

American consumers and employers will spend over three trillion dollars this year on health insurance, pharmaceutical drugs, hospitals, and medical bills, yet we remain—mentally and physically—among the unhealthiest people on Earth. 48% percent of men and 38% of women can now look forward to getting cancer. A third of our children suffer from chronic disease, eight percent suffer from serious food allergies, 10% from asthma, 17% are diagnosed with learning or behavior disabilities, almost two percent from autism alone, while a third of low-income preschool kids are already overweight or obese. Heart disease, diabetes, mental illness, cancer, and obesity are spiraling out-of-control among all sectors of the population.

Life expectancy has doubled over the past 150 years but with an extended lifespan an aging population is facing new chronic diseases that require a new healthcare approach. Present healthcare is really sick care, which is reactive and generalized, focuses on disease management and is not sustainable.

The convergence of several technologies and their decreasing costs are allowing for the reinvention of medicine during the next decade, a medical model that will focus on being proactive, predictive and preventive. While social circumstances and access to needed health care play an important role in health, predispositions in your DNA, your physical environment and personal habits are the most important aspects you need to be aware of for a healthy life. Beginning at conception, the resilience of each person's health is shaped over time by these five interacting experiences.

A new medical model should focus on where patients lie on what I'll call an Illness-Wellness Continuum. If the number **1** represents someone in the ICU and **100** total Wellness then **50** is the neutral point, which represents no discernable illness. While life expectancy is currently 78 the risk of dying between the ages of 50 and 74 is 39% for males and 24% for females. We all need to be asking ourselves where we fit on the continuum. Are you above or below the neutral point but more importantly how do you know? Remember the present healthcare model is sick care and chronic diseases often take years and even decades before symptoms arise.

If you look at the present and predicted health statistics for the industrialized world a large percentage of the population lies below that magical neutral point but are not aware of the signs until they become symptoms. Taking care of your health by addressing the signs before they become symptoms is the emerging medical model and looking deeply into your DNA, your habits and the toxins in your environment are good places to start.