

James L. Holly, M.D.

Quackery and Responsibility – My Lack of health Must Be Someone else's Fault

By James L. Holly, MD

Your Life your Health

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Let's go to the game tonight! OK, I have great tickets! So, two more Americans take off to watch others run up and down a field, a court, or a gym, while they sit and watch, occasionally leaping to their feet to protest a call against their team, making certain that they don't spill their 32-ounce coke, their popcorn, or drop their foot-long hot dog. While they are watching others be active, they themselves are continuing their habit of passive participation in life; while consuming more calories during the "game" than would be used up had they participated in the game rather than just watching it. Sadly, these same two friends have appointments with their doctor on Monday. At their appointments, both demand that their doctor "fix" what is wrong with them: one has heart disease and he knows that if the doctor is just smart enough, or up to date enough, he can cure his problem; the other has diabetes and tells the doctor, "You've got to make me better." People now want healthcare like they want life – passive, "spectating" rather than participating, and demanding someone else take the responsibility for what they will not do for themselves.

No where is this more apparent than with the current epidemic of obesity and the trend toward increasingly sedentary life styles in America. "And besides, if I let my weight get too far out of control, there is always lap banding, or gastric bypass, and my insurance company is responsible to pay for that."

An Enema a Day

But, don't fret, for all those who refuse to "help themselves," there is good news. Just turn on your computer and almost any time of day, you can read the following kind of ad:

"World-Famous TV Lady Doctor comes forth and blows the lid off the conspiracy to keep you unhealthy, fat just plain sick... Shocking Proof -- Here's the real reason you're fat...The Reason You Can't Lose Weight has Nothing to Do With Your Will-Power, Over-Eating or the Right Diet! ... The Reason You are Fat and Unhealthy is Because You have disgusting Plaque and Horrible Little 'Critters' living n your guts' '...And Now I'm Going to Show You How to Get Rid of All of It so You Can Shed 10 lbs, 25 lbs, 50 lbs even 100 lbs or more and keep it off forever!'

"Ask yourself ... Do you really want all this junk living inside your guts? This is harmful Plaque - Everybody has it. But to keep from getting sick and to be able to maintain a healthy body weight you MUST get rid of it now! If you don't, it will eventually cause you to not be able to lose weight (regardless of how much you diet and exercise!) and eventually it will kill you!

“These are harmful Parasites - Everybody has them. If left to live and breed inside your stomach, small and large intestines and colon, they will eventually cause you to puff up, gain lots of weight, get sick more often, and take many, many years off your life! Hey use your body as a ‘Food Storehouse’ and so they can live and breed by the millions. But now it's time to flush them out and down the toilet for good. If you don't they will just make you fatter and much, much sicker! Would you trust anything living in your bowels that has teeth but NO eyes?”

The message: to get rid of your fat, you don't have to diet, exercise or discipline yourself, you just have to buy a product from this “doctor” on the internet. Oh, and before you ask, the key to all of this is a special kind of enema.

A Doctor's Credentials

But, even those who want to place the responsibility for their health upon someone else still want to know the doctor's credentials. Look all that you want and on the website that the above came from, you will not find a degree designated, or a list of credentials. When someone will not tell you what kind of doctor they are, it is because they are either not one, or the degree which they possess on the basis of which they call themselves ‘doctor’ is not one you would respect, or trust.

By the way, always read the legal disclaimer on this kind of information. The following is the disclaimer on the above:

“Legal Disclaimer as required by federal law: Dr _____ and _____ .com reflect the authors' experiences, knowledge, and expertise; and the information, advice and instruction from same are provided for educational purposes and general reference only; and are not intended to be a substitute for medical, fitness or dietary advice or counseling. Therefore, you should consult your own physician and/or mental health professional regarding your individual physical and mental health needs before undertaking this system, or any other plan, diet, exercise, or fitness program. Results on this plan may vary according to individual efforts and/or other factors beyond the control or expertise of the creator.”

Those pesky federal laws require quacks to tell you that there is no scientific evidence that their treatment works and that the above doctor is not really recommending a treatment but only wants to sell you a product to improve her financial health. The only foundation for the information is this person's “experiences, knowledge and expertise.” In reality, even in the case of physicians, while experience and knowledge are important, the foundation of excellence of medical care is scientific information gained from random controlled studies. The problem with experience, which is not founded on science, is that it often leads to the wrong conclusion which means that the practitioner will only be reproducing the same error over and over.

Didn't you know that physicians only want to keep you ill?

And then in the disclaimer, you are told, don't use this product unless you check with your physician first!! By the way, when the above doctor tells you to check with your physician and she has not identified herself as a physician, it strongly suggests that whatever she is, she is not a physician. But, then if you check with your doctor and he/she tells you that the above advertisement is quackery, well there is an answer for that also. Read on, as the above doctor states:

“Here it is...THE TRUTH (finally revealed!)...’The reason all the other diets, diet foods, organic foods, healthy foods, medicines and all the rest don't work in this modern technologically-amazing age is because THEY WERE DELIVERATELY DESIGNED NOT TO!’ Most doctors, so-called diet gurus and fitness experts are either lying to you, or just plain don't know what they're really talking about!’
That's Right! This lady Doctor is Ticked-off at Everyone for Lying to You!! ...
And Now She's Putting an End to It for Good! Also, 99.8% of most doctors would rather you get sick and stay sick as that's how they earn their living.”

If you really cared about someone; if you really wanted to help them; if you really believed that other caregivers were lying to them; if you really believed that those other caregivers wanted to keep the people you cared about sick, why would you issue a disclaimer to those you care about, telling them that before they use your product which will change their life, their health and their future, they “should consult (their) own physician and/or mental health professional regarding (their) individual physical and mental health needs before undertaking this system, or any other plan, diet, exercise, or fitness program?”

Lifestyle and Activity or Enemas or Exercise?

There was a time when people never exercised but were healthier because there was a time when our lifestyles were healthier. In 2004, the University Of Tennessee School Of Medicine published a study on the Amish stating that they have the ultimate fitness plan with real results. Amish statistics from this study are difficult to refute. Only four percent in the Amish community suffers from obesity, compared to a third of the American mainstream population. The Amish fitness plan is as old as the land on which they live. Unlike modern diets and fitness plans, which seem to offer up a new fad every other week, the Amish plan relies on the simple truth that should be the foundation of any diet that is going to be successful. The Amish plan is a lifestyle that expends more calories in their daily activities than they consume. As researchers admitted, Amish food is hardly low on calories. In fact their diet is an American fantasy. The typical Amish diet includes large amounts of meat, potatoes, fruit, cakes and pies. However, the amount of calories consumed is easily erased by 8 to 10 hours of labor and walking every day.

University of Tennessee researchers asked Amish subjects to wear pedometers that would measure their number of daily steps. While the average American walks only a few

thousand steps at best, the average for Amish men was 18,000 steps and for women 14,000 steps. The recommended number of steps required for optimal health suggested by many health experts is 10,000. This count is rarely reached by most Americans but exceeded by the Amish. So what is the answer? Given the lifestyle differences between the Amish and the average sedentary American, it is doubtful that most Americans will find the time to exert the same physical energy as the Amish. The key to weight loss remains apparent in Amish daily activities. Forget Atkins! Forget Weight Watchers! Forget the Zone! While diet plans do contain useful tools to help us eat healthily, we will never lose weight unless our exercise, work and walking consumes more calories than the amount of food we eat. Exercise needs to become part of our lifestyle integrated in our daily activities. So get on your walking shoes and get moving!