

# Let's Make America Healthy Again

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Health. What is health? Health is more than just the absence of disease. It is true wellness and vitality in every aspect of our being. The Make America Healthy Again (MAHA) project is a monumental task. How do we achieve health? We must as a start address food, pharmaceuticals, and the practice of medicine.

### Food: God's Food vs. Industrialized Food

I recently picked up a book to review for a webinar I was doing. The book, *Pandora's Lunchbox: How Processed Food Took Over the American Meal* by Melanie Warner<sup>1</sup> is a very enlightening exposé of the food industry and how our foods have become so adulterated and corrupted. Most factory-made foods are chemical concoctions made to look good and taste good, but health and nutrition are not the focus. These foods may be quite lacking in wholesome nutrition. When my patients ask me what diet they should follow, I tell them to "eat foods that God made and not what some factory made." Just because something is edible does not mean that it is nutritious. With RFK, Jr., now at the helm of HHS, many dyes and other chemicals may be banned from food.

### Pharma: Germ Theory vs. Terrain Theory

Vaccines, which are promoted by pharmaceutical companies as the answer to health, have come under more questioning by patients after the medical trafficking fiasco with the COVID-19 injections. When my patients ask about vaccines, I ask them, "What were Louis Pasteur's words on his deathbed?" Then we have a discussion of germ theory vs. terrain theory.

As Pasteur was dying, he reportedly admitted, "Bernard was right. The microbe is nothing; the terrain is everything."

Louis Pasteur, a French chemist, and Robert Koch, a German physician, developed "germ theory," which claims that disease is primarily caused by bacteria and viruses. The concept of monomorphism, that a particular germ creates a specific disease, was accepted by the emerging field of allopathic medicine in the late 19th century.

However, two of their contemporaries believed that the inner condition of the body was more important than the germ itself. Antoine Bechamp formulated the pleomorphism theory, which held that germs have many forms and theorized that disease is a condition of one's internal environment (terrain) and is not produced solely by the attack of a microorganism. Claude Bernard, a French physiologist, saw disease as an underlying condition, not defined by the involved germ or the presenting symptom. Bernard popularized the term "terrain" for the internal environment of the body, and stated that an unbalanced

or unhealthy terrain allows germs to thrive and leads to the development of symptoms and disease.

Hippocrates believed that all disease begins in the gut (terrain). He said, "Let food be thy medicine and medicine be thy food." Our food intake and gut microbiome are essential to health. Hippocrates also said that "Natural forces within us are the true healers of disease."

One of the tenets of osteopathic medicine is that if the body is given the resources it needs, it can heal itself. We must keep our body's terrain healthy and our immune system robust to maintain health, and not look for a shot or "pill for every ill."

Paul Thomas, M.D., published data from his many years in pediatrics practice in "Relative Incidence of Office Visits and Cumulative Rates of Billed Diagnoses Along the Axis of Vaccination."<sup>2</sup> The data showed that the patients who were unvaccinated or had fewer vaccines were healthier in the long run than those patients who had more vaccinations. Of course, this does not support the pharmaceutical narrative of vaccines as the solution for health.

### Medicine: Allopathic vs. Osteopathic

If you make a general comparison of allopathic medicine (M.D.) vs. osteopathic medicine (D.O.), an allopathic approach is primarily medications and surgery whereas an osteopathic approach is more holistic, emphasizing the interconnectedness of body, mind, and spirit. The emphasis of osteopathic medicine is treating the whole patient, not the disease. Disease is seen as the body being at dis-ease vs. at ease or in balance.

Andrew Taylor Still (1828-1917) formulated his principles of osteopathy in 1874 after being motivated by the deaths of three of his children in an epidemic. Osteopathic medicine began as a reform against the allopathic medicine practice of drugs and surgery of his time. Dr. Still emphasized treating the whole person with a focus on both function and structure. As noted earlier, if the body is given the resources, it can heal itself.

Although allopathic and osteopathic medicine have historically different medical philosophies, in more recent times many osteopathic physicians have been influenced by the pharmaceutical industry, while many allopathic physicians practice from a functional medicine and holistic approach. When the biochemistry and homeodynamics of the body are well supported, the body works amazingly well; however, when these are not supported or are interfered with symptoms begin to manifest and disease (dis-ease) develops.

There are many therapeutic options to treat patients other than pharmaceuticals. One great example is the COVID-19

Therapy Case Series journal article by David Brownstein, M.D., et al., "A Novel Approach to Treating COVID-19 Using Nutritional and Oxidative Therapies,"<sup>3</sup> describing how he and his colleagues successfully treated more than 100 patients early in the COVID-19 outbreak without any pharmaceuticals.

Every patient is unique, and we must treat the patient not the disease. We must take a root-cause analysis and whole-person approach to care, not a pharma/industry guideline or protocol. Another osteopathic guideline is that it is better to know the person who has the disease than to know the disease the person has. Actually, this concept dates back to Hippocrates. Multiple factors are involved in the disease state of each patient. Taking a holistic approach is key to achieving wellness. A basic scenario: Mr. Jones the diabetic vs. Mr. Jones who has developed diabetes because of his unhealthy diet, poor sleep, lack of exercise, and high-stress job. Looking at nutrition, or lack thereof, exercise, stress management, and so on are key to his achieving health. Hippocrates said, "If someone wishes for good health, one must first ask oneself if he is ready to do away with the reasons for his illness. Only then is it possible to help him."<sup>4</sup>

To accomplish the huge task of Making America Healthy Again, we must improve the food industry, the pharmaceutical industry, and the practice of medicine. Eat

foods that God made to maintain good nutrition. Maintain your body's terrain to keep a robust immune system. Above all, take good care of yourself so you can take good care of your patients. Our patients need personalized care from us. Hippocrates once said, "Physicians are many in title but very few in reality." Let us all be noble Hippocratic physicians and be an active part of the solution to Make America Healthy Again.

To your health.

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