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Fact Sheet – The Danger Zone

Dr. Paquette's Journey:

- Since 1994, people en route to destination disaster have arrived on her doorstep time and time again. Dr. Paquette noticed, despite the diverse nature of her clientele, their routes are fraught with dangerous detours and stop signs.

Health Dangers:

- The number one cause of chronic disease is the failure to practice the principles of healthy living, such as eating a nutritious diet, getting regular exercise, and avoiding smoking.¹
- Conditions such as high blood pressure, elevated cholesterol, and obesity have contributed to a significant rise in chronic disease in recent years.¹
- Over 60 percent of adults in the United States² and Canada³ are classified as overweight or obese.
- Seven out of ten Americans who die each year actually die of a chronic disease.¹ Heart disease, cancer, and stroke, all forms of chronic disease, have surfaced as the top three killers in the United States⁴ and Canada.⁵

In an American Demographics survey:

- When adults were asked to rank how happy they are with their physical appearance on a scale of one to ten, 47 percent gave themselves a score of five or lower.⁶
- When women were asked about their quest for health and wellness, 87 percent said their quest for health and wellness motivates their life decisions more than anything else.
- 75 percent of women reported that they do not do as much for their health as they should, and 70 percent reported that they frequently do things that they know interfere with their well-being.⁶

Patients and Stress:

- When Dr. Paquette's clients were asked, what stops them from looking and feeling their best, the common answer was, "I just simply don't have the energy to do what it takes to live life healthfully." Though stories and circumstances vary from person to person, the majority of people are responding to stress—chronic, low-grade stress.
- Currently, stress-related illness not only tops the charts for cause of death, it is also financially crippling, consuming a large portion of our governmental, insurance, and personal budgets each year in both the United States⁷ and Canada.⁸

References

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