

## The Greatest Threats To American Health

Despite the fact that non-genetic factors that are *modifiable* – including diet, overweight, inactivity, and environmental exposures such as smoking – account for 70-90% of mortality in the U.S., physician education, training, and reimbursement are most often focused on treating disease using drugs and surgery rather than comprehensive patient-centered treatments focused on the individual. For example, as reported in a study published in the *British Medical Journal*, clinical questions in primary care can be categorized into a limited number of generic types and frequency.

The four most common question types were:

1. What is the drug of choice for condition x?
2. What is the cause of symptom x?
3. What test is indicated in situation x?
4. What is the dose of drug x?

This shortsighted approach to health care should give us all cause for serious concern, because it is perpetuating a system that is far too costly and increasingly ineffective for the prevention and management of chronic diseases whose root causes are to be found in a much more complex perspective on patients' lives.

From the *Textbook of Functional Medicine* and cited in *Why Love Heals* by Dean Shrock, Ph.D.