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Natural medicine – How to separate the snake oil from helpful remedies?

This abstract is not so much a research project or a double-blind study but instead it is the application of adding natural medicines and other alternative practices to a large self-funded medical plan. After 19 years of implementing: Natural medicine, Prolozone, PRP, Stem cell therapy, Acupuncture, Opioid management, transparent surgical solutions and then measuring the outcomes, I wanted to know if these types of approaches could lower the medical trend and make employees healthier. The answer was a resounding, “YES!” In 1999, I completed a study proving that natural medicine added in the correct way could reduce medical costs, saving \$10.40 for every dollar spent. Employees reported a 75% reduction in symptoms and their children experienced a 93% reduction. Prolozone, PRP and Stem cell therapy was highly successful in eliminating many surgeries and provided savings to both the medical plan and the patient. A simple injection versus a surgery. The pain management program was created when a friend’s son died from an opioid, muscle relaxant overdose. Usage under the program dropped by 40% with no reported adverse events. More important than the savings in dollars was the savings in human capital. A transparent medical model is the only way we should purchase medical care. How many of us would buy a home or car without knowing the cost? This solution saved over \$400,000 in a 3.5-year period. Medical costs are rising twice as fast as inflation and if we do not fix this problem it will bankrupt us.

Biography

Douglas Younker has completed his BS in Human Resources. He has become a pioneer in forward thinking, blending natural medicine into traditional medical plans. Companies who administered his plans have stated that it has some of the lowest Medical/Rx costs of all plans they manage. He has presented at Stanford Medicine X, Los Angeles, Nashville, Phoenix, Chicago, Boston, Houston, Minneapolis, and Atlanta. He has spoken at AMCP/PBMI conferences on opioid management. He served on the Utah Council for Worksite Health Promotion, Governor’s Taskforce to Reform Healthcare. He has served on Steering Committees at Oregon State University, and Utah State University.

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