



adjust your lifestyle™

# **The APOITICAL SOLUTION to the "HEALTH" CARE CRISIS**

The "health" care crisis needs an apolitical solution. The money that is involved in trying to figure out the answers to our very broken system is tainting the process and is not providing solutions that are in the best interest of you and your family. First of all, do we really have a "health" care crisis or is it a "crisis" care crisis? Actually if you think about it the healthy people are fine. They do not have a problem with expenses, lost time at work, pain and suffering. What we really have is a crisis care crisis.

The leadership that has been involved in structuring our current system has abused their privileges and has not performed. The United States ranks 49<sup>th</sup> in life expectancy and 33<sup>rd</sup> in infant mortality, while we spend more on drugs and surgical procedures than any other country in the world. Obesity is out of control and our current generation of children is for the most part, unhealthy. Applying this crisis mentality to a new model to control costs without addressing the core issues of health from a different perspective may just lead us as a nation and then as an individual, down the same bankrupt and sickly path.

The Health Care hierarchy of The 100 Year Lifestyle defines a brand new health care model for a world of extended life spans. It is very easy for you and your family to adopt and understand this lifestyle and implement it in your life. The health care hierarchy includes Self Care, Health Care and Crisis Care.

Self Care is defined as the things that you need to do for yourself that nobody can do for you. This includes brushing and flossing your teeth, maintaining good posture, fitness and nutrition.

These are things that nobody can do for you. They are choices that you need to make for yourself to ensure your health now and as you age.

Health Care is defined as the things that you need to do for yourself that you can't do to yourself. For example, you cannot do a detailed cleaning of your teeth and gums, measure the integrity of your nervous system or adjust your own spine. However these actions as a part of your lifestyle will keep you and your family healthy and help you resist the stress of the world.

Crisis Care is defined as what you need to do for yourself to recover from an injury or illness that requires the support of a crisis care or health care specialist.

In cultures with a higher life expectancy and lower infant mortality, they put a greater emphasis on self care and health care while also having a system in place to handle people's crises. By shifting their priorities, they have a much lower incidence of cancer, heart disease, diabetes and herniated discs just to name a few.

Our office is committed to helping you and your family live an active, healthy, quality life throughout your lifetime and giving you a solution that is apolitical and will ensure your best life every day regardless of your age. Everyone deserves to be healthy and express their full potential from the time they are born through their last breath of life. This includes you. Now is the time to take your health in your hands and step out of the politics. Adjust your lifestyle by making your self and health care your top priority and you and your loved ones will enjoy good health now as well as in the future.

**Basile Spine Sport and Wellness**

**5610 Kitsap Way Suite 260 ♦ Bremerton, WA 98312 ♦ (360)478-2100  
17205 Vashon Hwy SW B2 ♦ Vashon, WA 98070 ♦ (206)463-1850**