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Broken Doctors for a Broken Medical System

AMBROSE KANE • MARCH 6, 2025 • 4,400 WORDS • 6 COMMENTS



Looking at America's Healthcare system and its effectiveness in helping people with chronic disease, there is little reason to feel positive about it nor to be hopeful that serious reforms will be implemented any time soon. RFK Jr. who was recently sworn in as the 26th Secretary of Health and Human Services, is likely to be roadblocked in his efforts to make America a healthier country.

The medical industrial complex realizes that a healthier nation not as dependent upon medical doctors nor pharmaceutical drugs will significantly reduce its monetary profits. No matter what common sense reforms RFK Jr. proposes, it will likely be frowned upon and publicly resisted by multiple medical associations and academies. The health of patients plays little importance when huge profits are at stake, and one must always remember that modern medicine is a business first and foremost. Health care in America is enormously costly *because it's designed to be that way*. Once you understand this, you're on your way to be liberated from it.

One might think that the greater number of physicians would at least stand behind public policy reformers such as RFK Jr. since they know first-hand just how bloated and corrupt today's medical matrix is. But I doubt this will prove to be the case on any large scale. *This is because far too many individual physicians are themselves part of the problem*. Though these same doctors may recognize the many obstacles associated with modern Healthcare on a theoretical level, they dare not speak out because of the threats this may bring to their medical license and status as a physician.

Doctors Have Earned the Lack of Trust They Receive

Dr. Suneel Dhand, a board-certified physician specializing in internal medicine and metabolic health, has declared that it's not merely the system that's broken, but "large numbers of practicing doctors, maybe even the majority, *their minds are completely broken as well . . .* What I mean by this is that the way doctors have been trained to think, the fact that most doctors are complete followers, they lack critical thinking skills, and they certainly lack the

courage to step out of line and ask questions when they need to” (YouTube, Dr. Suneel Dhand, ‘Doctors Minds are Broken: Big Hurdle for RFK & MAGA’).

[VIDEO LINK](#)

If one wants to witness just how cowardly the greater number of doctors are, simply consider how almost all of them fell in line like obedient soldiers during the Covid pandemic. Any physician who deviated from the authorized message given on high or who even mildly questioned the safety or effectiveness of the Covid vaccine, became anathema to the medical establishment. Medical licenses were immediately threatened at the slightest deviation from the Covid narrative.

Even when baseless public rules were mandated such as the six-foot rule to ward off infection – which Dr. Fauci had to admit was not based on any data – doctors were still required to go along with it. They did so gladly. When Ivermectin had proven to be an effective treatment against the Covid virus, doctors were urged to dismiss it as mere ‘horse medicine.’ And they did so with little hesitation. Even though there was mounting evidence that the Covid vaccine increased the risk of myocarditis, it was mostly downplayed by the authorities. Only later, when so many young athletes had experienced serious heart complications or dying on the field of play, were there serious investigations as to the possible link between the vaccine and myocarditis.

Thus, doctors in the U.S. had largely discredited themselves among much of the American people by taking part in the Covid scam and doing it with little resistance to the powers-that-be. They had proven what compliant sheep they truly are at their core, and how unwilling they were to adhere to the ‘science’ despite their protests to the contrary.

Like their leader, Anthony Fauci, these same doctors contributed to one of the greatest mass deceptions in human history. Not only was the ‘vaccine’ not given the same rigorous testing standards and allotment of time afforded to other vaccines, but even when it had proven to be only mildly effective at best and often harmful to millions of people, there was no urgency to remove it from the market. The enormous profits that the mRNA vaccine brought to its pharmaceutical manufacturers was too great to resist. Information that challenged the vaccine’s effectiveness was either obfuscated or denied outright. The mainstream media was boldly complicit in all of it too as they dismissed as ‘crazy,’ ‘anti-vaxxer,’ or a ‘science denier’ anyone who refused to take the ‘clot shot.’ The disastrous fallout of the Covid tyranny has only recently started to come out, and I hope there will be hell to pay for those who took a major role in promoting it.

The good news in all of this is how many Americans, including citizens from all around the world, became disillusioned with doctors in general and in the entire Healthcare system. The Covid ‘plandemic’ had removed the scales from the eyes of many people who once could only view doctors as virtually angelic. All of this lack of trust toward doctors did not arise in a vacuum but is something that doctors as entrenched supporters of the medical establishment did to themselves. They have no one to blame, but their own arrogance and closed minds.

Doctors Are Unable to Effectively Treat Chronic Disease

Perhaps the major reason why so many doctors are incapable to treating chronic disease is because their philosophical and medical starting point is all wrong. In this sense, doctors are

taught to treat *symptoms* but fail to consider the *whole person*. They reject a wholistic approach – that is, treating the whole person, recognizing that the human body is interconnected, that symptoms are almost always due to other factors in the body that may not appear at first to have any connection, and that almost the entirety of chronic disease is related to *diet* which most doctors are completely uninformed of.

If one's diet or nutrition, then, plays a major role in chronic disease, why do so many doctors know little about the subject? Why are medical students given only one or two classes on nutrition if diet plays such a central role in chronic disease? The answer lies in recognizing that curing chronic disease through diet is not particularly lucrative. What need is there for expensive pharmaceutical pills when one can self-heal and resolve their ailments by simply eating nutrient dense food, eliminating foods that create inflammation in the body, practicing intermittent fasting and exercising regularly?

A physician who actually heals chronic disease, then, does not generate the sort of revenue desired by large pharmaceutical corporations. There are no life-long prescriptions for those who recover from their ailments. Long-term customers dependent on the medical industrial complex are not produced by doctors who pursue a more wholistic approach to medicine, one that recognizes the important role of nutrition and in eschewing the standard American diet with all of its artery-clogging chemicals and substances.

This approach of treating the whole person and not just focusing on symptoms does not comport well with a model of medical care that's built around pharmaceutical drugs which most physicians adhere to since first learning it in medical school. Thus, focusing only on symptoms has proven to be a very lucrative approach to treating patients since it invites a plethora of costly drugs to be administered as remedies.

If a patient is not feeling well, give him a pill. If that same pill is giving the patient negative side effects, give him another pill to combat the side effects of the previous pill. And on it goes as more prescriptions are doled out and as the patient slowly morphs into a walking pill box! This is what many doctors think is good medical practice though almost all of them would deny that they are pill pushers.

Stange as it may sound, the modern Healthcare system shares some striking similarities to the institutional prison system. The prison system may provide incarceration for criminals, but it does a lousy job of rehabilitating those same criminals or preventing crime. Our Healthcare system, likewise, may have an almost endless number of procedures and protocols to deal with illness, but it doesn't provide health in any meaningful way. Is it any wonder why doctors either never or rarely speak of *healing* their patients? This sort of language is not used because a good many physicians don't see themselves as 'healers,' but as persons trained to *manage* pain or *manage* the health of their patients. The modern Healthcare system for the most part produces *forever* patients who, in turn, are *forever* wed to pharmaceutical drugs which are often highly toxic and create debilitating side effects.

Dr. William Davis, an author and cardiologist, has declared that "Health care is no more about healing than gambling on horse races is about preparing for retirement. In the doctor's mind, handing you a prescription for insulin may be her version of 'healing,' but you know better: There is no healing that can come from handing out pharmaceutical Band-Aids while ignoring the cause of a health problem. Don't bet on horses to grow your retirement account; don't count on doctors for healing" (*Undoctored: Why Health Care Has Failed You and How You Can Become Smarter Than Your Doctor* [Rodale Books, 2017], p.28).

The modern doctor, then, helps patients to *cope* or *manage* their ailments and to reduce its effects through pharmaceutical pills as opposed to getting to the root cause of their pain and healing it altogether. This is how they are trained, and it's rare indeed to find a doctor who seriously inquires as to what their patients eat on a daily basis, including ways to overcome their diseases without the use of costly drugs.

All of this stands in stark contrast to doctors who are *healers*.

Doctors who are healers counsel their patients on diet and correct common nutritional deficiencies. Doctors who are healers advise their patients with arthritis and joint pain on how to reduce inflammation in the body through nutrition. Doctors who are healers advise their patients with chronic kidney disease to totally eliminate sugar and processed carbohydrates from their diet. Doctors who are healers advise their patients with dementia or Alzheimer's to end all consumption of refined sugars, alcohol, grains or anything that is metabolized as sugar in the body. Doctors who heal are knowledgeable of the importance and efficacy of certain nutritional supplements that aid in recovery.

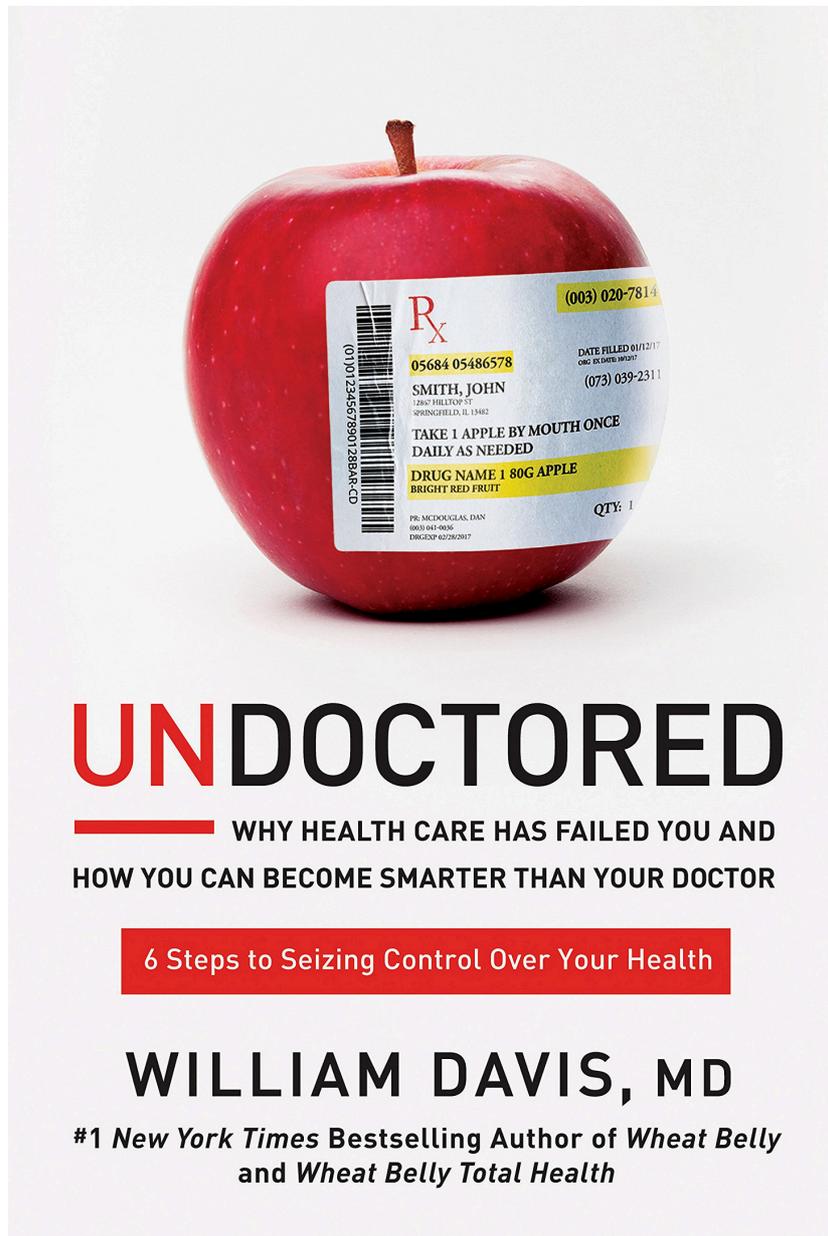
Doctors who heal may not necessarily end all pharmaceutical drugs for their patients because they recognize that, at times, it may prove beneficial. But they are not so quick to place their patients on the pharmaceutical Ferris wheel when other options are readily available, especially those based on nutrition and lifestyle.

Undoctor Yourself

Americans must learn to *undoctor* themselves, to completely avoid becoming dependent on an increasingly costly and ineffective Healthcare system. The only way this is going to happen is by arming oneself with knowledge about health, nutrition, quality supplements, and learning to become their own advocates when it comes to what medicines and what medical treatments they will accept. To rely blindly on what a physician recommends without doing one's own research is the way of the foolhardy. Many patients only realize this when it's too late.

A person who is *undoctored* recognizes that doctors have a legitimate place, *but it's a limited one*. Generally, doctors are for treating serious injuries to one's limb, major abrasions and cuts, allergic reactions, a broken arm or leg, traffic collision injuries, victims of third-degree burns, knee replacements, spinal injuries, the removal of cancerous tumors, brain surgery, the replacement of heart valves, and these kinds of things which in large part they perform very well. I know this is a limited description of the many things that doctors do, but I hope the reader understands my point.

People run to doctors to fix every little ache or discomfort they might have with little awareness that most of it is attributable to their poor diets and can be reversed by simply changing the way they eat. There is no need for doctors under these circumstances, and there are a sufficient number of books, articles, videos and podcasts available on the internet to educate people suffering from all sorts of diseases and autoimmune issues. Visiting the doctor's office, then, is supposed to be something that is rare.



UNDOCTORED

WHY HEALTH CARE HAS FAILED YOU AND
HOW YOU CAN BECOME SMARTER THAN YOUR DOCTOR

6 Steps to Seizing Control Over Your Health

WILLIAM DAVIS, MD

#1 *New York Times* Bestselling Author of *Wheat Belly*
and *Wheat Belly Total Health*

Many doctors, as one might expect, may feel threatened by persons who are undoctored, especially if the concept spreads among more Americans. They want us forever dependent on their opinions, their expertise and their broken system. Yet, the less people are dependent on their authority and become advocates for themselves, the less money will go into the coffers of the modern Healthcare system and the less will people stand in awe of them simply because they have a medical degree.

It goes without saying that today's doctors don't have quite the reputation they once had in America, and this is largely due to a host of factors, much of it their complacency and unwillingness to resist the massive levels of greed inherent in most medical institutions which has made health care unaffordable for the greater number of Americans. The doctors have worked hand-in-hand with these same greedy institutions, and widespread corruption runs rampant within the industry (insurance companies included). The average doctor may just be a cog in the machine, but they are far from innocent.

Robert Yoho, a retired medical doctor, bewails just how convoluted and ripe for corruption today's Healthcare system has become: "The insurance system was conceived in good faith to supply vital care. But the gargantuan fountain of tax and insurance loot cannot be monitored. Third-party payment combined with free-market profits encourages overuse of anything a

provider can stick a bill on. Everyone is compensated by piecemeal and submits separate, competing charges, resulting in a frenzy of exaggerated and fraudulent invoices. The system allows payment for any covered medical treatment, so there is no upper limit on the total.

Since severe illnesses justify more reimbursement, hospitals and doctors do unnecessary lab tests and x-rays under the pretext that they suspect dangerous conditions. These create more bills and support invoices for extensive evaluations.

Complicated, expensive treatments follow, which doctors order even if they are ineffective or damaging.

Agatha Christie said, 'When large sums of money are involved, it is advisable to trust nobody.' She might have added, 'Not even your doctor or hospital'

(*Butchered by "Healthcare": What to do About Doctors, Big Pharma, and Corrupt Government Ruining Your Health and Medical Care* [Self-published, 2020], pp. 21-22).

Doctors Are Unable to Effectively Treat Heart Disease

The American Heart Association tells us that heart disease is the leading cause of death in the United States, killing more than 655,000 Americans each year. The major culprit in the spread of heart disease, according to doctors and today's diet dictocrats, is saturated fat which clogs the arteries and triggers heart attacks.

The so-called 'Lipid Hypothesis' since the time of its founder, Ancel Keys, has been the prevailing dogma among doctors and cardiologists. They want us off eggs, bacon, fatty red meat, real butter or anything that will increase cholesterol in the body and to consume lots of grains, cereals, vegetables, fruits and high carbohydrate foods. Instead of using butter, tallow or pork fat in our food, the 'experts' want us to use seed oils and margarine. Every stripe of low-calorie snack, fat-free condiment, soybean oil spread, and sauce was pushed upon us to help us avoid the dangers of cholesterol.

Americans largely followed their advice enshrined in the Food Pyramid of the 1970s and it wasn't long before obesity rates skyrocketed. Everyone thought they were both smart and healthy because they avoided saturated fat and consumed bran muffins, bagels, oats, pasta, bread and cereal that was as tasteless as twigs. Chronic disease also increased significantly in the U.S. The nutritional advice spewing from our government proved disastrous, and it has become patently obvious.

Few Americans at the time were aware that the sugar industry sought to bribe and manipulate university authorities and medical researchers to blame the increasing rates of heart disease on saturated fat rather than refined sugars, processed carbs or grains which is where the blame rightly belongs.

In a 2016 article published in *NPR*, this very subject matter was investigated. The author concluded that the food companies played a definite role in downplaying sugar as the major driver of obesity and in influencing published studies that might be critical of sugary drinks: "Is it really true that food companies deliberately set out to manipulate research in their favor? Yes, it is, and the practice continues. In 2015, the *New York Times* obtained emails revealing Coca-Cola's cozy relationships with sponsored researchers who were conducting studies aimed at minimizing the effects of sugary drinks on obesity. Even more recently, the *Associated Press* obtained emails showing how a candy trade association funded and influenced studies to show that children who eat sweets have healthier body weights than those who do not" ('50 Years Ago, Sugar Industry Quietly Paid Scientists to Point Blame at Fat,' by Camila Domonoske, 9/13/2016).

Even though there were a few published studies throughout the 1970s and 80s that challenged the ‘Heart-Diet’ theory, they were largely ignored by the medical schools which continued to demonize saturated fat and cholesterol. Even now, with the publication of so many books debunking the notion that saturated fat is unhealthy – such as the 2007 book by Gary Taubes, *Good Calories, Bad Calories*, which rocked the nutritional world at the time of its release – doctors *still* continue to lecture their patients about saturated fat and cholesterol. The doctors are ignorant either because they’re not accustomed to challenging their belief system, or they’re lazy and don’t care, or they’re afraid to challenge the medical system with contrarian ideas and protocols that might jeopardize their professional standing.

Whatever the case may be, there has been an ongoing paradigm shift among health researchers on the matter of cholesterol. The older belief that LDL (low-density lipoprotein) is the ‘bad cholesterol’ may not be based on good science. The emerging way of viewing cholesterol among some is that high LDL, by itself, is not necessarily an indicator of poor health so long as other factors are considered, such as low Triglyceride levels and high HDL (high-density lipoprotein).

One’s Triglycerides and HDL levels, then, are much better indicators of one’s health, including one’s A1C numbers. In fact, there are many people who for genetic reasons have very elevated LDL numbers and yet are fit and healthy (such as those known as ‘lean mass hyper-responders’). Blaming cholesterol for clogged arteries, as many physicians do, is like blaming firemen at the scene of a house fire for starting the fire! Cholesterol in the arteries is present for the purpose of healing the arteries and reducing inflammation – *the very inflammation that’s likely caused by refined sugars, processed carbohydrates and seed oils*. Thus, cholesterol is immensely beneficial to the human body and the brain itself is comprised mostly of cholesterol.

Some recent studies, in fact, found that higher levels of cholesterol, specifically LDL, have been associated with longer life among elderly persons: “A recent long-term study from Sweden, using data from the AMORIS cohort, has provided valuable research on cholesterol, and somewhat surprisingly shows a correlation between higher cholesterol levels and increased longevity. The longevity study (Murata et al PMID: 37726432) looked at the blood work data of 45,000 people over a 35-year period. Taking regular blood samples and measuring the biomarkers (glucose, cholesterol, iron, creatinine, etc.) the researchers could identify what factors were associated for those reaching 100 years or more. They found that high cholesterol *is associated* long life. The new data appears to contradict what we have learnt, that high cholesterol is bad. Right? Wrong. When one reads past the headlines and the study’s abstract, the *discussion* of the results and actual *conclusion* show otherwise” (The Whole Earth Practice, ‘Cholesterol & Longevity: Is High Cholesterol Protective? The Swedish AMORIS Cohort Results,’ by Alastair Hunt, 10/5/2023).

Contrary to what most doctors think, it appears that older people may need *more*, not *less*, cholesterol in their bodies, especially when one considers the protective and beneficial role it plays in the body.

Despite these truths, the medical industrial complex is unlikely to jettison their cholesterol-is-bad view of heart disease any time soon because statin sales in the U.S. exceeds 20 billion dollars annually. There’s just too much money to be made in selling cholesterol-lowering drugs, and this again is why it’s important to remember that modern Healthcare is a business first and foremost.

Let's also not forget that statin usage brings a lot of other health complications and distressing side effects. Many patients have reported memory loss, muscle aches, fatigue, nausea, confusion, liver problems, constipation and some have even experienced an increase in their blood sugar levels.

Granted, not every patient on a statin regimen experiences these symptoms. However, I think it's fairly common, more so than what the medical establishment or statin manufacturers estimate which is approximately 10% of patients who use cholesterol-lowering drugs. I have no data to refute the 10% estimation, yet I know that when so much revenue in the billions is at stake, there is always a strong temptation to downplay or fudge the numbers so that any widespread alarm about statin usage is suppressed.

In addition to the enormous sums of revenue that prescribing statins brings, let's not forget the boatloads of money that heart surgeries, installing stints and pacemakers secures for the medical system. Don't misunderstand me, I'm thankful that these cardiologists exist and that such miraculous technology is available. Yet, it's still important to ask: If doctors actually warned their patients about refined sugars, worried less about saturated fat, promoted nutrient dense nutrition, and sought to treat their patients from a wholistic and functional medicine approach, would we not witness over time a major *reduction* among Americans in pharmaceutical usage, less dependency upon doctors, and a significant decrease in heart surgeries?

And perhaps that's precisely why today's medical system is so resistant to the ideas presented in this article?

Doctors Are Unable to Effectively Treat Type-2 Diabetes

Treating Type-2 diabetes is another industry that has proven to be extremely lucrative for today's medical industrial complex. The amazing thing about it all is that Type-2 diabetes can be reversed – that is, *one can actually be healed from diabetes!* Talking to the average doctor, you probably wouldn't think so. They rarely, if ever, mention it to their patients and perhaps even they don't know. It seems to be a secret they keep to themselves, and I can imagine why when one realizes that the diabetes industry's projected profits for 2025 will reach 26.28 billion dollars. Oh sure, there's the occasional physician who might mention that a low carbohydrate diet may prevent the need for life-long insulin injections. But there seems to be very few of them.

In fact, I've talked to many diabetics over the years, and none of them from what I could recall ever mentioned getting off their insulin medication or seemed aware that their condition could be reversed by diet alone. Most of them saw it as a life-long problem that would forever require medication, including the real possibility that their condition would only worsen over time.

But as the late Sally Hallberg (an obesity doctor) in her TEDx Talk from 2016 said, “**reversing Type-2 diabetes starts by ignoring the guidelines that patients are given.**” That's because the guidelines often contribute to and even exacerbate diabetes. The average diabetic, for instance, is urged to consume 40-65 grams of carbs per day, plus whatever carbohydrate snacks they consume as well. Thus, *they are encouraged to eat the very foods that cause diabetes in the first place!* Can you think of anything more ass-backwards than this sort of advice?

Diabetics are often told by their doctors to ‘go easy’ on the carbohydrates such as bread and pasta; to consume it in ‘moderation.’ Otherwise, they are free to eat what they wish so long as they monitor their insulin levels and not ‘go crazy’ on the sweets. This is precisely what many diabetics have told me over the years. But such recommendations are as wrong-headed as a physician telling a lung cancer patient that he can smoke so long as he smokes in ‘moderation’ and doesn’t get too carried away.

What kind of doctors are these? What kind of medical system is this that promotes such asinine guidelines for their patients? I can tell you. *It’s the kind of medical system that has as its highest priority the almighty dollar.* Those who think that highly educated and highly trained medical professionals wouldn’t do such a thing, particularly when they are bound to the Hippocratic Oath, are naive as to the true nature of humans. People will engage in all sorts of treason, violent crimes and personal betrayal against others to get ahead financially and *doctors are not immune to the human condition.*

There’s also little motivation among today’s doctors to urge their patients to go on a low-carbohydrate or ketogenic diet when there is so much profit in Metformin prescriptions (a glucose lowering drug). Currently, sales of Metformin are about 4.17 billion each year. The global Metformin market, however, is projected by 2030 to reach over 6 billion dollars annually. In the U.S., all glucose-lowering drug sales are estimated at 57.6 billion dollars per year.

Again, follow the money. And learn to be wary of doctors and the system they’re a part of. This is *your* life. This is *your* health. Learn to be your own advocate, and don’t allow any physician to intimidate you because you ask questions, employ critical thinking skills and refuse to bow to the golden calf of today’s medical industrial complex.

[VIDEO LINK](#)

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