs, began to use an electric saw instead of a hand saw, began to use transport so as not to walk, and so on. This position causes great harm to our health. “Nothing drains a person more than prolonged idleness.” Aristotle. The fact is that our heart, and this is the main motor of our body, operates on the principle of a car battery; when it does not work, it quickly breaks down. “The heart needs systematic recharging. By strengthening our hearts, we prolong our life. “Most likely, we will leave the game not so much because your body is worn out from constant work, but because you did not load it enough” G. Gilmore. This disastrous picture is the result of the basic principle of medicine “do no harm.” It is common practice that when a young man falls ill, doctors immediately exempt him from physical education and sports, guided by this principle. Which patient can be harmed by a walk in the fresh air (this is also physical activity) - it all depends on the dosage of this activity, and this is determined by a physical education specialist, not a doctor. The doctor should not decide to relieve the patient from physical activity. This should only happen in pastel mode, and then teachers and instructors themselves must solve this problem on the spot

Drug treatment is a big business that generates income of up to 100%. Businessmen earn billions of dollars from this. Businessmen should not be allowed to make money from the illiteracy of the population.

“Two thirds of medications are prescribed to patients without proper justification. They either have no effect or are not needed. Recovery takes its own course and only coincides in time with self-medication, with the processes occurring inside the body.” N. Amosov. Our body is so complex and rational that it itself, regardless of the doctor, carries out the course of treatment. The main engine of our health is the heart. In the fight for health, it is necessary, first of all, to strengthen our heart. It has been proven that the heart and blood vessels actively develop through aerobic physical exercise (walking, running, cycling and skiing, orienteering, swimming, triathlon and skating). Instead of promoting these sports, we, with the support of medicine, engage in external beauty: massage, selecting a variety of creams for the face and body, masks, compresses, diets, facelifts and other parts of the body, liposuction, saunas, monitoring the appearance of our body, in other words, getting fit, etc. Many people, especially women, spend a lot of money and time (hours) on this area. Of course, it’s nice to look beautiful, but you need to understand that no amount of external beauty will save you from illness, if you don’t strengthen your cardiovascular system, then the hospital is waiting for you. Another example where medicine intervenes in the field of health, essentially without understanding this concept. For many years, there have been “health programs” on television on various channels, conducted by excellent professional doctors. Please note that these programs talk about a variety of diseases and how to treat them. There was not a single program that was dedicated only to health and the concept of what it is. Instead of talking about health and educating a person on the basis of a healthy lifestyle, doctors draw all attention to diseases, thereby showing our dependence on doctors. In their opinion, the main figure in the concept of health is the doctor, and this is a misconception. The main figure is a specialist in physical culture and sports.

What is the difference between a specialist in physical education and sports and a doctor. In the first option, a specialist, using a variety of physical exercises, develops a person’s physical qualities, which actively improve the functioning of all organs and systems of the body. It affects the entire human body, strengthening its health. The doctor works precisely. He studies the patient’s health status, makes a diagnosis, finds the source of the disease and destroys it using all possible methods, saving the person from the threat of loss of health and even life. A doctor indirectly influences health, but his capabilities are strictly limited to his specific tasks.

Scientists prove that health depends 55% on a healthy lifestyle and only 10% on medicine. From this we can conclude that there should be 5 times more healthy lifestyle specialists than doctors. In practice, we see the opposite picture. Modern medicine is undoubtedly needed, but a conclusion must be drawn: 55% of cash flows for health promotion should go to creating a sustainable healthy lifestyle and only 10% to medicine. Unfortunately, in practice we have the opposite.

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