

# Happy Fourth of July! Plan a health revolution, and what's in store for Intelligent Medicine

We want to wish you and your loved ones a joyous and healthy Independence Day. Did you know it's been said that taking your health into your own hands is a revolutionary act?

Clearly, many of the forces currently in play—from government interference with our right to access supplements and health care of our choice, to the commercial pressures to buy and consume junk food, to Big Medicine with its emphasis on pharmaceutical and surgical quick fixes, and the environmental pollution that threatens us all—conspire to undermine rather than encourage our health and well-being.



So this year on Independence Day, consider issuing your own personal Declaration of Independence from the health-robbing personal choices and societal influences that fetter you.

In a slightly different vein, you may want to check out one of this week's podcasts, a timely discussion of the Physicians' Declaration of Independence, by guest Dr. Richard Amerling. In this exciting interview, Dr. Amerling takes aim at ways that insurance companies and government bureaucrats have eroded the traditional doctor-patient relationship.

Summer has officially begun, but we're hard at work to bring you *Intelligent Medicine* content that you'll find germane to your health.

To this end, we're launching a new weekly podcast feature—*Clinical Focus*—that will provide an in-depth examination of a medical or health issue from an *Intelligent Medicine* perspective.

Here are some of the topics that we plan to cover:

*Cognition and memory*

*GERD*

*IBS*

*Heart disease*

*Arrhythmias*

*Colitis and Crohn's disease*

*Osteoporosis*

*Fatigue*

*Overweight*

*Metabolic syndrome and non-insulin-dependent diabetes*

*Insulin-dependent diabetes*

*Athletic performance*

*Asthma*

*Allergy*

*Immunity*

*Leaky gut syndrome*

*Small intestinal bacterial overgrowth (SIBO)*

*Parkinson's disease*

*Acne*

*Eczema and allergic dermatitis*

*Macular degeneration and cataracts*  
*Estrogen dominance*  
*Polycystic ovary syndrome (PCOS)*  
*Menopause*  
*Andropause*  
*Autoimmune diseases*  
*Arthritis*  
*Food allergy and intolerance*  
*Inflammation*  
*Cancer*  
*Non-alcoholic fatty liver disease (NAFLD)*  
*Hypertension*  
*Cholesterol*  
*Insomnia*  
*Headaches*  
*Candida*  
*Sun protection/skin cancer*  
*Multiple chemical sensitivity*  
*Mitral valve prolapse*  
*Depression/anxiety*  
*UTIs*  
*Prostate*  
*Marijuana: Boon or bane?*  
*Hearing loss*  
*Eye diseases*

Please let us know if there are any additional topics you'd like to hear me weigh in on.

We hope you'll take advantage of this great educational resource by **subscribing to our podcasts**. It's free to subscribe, and you'll never miss an installment!

Sample the first in our series of Clinical Focus podcasts on the subject of Underweight (yes, there are many people who can't gain enough weight and are chronically skinny and weak!) by **clicking here**.