

# Can You Afford To Get Healthy?

So many Americans think they can't afford to get healthy. My question is **"Can you afford not to be healthy?"**

Let's take a look at some financial costs of the typical American living in the traditional medical paradigm of *"outdated thoughts, habits and tradition."*

Category	Amount 1	Amount 2	Amount 3
R&C SEMI-PR 1DAYS@	2124.00	2124.00	2124.00
R&C PRIVATE 28DAYS@	2141.00	2141.00	2141.00
PHARMACY	135870.52	135870.52	135870.52
SUPPLY/DEVICES	1618.00	1618.00	1618.00
LAB	24889.17	24889.17	24889.17
LAB/PATH	1799.00	1799.00	1799.00
RADIOLOGY/DX	630.00	630.00	630.00
CT SCAN	6471.00	6471.00	6471.00
OPERATING ROOM	1488.00	1488.00	1488.00
BLOOD PROCESS FEE	1823.69	1823.69	1823.69
IMAGING SERV	631.00	631.00	631.00
CARDIOLOGY	1869.00	1869.00	1869.00
MRI	6314.00	6314.00	6314.00
MED/SURG SUPPLY	250.00	250.00	250.00
OTHER	3465.00	3465.00	3465.00
<b>SUB-TOTAL OF CHARGES</b>	<b>249190.38</b>	<b>249190.38</b>	<b>249190.38</b>

- Health care in this country exceeds health care costs in rest of the world...combined!
- This equates to over \$8,745 for every man, woman and child living in this country. That's absurd!
- Health care costs exceed the total costs of America's education, agriculture and transportation combined.
- Over \$800 Billion worth of pharmaceutical drugs are sold throughout the world each year; \$400 Billion or 1/2 of these drugs are sold to Americans.
- Once prescribed medication, the typical scenario is "you have to take them for the rest of your life."
- The leading cause of bankruptcy in this country is **\$250,000** worth of medical bills. 78% of those who filed had insurance. Prevention doesn't cost is saves \$.

## Here is what this might look like for you:

- 1) Prescription and over-the-counter medications...\$150/month
  - Over a 5 year period = \$9,000
  - Over a 10 year period = \$18,000
  - Over a 20 year period = \$36,000
- 2) High monthly insurance premiums (raise your deductible to save \$200/month)
  - Over a 5 year period = \$12,000
  - Over a 10 year period = \$24,000
  - Over a 20 year period = \$48,000

By **Investing** into your health, you avoid the **Expense** of poor health and associated symptoms. By simply reducing the ongoing costs of "symptom based" medications and reducing your monthly insurance premiums you can easily save over \$84,000 over a 20 year period.

**As you can see by this simple illustration, there are no Costs in getting healthy and staying healthy.....Only an exceptionally high Return -On- Investment!**