**We Are Living Too Short and Dying Too Long**

*By Ladd R. McNamara, M.D.*

One of the world's preeminent scientists, Dr. Myron Wentz said, "We are living too short and dying too long."  As a medical doctor who no longer practices medicine, I was a board certified doctor who used to treat disease with drugs and perform surgeries because it was how I was educated and trained at two of the best medical institutions in this Country.  However, nearly 98% of the national health care costs are spent in the last year of people's lives, all trying to keep terminally ill people "alive." We are keeping them alive, many with very low quality of life.  Many times it seems we are only extending their deaths!  Having witnessed a break down of our health care system, which is only getting worse with rising insurance and medical costs, overhead, and less reimbursements, I made the decision to migrate into the wellness arena in order to teach and assist others to be able to enjoy the incredible benefits of TRUE HEALTH; which can be achieved only through daily supplementation with quality vitamins, minerals, and antioxidants, proper dietary changes, exercise, improved sleep, and reduced stress.   Having experienced the traditional medical field and the Wellness Industry, I can say which of the two makes the most sense both from an economic stand point and for maintaining true health.

I aligned myself with a credible company that has what I believe are the best products to promote and maintain overall optimal health.  The medical research indicates that with the modification of lifestyle; that is, diet, exercise, reduction of stress, and nutritional supplementation, we may be able to reduce the incidence of many chronic diseases and possibly slow the aging process.  Isn't this what we all want; to live long, healthy, and energetic lives?

What would it be worth to you, or a loved one if you could TRULY reduce the risk of heart disease, diabetes, stroke, cancer, Alzheimer's disease, osteoporosis, arthritis, or any number of chronic diseases?  Would it be worth the "hassel" of taking vitamins daily?  Would it be worth the cost of quality supplements?  One case of heart disease is way more expensive than quality supplements.  One case of cancer is way more expensive than your whole family taking quality supplements.  Denial prevents people from making rational decisions.  People say they "don't have the money for quality supplements," but notice which smartphone they use, and how much they spend on outward appearance.  They look good on the outside while their health is degenerating on the inside ...and they don't even know it.  THAT is why I migrated from traditional medical practice into the wellness arena; to have a voice to wake up others and be in alignment with the vision of Dr. Myron Wentz, in which he dreams of "a world free from pain and suffering, a world free from disease."

Medical studies have shown various ways in which this is possible.  Certainly we know that diet and exercise plays a huge role in our health; so does sleep and stress.  More and more, research is indicating the role that nutritional supplements play in promoting, and maintaining cardiac health, brain, kidney, lung, intestinal, liver, joint, bone, skin, and immunological health.

[](http://trueoralhealth.blogspot.com/)The most challenging, and sometimes frustrating issue for me now is getting people to actually believe the real importance that supplementing with vitamins, minerals, antioxidants, and the essential fatty acids on a daily basis can have in their lives.  Many of those who do "take a chance," and use the supplements I recommend experience something they never thought possible.  It's this experience that changes their "belief systems" about the need for quality supplements.  In order for people to change they must change their "belief systems," just like I did.  When I was practicing medicine, and I was first introduced to the thought of taking more than a simple multivitamin per day I "believed" it was all a waste of time and money.  Little did I know about the decades of medical research indicating that taking vitamins and minerals beyond what is found in food, beyond what is found in a simple daily multivitamin can have dramatic effects on our health.

The data alone did not change my belief system, it only cracked open the door a bit in an otherwise closed mind.  I knew diet and exercise was important, and I knew that stress can increase the risk of disease, but as far as supplements?  "They're all the same," or so I believed.

However, when I started recommending broad spectrum, pharmaceutical-grade nutritional supplements to my patients I witnessed incredible benefits that I, and other doctors, did not think was even possible with supplements, let alone drugs.  My patients were experiencing the difference that only quality supplements could bring about, and as a result it changed my belief system about supplementation.  I knew for myself that taking quality supplements made a difference, AND not all supplements are created equal.  That is why I aligned myself with the company producing the products that were, and continue to change lives by providing TRUE HEALTH.

After more than a 16 years of witnessing tremendous health benefits among my patients, family and friends, researching the medical studies and cutting edge of nutraceutical medicine, as well as traveling the world speaking on the subject of proper nutritional supplementation, I can say with certainty that lives are being changed for the better; True health is happening. Hope is being restored.

However, no matter how well you live, eat, exercise, and supplement with vitamins and minerals, you will eventually die.  Like it or not, we are mortal beings.  With the wellness movement we are simply trying to improve the quality of life while we are on this earth by decreasing the risk of PREMATURE chronic degenerative disease and PREMATURE aging, as well as prevent PREMATURE death.  How would it be to live well beyond 100 years of age and still have the vitality to play golf, swim, exercise, climb stairs, play with your great, great grandchildren?  I believe this is all possible if we take the steps to decrease the toxic exposure in our environment, reduce stress, exercise regularly, eat right, and protect our cells from oxidation and excessive inflammation with quality supplementation.

**Dr. Ladd McNamara, "You Can Choose How You are Going to Live and How You are Going to Die"**

YOU have more control over how you are going to live, what diseases you may or may not get than you could possibly imagine.  Yet most people live like they are a victim to their genetics, habits, social circumstances, or appetites.  The things we tell ourselves to justify our self-defeating behavior such as blowing our diet and remaining overweight:  "Oh, I was born this way."  "We're at a party, and I've been good with my diet, and I DESERVE to let myself go and ruin everything I've been working at over the past month."  "I can't help it, I'm a choc-ahololic."  "Everybody in my family is fat, so I am must have fat genes."  However, your lifestyle, that is, what YOU CHOOSE (not your genetics) ....your diet, exercise, stress levels, adequate sleep, or lack thereof, exposure to toxic substances, and adequate nutritional supplementation are the main factors that all determines over 80% of your risk factors for specific chronic degenerative diseases and how rapidly you age.  In actuality, there is little difference between the aging process and the development of chronic disease process.  They go hand-in-hand.

I hope people realize that health is not the absence of symptoms; it is the absence of disease!  Just because you don't feel cancer developing inside the breast or prostate doesn't mean it is not there.  Just because you don't feel plaque building up inside the arteries doesn't mean you don't have cardiovascular disease.  The most common first sign of heart disease is not chest pain, tingling or numbness in the left arm, or shortness of breath, ....it is sudden death!  Yes, DEATH!  The person who had the fatal heart attack was totally "fine" until they died.  As far as they were concerned, they didn't have heart disease.  In fact, they most likely did not even have a family history of heart disease.  Obviously, they did not develop heart disease and suffer a fatal heart attack over the course of a few weeks, they developed heart disease over the course of decades, ....and so are you, right here, right now, unless you are actively doing what it takes to slow, stop, and possibly even reverse chronic degenerative diseases.  The reality is, you can, ...all without the use of drugs!

**Dr. Ladd McNamara, "Death Doesn't Lie"**

The sad thing; most people depend upon medications to "save them" from heart attacks or death from heart disease.  If you believe the commercials with all the ads for medications to lower your cholesterol you would think we should have heart disease licked by now.  Or, at least it should not be among the top ten causes of death.  How long have we in medicine prescribed cholesterol-lowering drugs?  After decades of lowering people's cholesterol, isn't it amazing that the number one cause of death in BOTH men and women is still heart disease and stroke?  And, here's the kicker, over 60% of men and women who die of heart disease have NORMAL cholesterol levels.  What does that tell you?  If their cholesterol levels are normal, WHY are they dying of heart disease?  Shouldn't they be spared atherosclerosis and a heart attack if they don't even have high cholesterol?

This suggests that high cholesterol levels may not be the primary cause of heart disease.  Something else is going on.  And, that something else appears to be oxidation and inflammation!  It is the oxidation of the LDL cholesterol and oxidation of the arterial walls, leading to inflammation (and more oxidation) that appears to be the primary cause of atherosclerosis and heart disease, no matter what level of cholesterol a person has ....even if it is normal.

LDL cholesterol can be oxidized by many different sources; cigarette smoke is a prime example.  (Even if you don't smoke this is how you develop heart disease.)  The arterial walls can be oxidized by various toxins, all causing inflammation and plaque build up, regardless of one's cholesterol level.  One of the most notable sources of oxidation of the arteries is by homocysteine, an amino acid complex produced by the liver.  We all have a homocysteine level, and it "should be" less than 7.0 for optimal health (preferrably less than 6.5).  Homocysteine is second only to cigarette smoke in causing damage to the arteries, inflammation, and plaque build up, which causes atherosclerosis, and eventually heart disease and death.  Again, this is all independent of your cholesterol level.  Obviously, the higher one's LDL cholesterol, the more LDL there is to be oxidized and form plaque, but it is the oxidation that is the key to heart disease!   (And yes, I am saying that if your LDL cholesterol were not oxidized, and your arteries were not oxidized and inflammed you would not develop atherosclerosis and heart attack ... even if your LDL cholesterol were elevated.)

It appears that the primary "cause" to heart disease, atherosclerosis, and stroke (according to the medical literature) is how much LDL cholesterol and arterial wall (endothelium) is oxidized.  Oxidation leads to inflammation to the arterial walls which is the basis for atherosclerosis.  (Please refer to my book, "The Cholesterol Conspiracy" for over 200 medical references.  Also available on 3-CD Audiobook or FREE Podcast at [http://cholesterolconspiracy.com](http://cholesterolconspiracy.com/) )

What about the safety of cholesterol-lowering medications?  In my book, The Cholesterol Conspiracy I bring up several health concerns about these medications.  It is not my place to encourage people to go off their medications, but I would suggest that they should have a long discussion with their doctors on the pros and cons of these medications after they have read my book.   And, if someone were on a statin drug, I would hope they were on the lowest dose possible AND be taking co-enzyme Q10.  (There are more bio-available forms of co-enzyme Q10, but also understand that you cannot simply cancel out the damage by statin drugs by taking co-Q10.)

I am not against all medications.  There are many medications that have helped save lives.  Without modern medicine we would not have many of the advances and quality of health we enjoy today.  However, due to the greed that exists in the pharmaceutical and insurance industries there is a dark underbelly in which negative side effects are often suppressed and denied, and sometimes more harm is done than good.  Pharmaceutical companies have been lost lawsuits and have been penalized by the government for knowingly releasing deadly medications on the market that do more harm than good.  This is all too common.  Yet, people still trust drug companies more than a quality nutritional supplement company?  It doesn't make sense, but that is how we're all "geared;" (I'll avoid the word, "brain washed).

Most of the time there are better and healthier alternatives than the use of prescribed drugs for keeping us well; and we as health care professionals have not emphasized these modalities enough due to the influence of these powerful institutions (Big Pharma).  More and more doctors are opening their eyes.  They are changing their beleif systems too.  They are experiencing results among their families and patients that positive health results can be achieved with quality supplements.   These doctors, like myself, are understanding that there are "other" top causes of death that we have not been taught, and should certainly not be ignored.

In the United States alone there are over 100,000 deaths per year from medications.  These are not accidental dosing. These are deaths from medications taken the way they were prescribed.  Medications are the third to fourth leading cause of death in the U.S., a fact often ignored when you are prescribed a medication for your cholesterol or blood pressure.  Think about that the next time you are handed a prescription and told not to worry about it, ...yet, you're told to "be careful about taking vitamins and minerals, because you could hurt yourself if you don't know what you're doing."  How many deaths per year occur in the United States from vitamins and antioxidants?  None!  Wow!  Again, death doesn't lie!

There are numerous studies that show that diet, exercise, and various supplements, such as fish oil do more to lower the risk of death from heart attacks than taking cholesterol-lowering medications ever could.  However, you are not told this due to powerful money interests behind medications.  It is true that cholesterol-lowering medications lower your cholesterol, but the "disease" of high cholesterol is a man-made disease created in the 20th Century.  Now a drug is considered "successful" if it lowers your cholesterol, as if that was the end all be all goal to treat your disease of "high cholesterol."   The goal should not be to lower your cholesterol just for the sake of having low cholesterol; it should be to lower your risk of death from heart disease!   More importantly, there are safer and more effective means to lower your risk of heart disease and premature death than the use of drugs, namely proper diet, exercise, and properly balanced, quality nutritional supplements.

**The War Within Our Bodies**

To understand how the war in our body happens, one can think of it very simplistically with the understanding of oxidation and anti-oxidation.  The more oxidation from stress, lack of adequate vitamins, minerals, and antioxidants, proper diet, etc. the more likely we are to develop heart disease, stroke, cancer, diabetes, Alzheimer's disease, and accelerate the aging process.  The more antioxidants, the broader spectrum of antioxidants, and the better quality of antioxidants, we put in our bodies, the less chance of disease and premature death.  It really is that simple!  Yet, people want to make it more complicated.  Worse than the lack of understanding this concept, are those people who understand it, yet continue to believe it is "not worth the money to buy quality supplements."   I have seen women spend more money on getting their nails and hair done then protecting their bodies from chronic diseases.  They spend money on wrinkle creams and Botox than worrying about what's happing on the inside.  (Believe me, if the inside of your body goes, the outside can't hold up.)  I have seen men spend more money on maintaining the "health" and beauty of their cars then the health and beauty of their bodies, which, unlike car parts and cars, their bodies are not replaceable.

(I take that back, ...you can volunteer for a mechanical heart if yours breaks down; IF you survive.  Imagine the expense of that!)

To drive the concept of the importance of supplementation home, let's look at the opposite scenario:  If for some reason a person wanted to die prematurely, and wanted (for some reason) to increase their risk for all manner of diseases, they would simply need to smoke several packs of cigarettes per day, and continue this year after year, preferably for decades, right?  It would also help to eat poorly, not exercise, and expose themselves to excessive stress and toxins.   All this would be causing excessive oxidation and inflammation to the cells throughout their body.  Health or disease occurs at the cellular level.  The damage would occur so often, the cellular repair processes would be worn down, and only disease could result.  If this concept is so simple to understand then whywould it not be simple to understand the opposite course of action?

If a person wanted to live a long and healthy life .. then do the opposite of the above!   Consider the opposite of smoking and stress.  The opposite of smoking and stress (oxidation) is supplementing with quality vitamins, minerals, antioxidants, and essential fatty acids, ...nutrients that protect cells from oxidative damage and inflammation; protecting cells from free radical damage, and allowing cells to operate at their optimum year after year for decades.  Less damage, less disease.  Less damage, less disease leads to a better quality, longer life.   This is true wellness, or true health.  Again, I'm not picking on smokers, I'm only using cigarettes as an example of oxidation.  (Oxidation is occurring every single day throughout your body.  The question is, at what level?)   Cigarettes, stress, a lack of supplementation increase disease and shorten one's lifespan.  You would therefore think that quality nutritional supplements would help decrease the risk of disease and possibly lengthen one's lifespan, in combination with other healthy lifestyle changes.

The medical research indicates that taking nutritional supplements: vitamins, minerals, antioxidants, and the essential fatty acids, along with a healthy diet and exercise, is the best and safest option for possibly reducing the risk of several chronic degenerative diseases, including, but in no way limited to:

**Dr. Ladd McNamara "How to Choose a Quality Supplement?"**

Now, the only thing you need to know is which vitamins, minerals, antioxidants, and essential fatty acids to take, how much, how often, what is a "healthy diet," how to lose weight effectively, and how much is "enough exercise."  Throughout this website, these questions will be answered.

There is a great reference book, such as [The Comparative Guide to Nutritional Supplements](http://www.comparativeguide.com/guides/adultguide.html) (Fourth Edition) by Lyle MacWilliam that can help you choose a quality nutritional supplement.  Here are some things to look for in identifying a[](http://www.comparativeguide.com/guides/adultguide.html)quality supplement brand:

A brand that follows the pharmaceutical model for Good Manufacturing Practices (GMP), not just Food-Grade GMP.  There is a huge difference.  Food-grade basically means the products cannot cause harm and cannot have visible animals parts.  Pharmaceutical model is a whole different level of quality and standards, and most companies do not follow these standards.

Potency Guaranteed:  Make sure that the product you select is guaranteed to have in the bottle what is listed on the label.  Studies from Yale New Haven Hospital and Tufts University Medical School in Boston have shown that many supplement brands do not have the correct ratios of ingredients of nutrients to each other, and were missing some nutrients altogether.  In many cases, what it said on the label was not even in the bottle.

Superior Ingredients that Come with Certificates of Analysis:  If the company makes their own products, which is ideal, because they are able to maintain quality control over the manufacturing process, then do their raw ingredients come with Certificates of Analysis to be pure, potent, free of toxins and pesticides.  Most companies do not.

Make sure the company that you purchase your supplements from do their own testing for potency and purity, as even "quality suppliers" of ingredients are not consistent in delivering what they claim.  If your company is not checking who is?

Make sure the supplements you take are dissolvable, absorbable, and highly bio-available.  MOST supplements are not!

Does the company have an Athlete Guarantee?  Most competitive athletes will not use supplements because they do not want to risk being disqualified from their sport due to banned substances that might be found in the supplement.  How confident is the company that their products are pure?  Are they willing to put their money behind their guarantee? If they are, then that says a lot for the credibility of the product.  This is a company you can trust.  Are there athletes (Olympic and professional athletes using their products with confidence AND results?)

Are the company's products based upon research and scientific principles, or are they making up the pseudo-science as they go along?  If there is science to back up their formulas then you can trust what they are doing is good manufacturing.

Does the company have a team of nutritional scientists on staff, or do they farm out the manufacturing of their products to a large manufacturing facility to "white label" their products?  This makes the difference between who is really on the cutting edge of scientific discovery and who is just going along with what is fashionable.   To think a "knock-off" company can simply create a supplement brand by going down a list and ordering up ingredients to put in their products is far from the truth.  Quality supplements require much more than a list of ingredients that mimic what you can find in a brand that you can trust.

Is there a money-back guarantee on unused products?  If yes, then, then the company has nothing to hide.  This, along with everything stated above is a company you can trust.  When you find a company you can trust, stick with it, because trust in this area is critical in the long run, especially when it seems that every other month we're being told different things by the news media.

**In Summary, here is the take away message:**

* 1. You have more control over your life, health, and death than you realize.
* 2. Small daily changes add up over a lifetime.
* 3. Vitamins, minerals, antioxidants, and the essential fatty acids are safe and effective in promote overall health, and according to the medical studies may possibly help reduce the risk of many chronic diseases, along with a proper diet and exercise.
* 4. Not all supplement brands are created equally.  There are differences, and these differences will affect your health.
* 5. Lifestyle changes are necessary to maintain optimal health: proper diet, exercise, reduction of stress, and adequate sleep, being among them.
* 6. Quality supplements DO EXIST, and there is a BRAND YOU CAN TRUST.
* 7. We can help direct you to a quality supplement brand and assist you with proper dietary choices, including a proper weight loss program if it is necessary.

Please [contact us](http://www.totalwellnessnetwork.com/contact-us.html) for further information on how to select a quality nutritional supplement brand, and for our recommendations.  Please note, we cannot give medical advice, and before beginning any program; such as a diet, exercise, or nutritional supplements, you should discuss it thoroughly with your personal and licensed health care professional who is well-versed in the knowledge of nutritional supplementation.