

## The Fire Down Below

Written by By Greg McNeil  
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There are some truths that are difficult to hear because they test the heart and shake the very foundation upon which our lives are built.

The doctor does not heal the patient. Patients heal themselves. *What?* Patients heal themselves.

Let me provide an example. When a person goes to urgent care or the emergency room with a 104 degree temperature, vomiting, diarrhea, sore throat, persistent cough or stuffy nose the doctor most likely gives a diagnosis of the flu. The prescription given by the doctor will mostly be composed of antibiotics, pain killers (if needed) and probably a cough suppressant. Antibiotics, pain killers and cough suppressants don't cure the flu, but they treat the symptoms that forced you to go to urgent care until your body has time get stronger and recover. To get stronger and recover requires that you take action.

Again, *the patient heals themselves.*

*The Fire Down Below* refers to the disease of the small blood vessels, commonly called diabetes and the other is gout, the extremely painful joint condition that typically affects the joints of the body. As I mentioned at the start some truths are painful to hear and even more difficult to accept, but the truth is clear, Gallup and the surrounding reservations are facing a losing battle with diabetes and it's silent companion –gout. For those suffering from diabetes or who have family members that suffer from diabetes have seen the outcomes ranging from elevated blood sugar levels (300 -800 or more), chronic pain, amputations, blindness and death. Diabetes is not just affecting adults, but our children are also in jeopardy.

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The lifestyle that gives birth to diabetes is nearly identical to the lifestyle that causes gout, the crippling and painful condition that affects the joints of the feet, ankles, wrist, knees and elbow.

It is critical that you understand that treating the symptoms of diabetes and gout with artificially made prescription drugs is not the same as curing these conditions. Anyone currently taking prescription drugs for diabetes and gout will do so for the rest of their lives. There are no drugs on the market new or old prescribed by your doctor through the American medical system that will cure diabetes or gout.

We can choose to ignore information on healthy lifestyle changes or bury our heads in the sand, but the truth never goes away.

Diabetes and gout will always be cured through the positive changes of the individual.

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