



Why Are Americans Sick?

Dr. Sylvester Hillard

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My book, entitled Why Are Americans Sick?, was written as a measure to answer the question that the sick grapple with each day. He or she desires to know what caused their illness, as understanding the mechanism of their ailment enables one to take measures to prevent further affliction and suffering. Instead, they often have to settle for a diagnosis, prognosis and an aggressive therapy plan that treats the symptoms not the cause. The foregoing protocol is a longstanding problem that has existed in the way modern medicine has been practiced for generations, in general. I am of a different philosophy. My focus is on prophylaxis and the conservative approach to wellness all through actualizing the cause of clinical illness and taking measures to prevent it on the front end rather than on the back end after clinical symptoms manifest. The human body's need for balance is as important as it gets. Quite frankly, one's time on Earth and his or her quality of life are both rooted in the ability to maintain balance, which is synonymous with good health. The lack of balance is synonymous with poor health and premature death. I characterize the human body as a mass of organized chaos. It's magnificent the way the human body, when functioning at its optimal level, is able to coordinate thousands of biochemical processes in such a way that man is able to go about the business of functioning without notice of all that is taking place internally, and in a disease-free state. Moreover, the human organism is only able to accomplish this, when one provides it with all of the essential nutrients it requires while avoiding the things that undermines its vitality. When the human body is routinely deprived of that which it needs in order to function optimally, imbalance takes place, which manifests in the form of pain and illness. Having taken a proactive philosophy an approach to medicine, my aim is to pass along a few "pearls of wisdom" that the reader may find useful in their quest to make educate decisions about their well-being. Apathy, lack of knowledge, discipline and guidance have played a significant role in leading the American public into the medical quagmire that our country faces. Moreover, the above factors have been critical in causing America to become one of the most unhealthy first world countries on Earth. My book offers clear, concise explanations of the cause of many common, preventable illnesses that Americans face each and every day, and provides scientific data to support the claims made therein. However, it is not intended to be interpreted as giving any manner of diagnosis, medical advice, or to be used to address one's specific medical issues nor is it to be used in place of your doctor's advice. This information is for educational purposes only. In ordering this work, you agree to the above statements and release the author of any claims or damages for the misuse and or any misinterpretation of the purpose and content of the information set forth in the book entitled "Why Are Americans Sick?" by Dr. Sylvester Hillard.

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