

A Tale of Two Models Regarding One's Approach to Health

Conventional, "Reactive" Disease-Care Model

Intelligent SelfCare, "Proactive" Health-Care Model

Turn over your healthcare responsibility to your doctor	Assume responsibility for your well-being as your own health advocate
Only act after-the-fact when symptoms worsen or become more prevalent or too uncomfortable, or after receiving a disease diagnosis	Take pre-emptive action to preserve your health
View symptoms as an inconvenience, resulting from a flawed, poorly designed body	Interpret symptoms as a valuable message from your intelligent body
Ignore or seek to cover up symptoms (prescription, over-the-counter, or recreational drugs)	Investigate causes of signs and symptoms, asking "what is my body trying to tell me?"
Pay willingly for disease-management care, but only after an emergency or crisis occurs	Invest in protecting your health, allocating funds for periodic whole-body assessment and supplement programs
Depend on health insurance to pay for inevitable disease-care	Seek that which will provide greater health assurance