



## Ways and Means for Lowering Healthcare Costs

Lesson # 18

by JC Spencer

Ways and means of lowering healthcare costs is a central theme of The Endowment for Medical Research. Without question, a trillion dollars per year can be saved in US healthcare costs when we initiate a few simple plans.

We have dedicated a whole section within our **Sugar Science Forum** to lowering healthcare costs, <http://forum.endowmentmed.org>. Study this Forum as your homework for this lesson.

We will continue to post new discoveries and breakthroughs in university studies and research labs around the world on the benefits found with sugars. When specific sugars are consumed by the human body, health challenges are corrected with improved immune systems and balanced blood chemistry.

The answer lies in taking responsibility, taking responsibility for yourself and your family. The answer to the healthcare crisis and rising costs is to **STAY WELL**.

The uphill challenge in lowering healthcare cost is determined whose money we save. The game is rigged, the responsibility is shifted, to have someone else pay for your healthcare and all the while picking your pocket to pay for others. Too many people are willing to take poison if someone else will pay for it than to pay for health out of their own pocket. People often take better care of their automobile than they do of their own body.

Some people are awakening to self-responsibility and are willing to use natural means to improve their health. They are accepting the responsibility to save their own health and that of their family not just for money but to save themselves a lot of pain and sickness.

A thought for today: We all need good nutrition.

That is the basic step toward abundant health. A sick person with any disease, any complication, **NEEDS EVEN MORE GOOD NUTRITION**. That, my friend, is the common sense answer to the healthcare crisis.

The T/C+ Pilot Survey started June 1, 2011 may serve as an important indicator for how we can lower healthcare costs one family at a time. We are asking you to tell your friends who may wish to participate in this six month project. We hope to have 1,000 participants in the study. Some have already started the Study. The Study begins the day the participant starts and continues for the next six months. Those who wish to continue after the first six months may be a part of a one year study for gathering vital information.

We are seeking individuals with serious health challenges of any kind, especially those with Leukemia, other cancers, diabetes, heart problems, arthritis, brain function, and other diseases. Participants do not need to have a major illness to participate. However, if you do have a major illness, we will gather that information when you fill out your General Evaluation Form to begin the Pilot Survey.

Participants in this Study will simply use a shaker loaded with functional powder to sprinkle on their food. Recent research has shown benefits in leukemia, diabetes, arthritis, brain function, cardiovascular diseases, LDL cholesterol, and other health challenges using safe functional foods that have a wide range of health benefits. This may prove to be one of the more enjoyable Pilot Surveys because of the delightful aroma that has already passed tests for improved cognitive function simply from inhaling the fragrance. Learn more at <http://www.endowmentmed.org/content/view/1164>

Source: <http://endowmentmed.org>