Symptom based V's Holistic medicine

It's very difficult to know exactly where to start with an article like this, because there is so much to talk about, then I recalled this piece of research published in the British Medical Journal 2004, so let's start there.  
  
Here is some of the NHS own research published in 2004, in one of the UK’s top scientific journal, the British Medical Journal.    
  
**“Prescription drugs hospitalise 1 million Britons each year and is now one of our leading causes of death in the UK”  
  
“Adverse drug reactions kill more than 10,000 people every year in the UK  (BMA 2004: 329 15-19) and 197,000 in the EU, costing 79 billion euro (European commission, Brussels Memo, 10.12.08)**  
This research was done by the NHS and is based on "Good And Proper Use" meaning the patients were taking the medication as prescribed. Did you here about that piece of research on the national news? It's a staggering piece of research and yet virtually no one knows about it, can you imagine if those figures were related to any other substance abuse, the story would be all over the papers and the main story on all the news channels.   
  
The research was done 12 years ago so the situation may have changed. That doesn't seem to be the case, based on figures released by the NHS since 2004 year on year there has been a marked increase in prescription and disease and illness. That means the situation has got worse.  
  
You could say that as a holistic practitioner I'm going to be biased towards conventional medicine, but the reason I first looked at becoming a holistic practitioner was because I was already aware of the conflicting and contradictory information coming from or should I say through the NHS and other health service providers.    
  
Through rather than from the NHS because virtually all the research and information that the NHS uses in relation to treatment of disease, comes from the pharmaceutical industry because they have most of the money, not sure how many trillion and fund most of the research that you hear and read about. Almost all of the 6 year doctor training comes from research and information provided by the pharmaceutical industry. The fact is the pharmaceutical industry ultimately train doctors and control NHS policy when it comes to treatment of disease.  
  
That means doctors are taught by big business, organisations traded on the stock market in competition, looking to create new markets and out to make as much money as possible for themselves and their shareholders. The fact is disease has gone to the market place and has become a huge business. It's also become corrupt.  
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Towards the end of 2015 the NHS put out a statement on  
national news based on their latest research, that their almost 70 year old advice that we should all eat low saturated fat high carbohydrate diets has changed, now saturated fat is acceptable and low starch foods should be consumed. How can any organisation with any credibility come out with those types of statements in relation to health and disease prevention.  
  
The NHS/pharmaceutical industry constantly release statements through the media about the latest break through in medicine, that a particular drug has been produced that will revolutionise treatment of X, Y and Z. If you follow that drug from that first statement and it's use to treat a particular disease you will eventually find that use of the drug was stopped because it was found to be toxic, it is then replaced by something supposedly better another wonder drug and the cycle of deceit goes on.  
  
A closer look at symptom based medication. What is a symptom in relation to illness or disease? A symptom is the end product of something else, normally the physical manifestation of the illness or disease, a high temperature, upset stomach, a rash, spots, sore throat, pain, inflammation etc. in effect a symptom is the end product, but is is much more, it is the messenger, telling you that something is wrong, that something else being the cause. What does symptom based medicine do, it focuses on getting rid of the symptom, getting rid of the messenger, the mechanism that is there telling you something is wrong and that you need to change. So if the messenger has been silenced through the medication and yet the cause of the problem is still there, the disease is still there, then surely the potential for problems is huge.   
  
I have come across many people who first told me of feeling so much better after taking prescription drugs only to experience a catalogue of seemingly unrelated health issues down the line, because they hadn't made the necessary lifestyle changes and the underlying problem was still there, symptoms gone, toxicity still there and manifesting itself in many different ways.   
  
Because you can't patent nature, the pharmaceutical industry first looks at nature, because nature has all the answers. They will identify a molecule or substance that has the ability to heal and then they make the synthetic version of it and patent it. The problem is that man cannot manufacture nature and the molecule is not the real thing, it resembles something of the original blueprint but it isn't it, it therefore cannot do what nature does. Because the synthetic version doesn't exist in nature the body doesn't fully recognise it when it is ingested, it stresses the body on many levels. There isn't a pharmaceutical drug that doesn't on some level damage the bacteria in  
the gut and put toxicity into the liver.  
  
That's exactly what the research paper is saying. Not only does symptom based medication not deal with the cause therefore increasing the potential for disaster at a letter date as toxicity rises in the body, the medication itself adds to the toxicity.   
  
Holistic?  I don't really need to say too much, I'm not saying there aren't challenges as a holistic practitioner,  or for the person finding the right practitioner, but Holistic medicine at its essence and what it stands for, identifies the cause of the symptoms first, where is the stress coming from, then supports the body naturally, working with nature using the many modalities available so that the body returns to its natural state, that being health ie no symptoms.   
  
Symptom based medicine, you hand your health over to somebody else, they manage it for you, you lose the control and rarely ever end up experiencing true health. Proper holistic medicine, gives you the skills and tools so that you take back control and the responsibility of managing your own health, which one do you prefer?