



Modern Renaissance

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2020!

Middle Path Medicine announces its formal alignment with the modern rinascita (rebirth) – Renaissance - coming to our generation! The last 40 years represent the darkest time for Americans, from trickle down to pee tapes there has been an excretory emphatic conservative destruction of decency necessary to invoke creative change and a cultural shift in awareness!

Leonardo, currently 19 months, requests a world to live in! We all must participate in this Renaissance! Oppression from conservative hate-based people have always necessitated this corrective return to humanism, freedom. We see now the immediate imperative.

As a physician/healer/father, how does one take action to ensure that a Renaissance occurs as compared to a more Orwellian outcome? I have struggled with this. Also, I've struggled with the fatigue that comes from raising our Leo, and more so, the exhaustion that comes from facing the existential crisis our world faces. How does one stand up and take action in the face of climate change, American concentration camps and systemic white supremacist suppression of all things decent?

The answer, *life is good*. Start your day, every day with meditation and some exercise, and with setting your attention (energy) and intention (information) on goodness. Please have as little screen time as possible, it draws you into an illusory world. Please spend as much time in nature as possible. Physician heal thyself; bring consciousness into each moment/choice.

When you step into what is commonly called “reality”, bring with you the witness, the eternal self, and notice when “reality” contracts you into the skin-encapsulated ego you call self. Laugh at the cosmic paradox as you fumble through “reality” and return to witness. Align yourself with those that support this higher self, yet learn and empathize with the pain of those who drag you down.

Commit to take action in one field of expertise—mine is medicine/healing with agency authority from having obtained an MD. Although I recognize so many areas need help, I have decided to focus on vaccination knowledge and the conservative, hate-based agenda duping the masses into mandated vaccines as “public health” and not the actuality of harm and murder for profit foisted upon you by Big Pharma.

The cool thing about taking on this specific issue is we have the “left” as equally duped as the “right”, so I have found the one thing that pisses every one off, and I do so enjoy a challenge! But it does combine everything destroying humanity in one subject! Big Pharma (profit motive – capitalism) and the suppression of science, conservative (hate-based) misunderstanding of spirituality, freedom, even the nature of viruses, and the primarily reductionistic masculine model of killing everything we don’t understand.

I mainly donate whatever money I can to the groups taking on the republican anti-human, anti-environment, anti-survival-of-the-species policies. And I ask you as well to donate to whoever takes on these policies and find the one area you are most drawn to take action. I currently donate, usually monthly, to the ACLU, Planned Parenthood, Doctors Without Borders, GreenPeace, The Environmental Defense Fund, The New York Times, the Washington Post (a free press might just save this country), ActBlue (Fighting Gerrymandering) as well as my current favorite Democratic Presidential candidate, Pete Buttigieg.

My commitment to all our patients and readers is to update all our articles and provide the best internal medicine/ functional medicine/ integrative medicine/ why don’t we just call it healing!? Website possible... Leo permitting!

Turbulence and dark times always precede Renaissance, and there is much predicted turbulence in the years ahead. The oligarchs won’t let go easy. Just breathe, center, and take loving action— the Earth depends upon it!

Your Journey to Health and Healing,
Gary E. Foresman MD

References: Upon Request

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