

# “An Ounce of Prevention Is Worth a Pound of Cure”

by Dr. Melody Iles

Worldwide, only 10 to 30 percent of the population uses allopathic (modern or Western) medicine. Most use wholistic, or traditional medicine, as their primary form of health care, with allopathic as a secondary source. The United States, which relies mostly on allopathic medicine, has the highest health care expenses in the world, and ranks 37th out of 50 countries for quality of health. That means many third world countries have healthier people than the US.

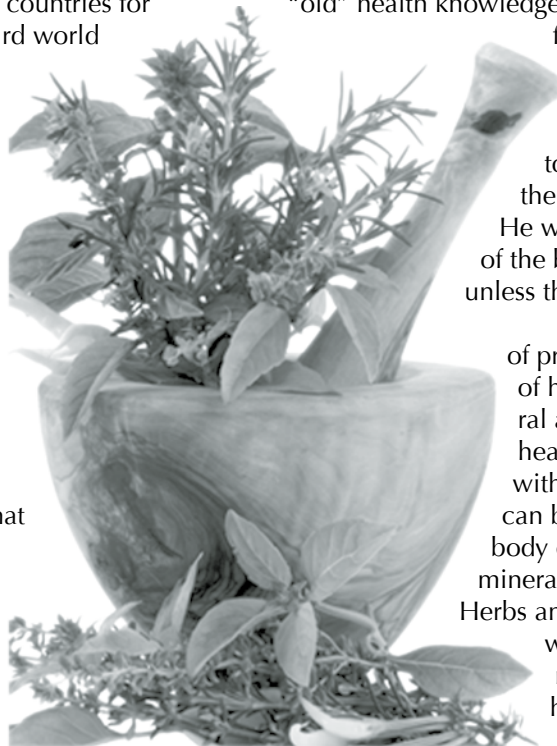
For more than 5,000 years, wholistic medicine was a way of life; however, during the 20th century, the practice fell from favor in the Western world and medical advances created a shift in health care. We waged war on germs, identifying them as a disease-causing source. Gaining health became a process of killing unseen invaders with synthesized drugs. As a result, people believed they could get away with unhealthy lifestyle choices and that modern medicine and surgery would “fix” them.

Our quality of life is determined by the seemingly insignificant choices made every day. Ninety percent of illnesses and premature death can be traced back to lifestyle choices such as drugs, alcohol, nicotine and the less-recognized dangers of sugar, fast foods, stress and lack of exercise. Over time, these choices diminish our quality of life and set the stage for disease. Unfortunately, we now know that for some health

conditions, modern medical cures have proven to be more harmful than the disease. People are turning back to the wholistic approach to healing to enjoy vitality, health and well-being.

Wholistic health practice supports a higher level of wellness by working to prevent disease and illness. This “old” health knowledge that we have almost lost is worth fighting for; for it will ultimately change our lives for the better and provide us a healthy youth and allow us to age gracefully. We need to remember the wisdom of Socrates, the Greek 4th century BC philosopher. He warned against treating only one part of the body “for the part can never be well unless the whole is well.”

Wholistic health is that one ounce of prevention, and should be the first line of health care and wellness. In the natural and elegant simplicity of wholistic health care, disease can be prevented with plant extracts. Germs and bacteria can be destroyed with herbs, and the body can recover with medicinal herbs, minerals, natural vitamins and a good diet. Herbs and wholistic methods do not come with the hefty side effects of some medical procedures and drugs. And herbs and natural therapies allow the body to heal in harmony.



For more info, contact Melody Iles, NP, PhD, at Natural Health, 315 Main St, Conway, at 843-488-3440 or 843-446-0293, or email [Info@Natural-Health.cc](mailto:Info@Natural-Health.cc) or [Miles@SCWellness.net](mailto:Miles@SCWellness.net), and visit [SCWellness.net](http://SCWellness.net).

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