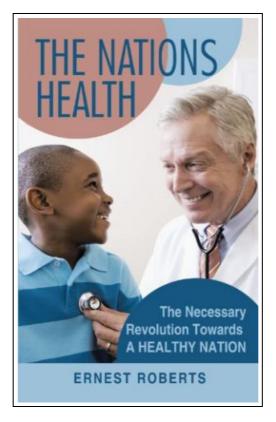
# The Nations Health: The Necessary Revolution Towards A Healthy Nation (Paperback)



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AUTHORHOUSE, United States, 2011. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*. The book reviews the causes of illness and offers solutions towards providing good health and health care in an effective and affordable way. In 1948 the NHS budget was 170 million with no provision for any increase, assuming the population would become more healthy. The reverse has happened: evidence is given to show that the health of the nation has deteriorated. The NHS now costs 100 billion a year putting pressure on its continued existence. There are two main causes for this and for the present crisis in health care provision. First: The Welfare Principle that the State will provide in key areas including income, education and healthcare. This has lead to the end of self-reliance and responsibility. The causes of ill health largely depend on the choice of each individual s life style, diet, cooking and eating habits. It is clearly unfair that the whole population should pay for the consequences of individual s irresponsible choices of lifestyle and diet. The origins of the Welfare State are described. An approach to eating healthily based on natural principles of diet and cooking which is probably the only thing over which we have complete control. The causes of obesity and its safe, effective treatment are given. No amount of external medical intervention of any kind can correct a failure to live and eat healthily. Second: The medical treatment now widely offered does not produce good health but rather the reverse, evidence for this is given with a researched critique of the present drug industry led medical treatment including facts on the withdrawal of unsafe drugs and the failure of regulation. An alternative model of medical education and practice is suggested detailing a medical system...



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