

Naturopathic Doctor Says Obesity and Disease in America Are Out of Control

As a naturopathic doctor, Mark Sherwood has deep concerns about the amount of disease and obesity that have been prevalent in this country in the last half-century, and the “staggering” financial implications that have come with it.

Dr. Sherwood’s questions to the masses are, “Why does this have to be the norm, and why aren’t we doing anything about it?” He regularly addresses those issues on his podcast, *Healthcare’s Missing Link*, on the Charisma Podcast Network (CPN).

“For the last 50 years, you would have thought, at some point in time, that with this egregious trend someone would have said, ‘Timeout, wait a minute; we’re doing something wrong,’” Sherwood told Dr. Steve Greene on a recent episode of *Greenelines* on the Charisma Podcast Network. “Obviously, we know the definition of insanity is doing the same thing over and over again and expecting different results. So I would submit that we’re probably doing the same thing.

“We need to make changes because, for example, 600,000 people die every year of cardiovascular disease, and right behind that are going to be cancers—nearly half a million people,” Sherwood said. “This doesn’t have to happen. This trend has been growing at a staggering rate, and it is shocking. By 2030, and that is within our lifetimes for many, it is predicted that 100% of our states will have unacceptable obesity rates. Oklahoma, for example, is teetering on 60% obesity right now, and as you go south, the growth rate is exponential.

“Clearly, clearly, this has been caused by the standard

American diet lifestyle that has been perpetuated,” he added. “It’s a business. But, if we claim to have Christian leadership, we need to stop perpetuating and encouraging disease. Frankly, it makes me sick to my stomach to think about the business of sick care. A sick care model is driven by sick people, the customers. But does that have anything to do with well care? We need to wake up. It’s not OK anymore. We need the courage to step up. That’s my main mission.”

For more insights from Dr. Mark Sherwood, listen to this entire podcast. And tune into *Healthcare’s Missing Link* on CPN. {eoa}