

# Diaries of a Mad Nurse

**Revealing  
The True Culprits of Disease**

Marty A. Robins



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## **DEDICATION**

This book is dedicated to all people  
who have suffered and are suffering needlessly.

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To the medical profession: I thank you for giving me a career of many years, where I have learned right from wrong.

And to God, I thank you for the ability to believe.

## INTRODUCTION

It is for the sake of humanity that I have written this book.

*Diaries of a Mad Nurse* is based on my personal journals, collected over many years of caring for thousands of people and the hard-learned and often heartbreaking lessons of a medical professional. During my career, a dream began to take root. I wanted to find a way to help people become healthier, while promoting a better level of personal awareness. My dream was not only to write a book on health, but to write a book that would educate and inspire every individual to attain more self-reliance when it comes to managing his or her own care.

Today, America's healthcare system is in a crisis. Not only is it compromised and over-utilized, but it is most of all, over spent. As we examine this dilemma, we must ask ourselves one very important question. *Are the American people truly receiving a standard of healthcare that is beneficial to all?*

Yes, people are living longer. However, are they actually living a life that gives them a level of greater well-being? We need only to look to the elderly, who arrive at our hospitals from nursing homes and assisted living facilities suffering from contractures, dementia, depression, and other debilitating diseases to see that this is not always the case.

Within this book, one will often see the word *quality*. This simple word is one I will focus on to address the reasons why *health* care has lost its meaning for so many. Today, we are dealing with quantity and not always quality, and this is why we are seeing a decline of the healthcare industry in this country. Through my experiences and personal observations of some of these absurdities of this modern healthcare system, I came to realize that this book desperately needed to be written.

Surely, healthcare has many factors and reasons to why it has created its many problems. Yet, before we can ever understand the need for a new standard of healthcare that will be successful, it is imperative that we analyze in depth the existing difficulties with the current system. It will be through this acknowledgement and examination of what is wrong with healthcare today, that we will ultimately discover what is necessary to create a better healthcare for tomorrow.

As we all know, there are too many people without healthcare: fifty million people and growing as I write this. However, before we can even approach this problem, we must answer yet another serious question. *Is it our responsibility to support the people who are exploiting our healthcare system?* This includes the American government, insurance companies, major pharmaceutical companies, special interest

groups, illegal immigrants, and consumers themselves.

Within these pages, I will reflect upon many of the lifestyle choices of individuals I have encountered during my career, where their choices have led them, and what they really need to do in order to learn how to obtain optimal health. I will examine not only the specific actions and beliefs of these individuals, but the actions and beliefs of many others. These personal diaries will present a clearer perspective to the pathways of improving one's health by giving you, the consumer, the necessary information to develop a more precise and rational way of caring for yourself.

What I will show is how to be less dependent on our current healthcare system while learning to be more independent in your healthcare choices. I will also examine the fundamentals of disease from a very different aspect and offer real world, practical solutions to some of the problems caused by chronic diseases. My ultimate goal is to teach people that the path to good health begins with you, and I want very much to help you get there.

## CHAPTER 1

### LET'S LOOK AT THE REAL PROBLEM

Whether with healthcare or on a personal level, the real problems in this world today stem from greed and lack of accountability. Rich or poor, we all want more. How sad it is that most of us focus on what we want, rather than what we truly need. While we often deny what is going on inside ourselves, we remain preoccupied with what is occurring only on the outside. For many, this is simply just an issue of increasing one's self-awareness.

For the most part, we are no longer a nation of positive thinking people, but rather we have become a society that lives in fear and negativity. To recognize this fact, we need only to turn on our televisions or computers to see the latest news. There we will observe killings, mortgage and credit card default, foreclosures, oil spills, earthquakes, tsunamis, and other catastrophes. All of these life occurrences have helped bring us to an unacceptable level of chaos and stress within ourselves.

With much of this chaos being felt in the financial world, people are finally taking a closer look at where they are and where they need to be. This recession has most of us analyzing our financial problems and setting new priorities. Yet, for some people, they continue to be oblivious to these facts. They continue to spend their money on superfluous materialism and meaningless objects. Many have just ignored the necessity of saving for this rainy day. We need only to look at the number of households that are falling apart due to financial problems. Clearly, some people have not yet learned what it takes to survive in these times of financial and emotional woes.

As a nation, we have also had to deal with a younger generation who believes that they deserve everything without ever being required to work for it. Of course, there are exceptions to this finding, but many young adults are now facing this rude yet

valid awakening. Should we not all question the importance of these situations and ask ourselves, “Where are we, as individuals, actually going?”

As work, or lack of work, carries us from day to day, we must ask ourselves how happy and contented we are when we reflect on our lives. Are we living in peace, tranquility and joy, or are we lost in a state of flux and denial? Are our lives safe, and do we actually have *control* over what we wish for? I call this an *inevitable downfall of self*.

In these difficult times, we must also address some other relevant questions: Is a paycheck the only satisfaction we are receiving from our labors? Are we living the life we dreamed about? Are we utilizing the very special talents we have been given? Do we realize how truly unique and special we all are? Perhaps most important, we need to ask ourselves if these are the true realities of our lives.

Of course, there are many people who do maintain their status quo and appear to be content, but for many others, life has presented itself with excruciating, if not insurmountable, obstacles. Only observe the many people who work and work and work. These *workaholics* insist they need to work long hours for their financial security. For many this is true, yet for others, the main reason they work so compulsively hard and keep such busy lifestyles is to avoid having to deal with themselves. They cannot acknowledge their emotional emptiness, nor do they ever question how they got to where they are. Their inability to look deeply within themselves, and be aware of their inner problems, only adds to their refusal to create self-awareness or even share intimacy with others. Consider the rising divorce statistics, increasing depression and suicide rates. These issues are occurring in the lives of many, which are a result of a lifetime of avoidance of oneself and the reality of their existing situations.

You may be asking yourself how this relates to your health. I believe there is a very profound correlation. When a human being denies their true authentic self, they deny who they truly are. With this loss of authenticity of self, as well as all of the other stresses in this world today, a human being can and will enter into a place filled with many levels and forms of illness.

When human beings find themselves in stressful situations, they quite often discover they have less control over their lives. Faced with this lack of control, many find they do not feel perfectly safe. As challenges multiply, consciously and unconsciously, they can take people to a place where their bodies will turn against them and they will begin to see a variety of effects that manifest as illnesses. These

circumstances bring about increased potential for disease and people must realize that these experiences can and will eventually take hold of their lives. Although, diseases can certainly present themselves in many ways, we must educate ourselves to look at illness beyond what we have been taught. What we need to acknowledge correctly is that *our minds and emotions definitely affect the health of our bodies.*

Today's standard practice is to look at illness usually on a physical level. However, is it possible that the medical profession as a whole is ignoring an important psychological implication to disease? I believe that they are. We must remember that we are not only physical beings; we are emotional beings as well. Because of this, I believe it is not heart disease, stroke, or cancers that are the leading causes of death, but instead they are the result of one's lack of self-awareness and insight. I will show how *one's toxic emotional input into one's self* becomes a primary and leading cause and culprit of the many diseases that currently exist.

As a nation, we can no longer jump into solutions that have failed us in the past. We need to learn the actual and fundamental reasons for illnesses so that we can create a more humane and positive way to obtain a quality of health that will be beneficial to all. When this is understood, we will not only attain personal accountability and mindfulness for our health, but we will become advocates for ourselves as well as for others.