

HEALTHCARE IN AMERICA: OUR SYSTEM IS BROKEN

**"HEALTH IS NOT AN OCCASIONAL ACT, IT IS A
PERMANENT LIFESTYLE."**

- DR. COTEY JORDAN



APPLICATION EXERCISE #1

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1. Which country in the world spends the most amount of money on its healthcare?

2. What country takes the most medications?

3. Where does America rank in the list of healthiest countries in the world?

4. Are Americans healthy?

5. Are you as healthy as you would like to be?

The next time you are out and about with friends, family, co-workers, or at any one of your organizations. Take the opportunity to awaken people around you! Get everyone's attention and ask them to participate.

Next, ask them the almighty question, "With a show of hands, who here has known someone personally, someone close to you, who has suffered from either a heart attack, stroke, or cancer?" Have them keep their hands up, and look around the room. It doesn't matter if there's five people, thirty people, or hundreds of people... the results are always the same. There WILL be a mass majority (> 90%) of hands that go up, and I want you to ask these folks if they are okay with knowing so many people who have suffered from those health conditions.

This has become the new norm in America. Suffering from these conditions has become socially acceptable and even expected. I'm here to tell you that there is nothing normal about these statistics. Only in America is getting labeled and spending most of your life taking pills, and ultimately suffering from health conditions, normal.