

WHY I'M SICK ENOUGH TO WRITE FOR ALTERNATIVE HEALTH

Web Copy and Video Scripts

It's one thing to be an expert in your field because of your previous professional experience. It's another to be passionate about your beliefs. But what have you been going through that has you pleading your case? Could you argue it in front of a jury of your peers, especially those who you have something in common with?

What Did I do?

I worked in Las Vegas Casino Surveillance for over 11 years. I was Corporate Security for Playboy Enterprises for almost double that. I served in the United States Navy as a Radioman during the Cold War. Am I knowledgeable about those fields? Yes. Am I excited to write about them? I have some crazy stories but I found the professions themselves not so interesting. Most people will find the stories interesting. But the professions themselves? I doubt it.

What really gets me talking (or writing)?

- Sports – I am a big fan of football, hockey, baseball and basketball. I can't play anymore though. Yes, I can get into some of the sports talk.
- **Fitness** – At 60, I have to stay fit. Reasons: Type 2 Diabetic, borderline cholesterol levels and surviving cancer.
- Helping People – I have always been big on self-improvement (for myself and others I know). Biblical knowledge has also been an impetus for pursuing and helping.
- **Diet** – More about health than just losing weight. This has become a major focus for me these past 5 years.

What are we doing to ourselves?

Before my bout with facial cancer, before being diagnosed Type 2 Diabetic, before getting old...I was questioning what I was putting into my body. But I was still eating it. In my 20's – I was a human garbage disposal. I ate solid grease and sugar products from drive thru and 7/11. As I got older, that had to change as my guts would lock up.

In my 50's I found out about GMO, High Fructose Corn Syrup and Formaldehyde (used in artificial sweeteners, decaf and non-alcoholic beverages). I read books and watched films on what processed and fast foods could do to your health. But soon the worse would happen...

Cancer would change my life drastically. I studied online what the cause was. I was more aware of how processed sugar could cause my cancer to return after surviving. I have been into more supplements than just vitamins – fish oil, B12, D, garlic and cinnamon. My doctor told me to give up red meat and dairy. I was now regulated to chicken, turkey and fish. My carbs had to be lowered even more. I wasn't happy to hear this but obeyed my doctor.

My workouts were another problem. Sweat soaked cardio did not make me lighter. I could not strain myself with heavy weights anymore. I missed trips to the gym because of my schedule. I quit and have been working out at home where it fits better with having a home business.

The Result

I have been losing weight faster than when I was exercising hard and eating what I had now cut out of my diet. I exercise more since I have time at home. I save on gas too.

I Know the Conversation

I know what people are saying about their health problems. Try listening to other patients waiting for radiation – it's sad. The interaction of those suffering from ailments, aging or stress isn't how to live better...it's fear. The patients know that doctors for the most part want to push synthetic medicine and debilitating treatments. They know it won't just cost them money but their very lives.

Patients feel they have no advocate. If they say no, the alternative is losing their health insurance. Alternative medicine and remedies are shunned by the current medical establishment. Why? Because it's bad for business.

I've heard it and I know how to write it. I studied screenwriting at UCLA and know how to write scenes with or without dialogue that is emotionally moving. I know what can catch the eye on a website. I am visually oriented.

I will make a case for a better life.