

THE CHOICE
IS YOURS

FUTURE DOCTOR

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With the many diversified approaches toward the patient's well-being in today's multidisciplinary, health-care system, how does the average person, (athlete or non-athlete) choose the type of health care he or she will receive, and what qualities does one look for in the choice of a doctor? This article will overview the possibilities.

Crisis Care Practitioners are the doctors of medicine who are concerned with heroic intervention, and their goal is to keep people alive after a life threatening event has occurred. Traumatic injuries, infectious diseases, and organ failure fall into this category. These practitioners are indeed succeeding in this area, and are vitally important as well as necessary in our society.

Preventative Health Care is practised by those doctors who are primarily concerned with preventing advancement of disease to the stage where heroic intervention is required. They deal with subclinical problems, meaning the disease is in the primary stages; symptoms may or may not be present. This type of doctor has the foresight and desire to keep people healthy, as well as help them maintain a high degree of health. He is not interested in "covering up" symptoms.

Most patients live with the illusion that the pain killer or other drugs being prescribed by their doctor will make them well. This is a false and misleading approach to health care perpetrated by pharmaceutical companies and certain members of the medical establishment

these companies support.

This approach is analogous to the flashing red light in your automobile dashboard warning you that something is wrong, while someone suggests that you simply disconnect the wiring in order to correct the cause. If you continue to drive your vehicle in its "symptomless" state it will eventually cease to function.

As questionable as it is, this attitude has, unfortunately, kept hospitals and other institutions filled to capacity.

Conversely, there are those who choose to practise a wholistic, metabolic approach to enhance personal health, by first determining which organ or organ systems are functioning at a decreased level (meaning a level of less than 100%), and removing the interference to that organ or system. The modalities used in this situation include removal of structural interference through chiropractic adjustment, concentrated nutritional support via the monitored use of natural supplements, meridian therapy, rest, exercise, and the encouragement of a proper mental attitude, contributing to the optimum health of the patient.

Thus, the doctor of the future will encompass a multidisciplinary approach to health care, recognizing the patient as a whole being, rather than merely a symptom carrier.

He will inspire health in his patients by practising what he preaches in regard to his own health habits. How ludicrous to accept advice on personal health from an overweight, under-exercised, chain

smoker!

The future doctor will successfully communicate in the language of the people as well as science, and will exhibit compassion and approachability while educating his patients in the realization that crisis care and heroic intervention need be resorted to only when conservative, non-invasive forms of correction are utilized and have failed. He will acknowledge nature as the prime healer, and aspects which enhance nature, such as family support systems, proper nutritional supplementation, acceptable neuromuscular, skeletal and organ harmony, will be evaluated and reported to the patients.

The doctor will also communicate to his patients how their choices will affect them. However, he will not shrink from making a judgement based on his knowledge and expertise.

The doctor of the future will be skeptical of the promised benefits through drugs and surgery. It will be his responsibility to protect his patients against the excesses of those surgeons and drug companies that attempt to "market their wares."

Nevertheless, he will not abandon useful technology, but rather, will discriminate between worthy machinery and that which is merely for "machinery's sake." He will be conversant in the use of scientific equipment, but will be aware of its limitations and risks, and will not allow technology to overrule common sense and rational instinct. Machinery will be solely relied upon when there are absolutely no remaining alternatives.

Since the future doctor will reject many of "Modern Medicine's" accoutrements, he will be knowledgeable in "unorthodox" methods of treating disease, including Nutritional Therapy, Acupuncture, Kinesiology, Chiropractic, Homeopathy and others.

In summary, the doctor of the future will have the qualities and characteristics of Healing Consciousness, beginning with human compassion, enthusiasm, hope, love for his fellow-man, as well as professional and personal integrity. He will be health-oriented and not disease-centred. He will attempt to improve health naturally, and will be concerned about disease prevention rather than camouflaging of symptoms after they occur.

Just as we choose the grocery store we patronize because of the service and satisfaction we receive, so are we free in our choice of health care and type of practitioner. Remember, we will be rewarded accordingly.

Age of the Future Doctor - Part III will embrace the topic of Applied Kinesiology; what is it?

Please direct any questions to Dr. Borys M. Chambul, c/o Canadian Runner Magazine.