

THE FUTURE OF HEALTHCARE



Dr. Molly Brown, PhD, D.N.M, uses a holistic approach to achieve profound results. Molly owns GLOW, which opened in 2008, to provide a space for positive lifestyle and health in the community.

Those who aren't ready and ahead of our changing times, and already thinking of the future model for food, education, and healthcare may be in for a shock.

Plant-based diet

It was very unusual 15 years ago when I personally changed to a plant-based diet. Many didn't understand it. It seemed "extreme," way too alternative, and even unhealthy, to some. To me, it simply made me feel really good. I had previously found myself in adrenal exhaustion, unable to digest food, and with multiple sensitivities to food and sugar. I sought out high-energy alternatives to fit an active lifestyle that I loved. It started out as a matter of survival, and turned in

to a source of energy and well being. I moved to an organic diet, rich in greens, plant-based proteins, and superfoods. I found that it was easy to create all sorts of familiar textures and tastes using plant based ingredients. It was fun, and best of all I felt amazing. I continued on. As time went on, I was able to avoid many of the common pitfalls on a plant-based diet with a true understanding and diligent course of study. I discovered nutrient-dense superfoods and creamy protein-rich seed and walnut pates, and have never looked back. I started doing yearly cleansing, and saw steady improvement each time, even though at first it was hard to get through. This year, *Forbes* reported plant-based eating as one of the top trends driving the food and beverage industry. With a third of the population actively reducing their meat consumption, the demand for plant-based products is rapidly growing in 2019. This trend is set to echo to all aspects of health and life. It is a necessity for the environment, personal health, and evolution of compassion and humanity. We are rapidly embracing this truth.

Healthcare

I feel that a complete overhaul of healthcare is coming. In the field of natural medicine, there are better products and techniques than ever before. Sick and chronically ill people are starving to be listened to, understood, and helped with their health issues. And I have found in my own practice that there are real health solutions out there. In the past five years, I have found more efficient, results-oriented work that creates miracles every day. The field seems to be shifting to one of hope, efficiency, and positivity.

According to a recent survey commissioned by the Physicians Foundation, half of physicians are disengaged, burned out, and dissatisfied. The majority

of the 17,236 physicians surveyed (54 percent) describe their morale as somewhat or very negative, 63 percent are pessimistic about the future of the medical profession. Many of the people in the field care deeply about people and helping people, but lack real solutions. There is room and great hope in the future of merging standard care with alternative care, and creating a new paradigm where true health and consciousness can emerge.

Education

Holistic educational alternatives are now highly desired, along with creative, intelligent, project-oriented educational environments emphasizing ethics, cooperation, and creative approaches to problem-solving. Independent schools are gaining recognition, as clearly we cannot possibly be educated by the very corporations that dominate private interests.

The current state of sickness is an actual catalyst for change. Working out at the gym is the only time I watch TV headlines and commercials. There are several things with TV that jump out at me since I haven't watched it in nearly 30 years. First of all, I'm shocked that all commercials now seem to be for medical drugs. Commercials are nearly strictly for medications to solve all our health woes, but at a cost. We can't miss the fine print of side effects that immediately follow the commercial, side effects that are comically worse than the actual condition being addressed. For the shrewd viewer, it is clearly a hoax.

Secondly, I saw some news that a recent presidential hopeful released a \$5 trillion plan to combat climate change over the next decade with a goal of achieving net zero emissions in the U.S. by 2050. That seems excessive to me when we truly have conscious choice each day to halt climate change with the food we eat, the products we buy, and the causes we support. By working together with leaders who are emphasizing this change, we can create an even faster, less costly resolution. For example, if the whole world were to switch to plant-based food

by 2050, it is said that 8 million human lives would be saved. Food-related greenhouse gas emissions would fall by 70 percent, and \$1 trillion would be saved every year in healthcare costs. (The AHRQ estimates direct medical costs for cancer in 2015 were \$80.2 billion.) Research shows that a plant-based diet suppresses cancer cells. The whole world could be fed multiple times over by diversifying crops and moving to organic, which we are. Over 15,000 scientists from 184 countries say moving to a plant-based lifestyle will save the planet. These are all truths. And because they are powerful truths, they are catching on like wildfire.

With awareness, commitment, and connection, we can and are changing our diets, creating change in the health of the sick planet, and creating change in the health of ourselves. I see it every day. It is an amazing thing to take someone crippled with sickness, anxiety, unable to digest any food, and unable to heal towards an energetic, balanced, strong state of health. We can operate best to create conscious change by having clear minds ourselves, and healthy bodies.

When things get really bad, change occurs. I found my path to results-oriented natural medicine through necessity. In the process I found answers to adrenal exhaustion, low thyroid, Lyme, autoimmune, digestion, inflammation and pain, sports injuries, concussions, and more. I kept searching and searching until what I found made sense and I felt it change and resonate in every cell in my body. Our bodies have an innate spiritual will and desire to thrive and survive, and that is what makes sense. We are moving towards truth, pushing anything else aside, and the truth is that our future and our co-creation of the future brings great change, promise, and hope.

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