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A Health Model

For the past 30 years, health care costs have been doubling every five years. Today they stand at 14% of the Gross National Product and will be a major contributor to national and societal bankruptcy in the next few decades. How did this occur? Why has there been such a dramatic climb in the proportion of our productive lives devoted to just trying to keep us alive and somewhat well?

We believe, and believe it can be proven, that much of the answer lies in the love affair between the medical community and the chemical pharmaceutical industry. For the past 40 years or more, the health care model in this country has been based on the allopathic, or drug treatment/germ theory of medicine, i.e., the idea that the human body can be maintained in health and kept from disease by using an ongoing series of antibiotic (antimicrobial) and chemical drugs to intervene whenever there is some occurrence of symptoms. We feel that this process, together with non-rotative, intensive chemical, agricultural and livestock practices, is at the foundation of our current health care cost crisis.

The human body is a carefully planned and developed biologic system balanced over thousands of years to be nourished and involved in the ecological systems of our planet. The delicate mechanisms of macronutrients, trace minerals, enzymes and other nutrients are part of our natural environment and form the basis of our health, strength and well-being. True, in earlier eras we had to contend with infectious processes which today are easily controlled with antimicrobial drugs. However, there is an ever-rising cost (secondary to enzyme system deterioration in our bodies) in economic terms, degenerative disease, infant mortality and helplessness in the face of a health crisis.

We propose a model of medical care based on reconstructing and retaining the natural metabolic and enzymatic systems which have been in place, functioning for our entire existence, and which are integral to the continuance of our species. Our bodies require the ongoing, instantaneous operation of thousands of subtle enzyme systems in order to operate.

These systems demand proper and adequate nutritional supply in a continuous process. When we consistently subvert and block these enzyme systems through repeated exposure to antibiotic drugs in the health care and hydrocarbon chemicals in what we eat and drink and in our workplace, we set up a deficiency of these nutrients and enzymes. As these pass from generation to generation and are subjected to the aging process, we become less and less able to rebuild or sustain our health with food from soil already tainted with these harmful substances.

Our basis of health care is to ensure that the human body has an adequate supply of nutrients and functioning enzyme balancing factors. We believe the body is made for health and will strive for that state if allowed to function freely in its natural environment. This balance is normally achieved through an optimum function in the physical structure of our metabolism through exercise which is complementary and regenerative to the body, rather than forced exertion of muscle energy. Mental and stress adjustments can also be facilitated through the balancing of body energy cycles such as in homeopathy, acupuncture, meridians and electromagnetic shields. Chemical metabolism can be reconstructed through a proper application of nutrients, medicine, and physical therapy.

A cohesive, complementary long-term plan is necessary if we are to withstand the trials of our health care crisis. Naturopathic health models have proven effective for 100 years and will continue to serve for generations to come. We can make a difference now, in our region, for our economy, for our future.