

Episode 26: Navigating the Healthcare System – An Immigrant’s Perspective



Note: This is a machine transcription. Please excuse any punctuation or other weirdness:)

Intro:

What are the basic human rights of healthcare? Health Equity is defined as reaching “the highest level of health for all people.” It means giving everyone the support they need to access the same level of medical care and education regardless of status.

This could mean:

- A vaccine is available to at-risk people.
- An organization provides free clinics for people in low income neighborhoods without judgment.
- A clinic has a translator available for people with a different first language.
- A doctor alters treatment for someone who does not have regular access to nutritious food.

Yet people either go without care and in some cases find themselves choosing to seek care in other places outside of the US to get care affordably and efficiently...what does this say about our US healthcare system?

Get Savvy...Demystifying Healthcare – 30 second commercial

Are you tired of the high cost of healthcare? Are you overwhelmed trying to navigate a complicated healthcare system?

Welcome to Get Savvy...Demystifying Healthcare weekly podcast where we take complicated healthcare topics and make them simple.

Imagine if you could stop feeling paralyzed with fear and frustration and instead be empowered to make smart healthcare decisions for you and your family.

Get Savvy with your host, Sandy Kibling, a healthcare professional changing how healthcare knowledge is shared.

What we will discuss:

- 1) Journey as an immigrant through the US healthcare system.
- 2) 3 issues you see with the healthcare system.
- 3) How do we make change happen - heroes.

Sandy

Hello everyone and welcome to Episode 26. I am delighted to have Myles Wakeham on the show today. Myles is an Australian who migrated to the USA in 1989 and has since become a multi-millionaire, lives a 100% free and unconstrained life, no job, etc. yet never graduated high school, let alone went to college. He is a self-made business focused technologist, and has made fortune on Bitcoin since 2011, and owns a portfolio of rental properties.

Now you may be asking what does this have to do with healthcare?

Myles was one of a few survivors of a massive auto accident in the outback of Australia in the 1990s, which forced him to question life, purpose, and direction. Since rebuilding himself from that, he knows how to handle and mitigate adversity (including taking advantage of medical tourism all over the world for major surgeries), he has honed those skills to live a life unconstrained.

He spends 50% of his time in Arizona, and 50% of his time roaming the world, seeking out new opportunities. He also hosts "The Unconstrained Podcast" in which he teaches the art of Financial Sustainability to his audience. He has a book coming out on the subject as well as audio courseware on Success in Rental Real Estate.

I wanted to bring Myles on because of his unique perspective in navigating the healthcare system as an immigrant. Did you know that 46% of immigrants are uninsured and working to navigate the healthcare system. The goal of this podcast is to meet people where they are at and provide information that empowers them to make smart healthcare choices.

Welcome to the show Myles!

Myles

Thank you for having me.

Sandy

In our pre discussion we talked about you sharing your journey as an immigrant navigating through the US healthcare system. So let's start there with your story.

Myles

I grew up in a city in South Australia called Adelaide, which had about I guess 100,000 people in it. So I guess think about a city the size of Portland Oregon something like that. I just lived a normal life growing up. I was born in the 1960's, so I grew up most of the most of my childhood was in the late 60's early 70's, and so I was a typical free range kid.

We rode bicycles and played in the local Parklands nearby our house and had adventures and it was very normal back in those days. I left school before I graduated high school after convincing my father that I had stumbled upon this thing called a personal computer back in 1978. When they first came out, I thought they were pretty cool and I thought I could program these things. Nobody else in my town knew how to do it. So I thought, you know, maybe people will pay me for this. And they did.

This got me thinking that maybe it was better for me to go off and follow my own path than it was for me to continue to pay for a private education. I talked to my Dad and in the end he agreed to let me go and that ended up turning into building software companies at a very young age. It was kind of like a micro version of the Bill Gates in Australia and I built you know, software, hired people and did work for governments and defense contractors and big corporations. The irony was that I wrote the cryogenic freezer storage system for our local university. The very same university that I chose not to go to. They were paying me to write there software for them, and I hadn't even graduated high school. How ironic was that? But you know, this was at a time when you couldn't go to college to study software development. There was no real courses available in that area. So if anything, I became the professor rather than becoming a student.

Then it was weird when I was 25...I found myself and I met a girl in Hawaii and fell in love and I wanted to try to keep in contact with her. She was from California and I was from Australia. I ended up deciding to move to California. It was easier for me since I was more mobile.

I thought I could land in this big country and I'd be a rock star and I'd do all of these great things. The truth was that coming to America in 1989 without any formal education, put me right in the same camp as every other immigrant. The only difference was that I knew how to write computer software.

Myles

So I ended up interviewing, dozens and dozens of times, getting nowhere. Then one day I stumbled into a mobile trailer park on a building site in Southern California for this startup company, and they thought they couldn't hire anybody because no one would go work for a company in the building site. I thought they're just going to say no like everybody else because I don't have the degrees and surprisingly, I remember we looked at each other over the table and they said, yeah, OK, we'll hire you. I'm like, are you? You're kidding me, right? Ok, cool.

It just so happened that company was Amgen, and then it became the world's largest biotechnology corporation. And I happened to be on the ground floor and got all these stock options and five years later I was a millionaire. So that was weird. The funny thing about that is that, I was 32 and I didn't know what the value of money really was. I just knew I had a purpose and I was just following that purpose and doing what I could do.

I ended up getting a phone call from Australia and my mother had a car accident. I had to go down there to take care of her. My wife, who I'd married, came with me and then it just didn't work out. We ended up getting divorced and then in the whole process of going through that, I was asked to go on a road trip with some friends of mine. I was, pretty depressed going through that whole thing. We ended up coming back from a long road trip and he had a massive car accident, hit a flash flood in the Outback. Head on into something and the girl sitting in front of me passed away. I partially survived it. I was in a coma for about 8 days and airlifted, via planes, helicopters, local hospitals, the whole bit.

I saw the inside hospitals a lot that year and it was all public health because Australia, if you have an emergency, you get put into public health. You don't have a choice. I saw my healthcare was so rationed and that it was so poor.

I was in a hospital room with 8 other people. I felt literally like I was in a MASH tent in, you know, on TV in North Korea. They patched me up but they didn't really fix the bulk of my problem, which turned out to be a shoulder which was completely shattered in the car accident. They said, well, we can chop your arm off or we can patch this thing up as best we can and then you'll have to deal with it for the rest of your life. I said, well, I'll take that. I could still use my fingers, my hands and everything, but I was like severely limited.

Anyway, life goes on and I got remarried, had a daughter. It seemed that in 1999 the opportunities were better in the United States because the dot com boom was going on. So I got on a plane and came back to California, found out that it was the land of milk and honey again.

I called my wife in Australia and said, well, you better get your butt on the plane with our daughter and come over. We need to make hay while the sun shines on this because there was no money going on in Australia and I was dead broke at this point because all the money I'd made, half of it went to a divorce and the other half went to pay lawyers to sue this, the state government insurance company that was supposed to pay on my medical expenses and didn't.

Myles

So yeah, it was a mess. So I came back basically just as I'd come the previous ten years with a suitcase. No money and you know, no qualifications, but this time I had contacts and people I'd worked with and next thing you know within I guess four or five years I was back in the millions and ready to roll again but this time I did it on my own. I didn't rely on stock options. I did it by investing wisely in real estate and taking risks and that led to Bitcoin and the whole bit. So the weird thing is getting back to the medical stuff. When I came back in 1999 there was no Obamacare. There was no Affordable Care Act. I was unable to get medical insurance because I had a preexisting condition. Now I was self-employed, so I didn't have any employer to fall back on and that was a problem. I found insurance, but they excluded all of the pre-existing conditions from my road accident.

I thought, listening to the doctors in Australia, that my lot was what I was going to live with for the rest of my life, so I just sort of put it aside and said, okay, I will make the best out of what I've got, until about 17 years later when I woke up in agony from this shoulder. I thought, what the heck's going on? The pain subsided after a couple of days. My wife and I had been spending a bit of time traveling in Mexico because we live in Arizona, and we're on the border. We were like real students of history and wanted to understand the culture and the. We spent a lot of time traveling in Mexico City, and loved the place, and fell in love with the country. We met a lot of expats that were down there as well and I bumped into a guy who's a doctor and I told him about this shoulder thing. He goes, yeah, you need to get that looked at. I'm like, well, they've looked at it for, you know, 20 years ago. It's like, it's not, going to get any better.

My doc friend said...no you're going to go to go to Guadalajara and see this guy. He's an orthopedic surgeon and let him take a look. All right, Okay. So I did.

I got in the bus, for a 5 hour bus trip to Guadalajara. Turns out the doc spoke English and he was great. He told me he was going to send me down the road for Xrays. I'm going okay, here comes the money, right? I'm used to what medical costs are in the States at this point, because I've been footing the bill myself. The doc tells me to go 2 doors down and there's an XRAY, place.

They took about 12 xrays and it cost me \$15.00. The doc puts them up on the wall and he sees what's going on and he's shocked. He tells me this is a mess. I'm like, yeah, well, I know, buddy.

The thing is, I can't get back to Australia and get it taken care of because I ended up having to sue the government to get them to cover my expenses just on the work they did and they won't touch me anymore, plus I don't pay taxes down there, so I'm not eligible for free public socialized medicine.

What do you think? He asks you know, you need to get this replaced. I can do a complete full shoulder replacement here and get it taken care of, but it's not going to be cheap.

Myles

I'm like, yeah, I expect that. Well, prior to that I'd actually contacted a friend of mine who's a doctor in California. I said what do you think this is going to cost me to get my shoulder rebuilt?

He calls around to his buddies and he gets back to me. It looks like your minimum cost on this is going to be like \$160K, but I would budget double. Okay, so I realize I'm up for some serious money here and I'm going to pay for this out of pocket. I don't have any healthcare insurance so it's all up to me. I did speak to some guys at UCLA and tried to get them to give me quotes and whatever, and I'm like, all right, I'm in Mexico. The guy pulls out his calculator. I said, well, Doc, how much you think it's going to be?

He comes up with some massive number and it was not unlike what I was playing in the States and I'm like, come on, it's the same as what I could get it done in California. He goes, what do you mean? I said, well that's a lot of, you know, \$300,000, but no, actually I think it was like 4\$450,000. The doc says no that's pesos. I'm like what? He says it's 20 to one exchange rate. So you calculate it, and it's like \$9,000 U S dollars out the door for the whole thing, prosthetic hospital and the surgical, and it's a fixed price quote. I'm like, are you kidding me? That's less than my copay. He goes, yeah, when do you want to do it? I'm like, book me in, doc. I'm getting it done right now. The doc said he needed a couple of weeks to organize everything in the meantime he sent me, a block away to get an MRI. I'm like MRI that's like \$4,000 bucks in the States, that's expensive. I go in there, and the lady at the desk, didn't speak much English, but she's said, you're going to have to pay, upfront. I'm like, yeah, OK I whip out the credit card, and it was \$280 OK. So I'm in there and they took a gazillion images.

I get back to the doctor's office, He's putting them up on the wall. And he looks and he says, oh, I'm like, what do you mean? Oh, I'm thinking he can't do it or something. He goes, yeah, well, we have to do this straight away. I'm like, why, Doc? He says, you see that thing there? I'm like, yeah, that's a tumor. Oh, you're kidding me. He said that's what was causing you all the pain. It is pushing off to the side and it is hitting your nerves. I think it's benign, but we've got to get it out of there.

OK, sign me up. So anyway, a few weeks later, I went to Guadalajara to a private hospital. They did a fantastic job. I mean, Im being somebody who had spent so much time on the inside of medical facilities for so long and to see what they did in Mexico. Oh my God. And then I get to know the doctor and he was educated in Berlin and then he studied at one of the big Universities in Texas for a while. He's also a world renowned top quality author pod and he takes a guy like me and he puts me back together again. Also the hospital was incredible. I had a private room, and my wife was there with me. We had the opportunity to sit out in an outdoor seating area in this most beautiful weather. And it wasn't a penny over, it was just what was quoted. It's like, you go in there, that's what you pay. And I was like, here's the thing, when I came to the States, I had so many encounters with people, friends that I met who had to take crappy jobs because they that were the people who could give them health insurance because I

Myles

maybe their kid was autistic or they had some issue and they had to sacrifice themselves for their kid by taking what was effectively slave labor jobs just to get healthcare And I'm like, this is not how the world's supposed to be.

When you are on your deathbed, you're not going to care about what your bank balance is. You're going to care about the fact that you want more days to live, not more money in the bank and yet everything.

In the United States, and this is ironic because it's coming from a guy, I've made a lot of money, but the weirdest thing is that every single thing is a transactional event in the States, and we don't give a crap about human beings anymore. At the end of the day, we have more interest in looking at a robots and autonomous cars driving us around than we do about making sure that we're all healthy and safe. We eat the crappiest food. We're all addicted to pharmaceuticals that shouldn't be at levels that, you know, affect their longevity. Then you start looking at the numbers and this stuff's really scary.

I've been tracking the CDC life expectancy numbers because I was looking at, how much money do I have to put away to retire or whatever. If you track the CDC life expectancy numbers from 2015 through 2021 that's the latest numbers they've got. For a US male, average life expectancy in 2016 was about 79.5 years.

People often live much longer, but they also live much shorter lives, but if you look at the trend line of that number from 2016 to 2021 The US male life expectancy on the CDC website, as of this recording it is 73 years for a male. We lost six years of life in six years. Where's this going to be in another six years?

Yet, we've got a government telling us we should be employed longer because you don't want to take Social Security until you are 67 or something. Well good luck having enjoyment time with that because you got five years to spend it. This is the insanity that I'm trying to draw attention to that nobody is calling out. We're living in the margins and we're worried about how we can get a lower deductible or better healthcare.

The U.S. cost of Healthcare is 12 times more than any other country. Countries that have just as good a quality and sometimes better and yet most people have got a bad hip or a bad knee or they can't get time off work, and they can't afford the copay, they're entrapped. And yet, for me, I had to take a 2 hour flight South and I get the whole thing done. Why can't people see that? To me, it's like it's so bleeding obvious.

Sandy

Your story is amazing and it's really sad to hear what you had to go through and the pain that you had to live with for so long. I think you're absolutely right, there's so many people today struggling to get care whether it is due to cost or navigating the system. I talk about it all day long and I think that it's really sad that you had to travel across the border to do get the care you needed, but of course people need to know the options and make the right decisions for them.

I did have one question, we hear these horror stories about crossing the border and getting care done and of course it's always the horror stories that get the media, but it sounds like you had a good experience and that the physician was very well qualified and you didn't you felt it was a good and safe option for you.

Myles

It's really not an uncommon thing. Our media in the United States would hate you to leave because then you wouldn't be paying taxes. You wouldn't be generating anything for the economy. You would be an invalid data point on a government.

So what we do is we focus on issues in Mexico is unique example, but the same is true in El Salvador. We think of these countries as being you, gangland terrorist places where you would die and yet the reality in the last five years, and I'll use the El Salvador as an example, the murder rate which is a number of people killed per 100,000 people in El Salvador was about eight. And yet we think of El Salvador as like this gangland area. It's not. These countries are in transition and they go through times when leadership and corruption is bad for them and the only way people can make money is through illicit and illegal means. Mexico, I think it's 27% out of 100,000 thousand something around there but if you look at St. Louis Missouri, it's closer to 80%. If you look at Chicago, it's right up there as well.

So, if you think that we're safer in the United States than there, I will have debates until the cows come home with people on this. Most people have never gotten a passport and they've never been down there and haven't seen it with their own eyes.

The problem is our border region, which is effectively the on ramp to illicit drugs that come into the US and can be dangerous so I don't spend time on the border. I get into the center of the country where it's not like that and I don't encounter organized crime. I've been down there now for 13 years and I've never seen anything like that. All I've seen are kind people that look after their families and work hard and just want to have an easy life.

Myles

I get that irrelevant of the social aspect of it from the medical side of things. there's a few other things which are noteworthy about Mexico. So last year in November I was in Arizona and I developed a sty in my conjunctivitis in my eye and I went to an urgent care because it wasn't going away. Literally, it took me 4 websites to get a booking and then they couldn't see me until a day or so later. Ok, look, I mean, things get busy, I get it. That's fine. I'm a patient person. I go there and I get to the lady at the desk. Apparently my medical insurance supposed to cover this. but yet I had to pay \$150 because of some fine print somewhere. I found out later they actually got reimbursed by my insurance, but never gave me the money back. The doctor did the vitals, and then I realized it wasn't even a doctor, it was a nurse practitioner. So I thought that's unusual. They said, we're going to write you a script for, I think it was like a steroid kind of thing for the for the virus that had developed in my eye and they sent me on my way. I get the script filled and I take it and couple of days later, no difference at all.

I decide to go to a different urgent care. This time I go there, and get through the same process. This time the guy was basically an EMT that was operating as a doctor, but he could write scripts. So he looks at it and goes, oh, it's probably not a viral thing. It's probably this. Here, take this instead so took the medication he prescribed and didn't make any difference.

A few days later, I had to be in San Miguel de Ende, which is in the center of Mexico. We're doing a build project down there. So I was down there and I could literally walk into a doctor's office, no appointment, just walk in, and I was seen immediately. There was no barrier of entry and he spent 30 minutes with me. The other two doctors spent 45 seconds because they were bulk billing. They were just churning through the volume. This guy looks at me and he really listens to my story and asked about my stress level.

Well it happened to be that my daughter had a temporary residency visa and it was a very complicated immigration process and it was very stressful and I shared this with the doctor. So I get up on the table he starts taking all my vitals and he goes, holy cow, your heart rate is like, 170/101 something like that. The doc says you're going to freaking die, dude. I'm like, what do you mean? He gives me blood statins or blood thinners or whatever it was to get me out of the danger zone, which it did. He put me on a regiment of exercise, change of diet, and he says you've got to come and see me. I'm going to refer you to a heart specialist to check you over.

We're also going to do Xrays and an EKG. What's your day like? And I'm like, I don't know. I've got nothing really planned. He gets everything organized in about 20 minutes. They do all the tests and my out of pocket was \$75 for everything.

In the end, he was the one that helped me because I was right on death's door and the dude saved my life. I guess this is the problem. It's not the cost, right? The cost I can suck up. It's the barrier to entry. It's the fact that nobody has any time.

I've got a buddy of mine who was diagnosed with throat cancer. Funny thing, he worked for the Department of Homeland Security. He's got government, healthcare, the whole bit and he was in McAllen, Texas, trying to get seen by a doctor there. It took 90 days for him to get to a specialist to diagnose his problem.

He went to Monterrey in Mexico and he had the whole thing taken care of and now he's a cancer survivor. The reason he had it done there is he could walk into Monterrey and see a doctor the same day and his urgency becomes a priority.

The only way I can do that here in the States is to walk into an ER you know. I've got some problem, that I don't know if it's life threatening but if it's my only way of getting to see somebody that day is...we got problems.

I've got lots of friends who are doctors and these poor guys, they're out there they spend 14 years in education to become specialized in their practices and they need to make money because that's how they are incentivized to do that.

I mean, our education system is bad enough as it is, but they walk out and they need to make money. These poor schmucks, tell me all day long they can't stand what they do because they want to give service to others, but they are so restricted between talking to patients and coding to comply with health insurance companies. They can't doctor practice medicine the way they want so what are they doing?

I know a dentist who lives in Yuma, Arizona. He opens his dental practice in Los Algodones, Mexico, because he can cross the border, go to work, do his job, not be burdened by all of the administrative demands. He can serve his patients, make money and then cross back to Arizona and live. I'm telling you on the ground how it feels. I'm telling you the frustration. I'm telling you it's not about money. We've just messed it up and we need to fix it.

Sandy

I work with physicians all day long and you're absolutely right. Sadly they are paid on quantity and not quality. Also the physician burnout rate is high. For some of the groups that I represent, I've had at least 4 of my groups either sell their practice or just go into early retirement. The other issue we have is sometimes there's this false sense of security in our healthcare system. I know there are people trying to do good, but I have worked at a healthcare insurance company and believe in many ways they are trying to do good but there is a lot of wasted premium dollars, not spent bettering the system for you.

You also have to be your own advocate especially if you're concerned about something that could be that's missed in a rushed visit that could be cancerous as one example. Ask questions and work with your physician and get a second opinion if needed.

Sandy

Finally I know people get a bill and they pay it without verifying. There is a high error rate when it comes to billing. You're absolutely right our healthcare system needs to change and it's interesting how you know your dentist friend has to resort to going across the border to practice. Things definitely need to change.

As we are getting to a close how the heck do we make change happen given giving what we're up against from your perspective?

Myles

Put the human back into the process. That's a good start. Realize that we are all able to get on a plane and take advantage of this wonderful technology that we've been given in the last hundred years and to fly anywhere we want.

If you look at the doctors that you're seeing, particularly if you're looking at these corporate hospitals, doctors and midlevels, 9 out of 10 of them are immigrants. They weren't educated in the United States. Maybe the specialists were, but I've got a buddy of mine who was a bank teller who decided he wanted to become a doctor and the way he could afford the education is he moved to the Dominican Republic. He got the education there, came back and did his internship in Miami and then became a General Practitioner.

We can't afford to educate doctors here and yet and this is based on my personal experience here. The doctors that we were given as part of our insurance plan with the systematic, corporately owned medical system I mean my doctor was from India and she was a lovely person. We talked about, the challenges and tribulations of being an immigrant in the US.

The nurses, they were all immigrants. Half of them were from South Africa, a bunch from the Philippines. Staff at nursing homes a majority are, Hispanic. We seem to forget the fact that the medical system that we rely on is powered by immigrants.

Well, those immigrants would love to earn money in their home country too, but would they have access to the technology we have in the U.S. ?

Well, I'll guarantee you this the MRI machine that photographed me was made by Siemens. It's not a U. S. company right? Most of that European tech is what we are using in the hospitals. There's some General Electric here and there, but most of that stuff, the half the manufacturing's outsourced to China.

At the end of the day, we're a global community and I think that we forget that fact.

We can also that for a couple of hundred bucks jump on a plane and fly somewhere and get something sorted out with a different economy and a different value.

Myles

it's just we perceive fear in our minds, which goes against our better interest. I think that the second that the medical system can be threatened by medical tourism.

If the system understands that if people feel like the only option to get your hip replaced or to get a knee replacement or get cataract surgery or whatever it is that you have to literally go to a foreign country to do it, maybe that is the turning point.

The problem is that I get this feeling and this comes from someone who came from another country. We've been duped here. We've been convinced that the world doesn't exist outside United States. Look I'm a citizen here and I voluntarily, stood in front of the judge hand on heart, and I put my hand up to swear allegiance to the Constitution. I did that as a an active event alongside every other immigrant in that courtroom and yet did I make the right decision?

The healthcare system is bad. I'm 58 now. I'm coming in to the latter quarter of my life, and I will liked need to make more use of the medical system. It's more important to me now, even despite all of my challenges all through my life and I know that I'll be leaning on it more as I get older. Is this where I want to put all of my eggs? Is this basket solid enough to hold me up? I don't know. The CDC tells me no. Their statistics say no. I don't know. It's scary. So i took a big portion of my wealth and built a big ass property in Mexico and now I gotta bet each way. But I I'd prefer not to have to have done that.

Sandy

So true and we have to do something. I am seeing some trends where there are doctors leaving and taking on a Direct Primary Care Model where they don't take health insurance because they've had enough of dealing with that and instead patients pay a monthly fee for care. There are also some taking on functional medicine that allows them to spend more time with their patients and to your earlier point allowing them to be the physician that they want to be.

I think what we're beginning to see is sort of that rise up against the system, that I often call it healthcare disruptors where it's either people, companies and or technology that are providing alternative ways to healthcare. I think of Mark Cuban who created Cost Plus Drugs. I mean the guy's a billionaire, he could you, binge watch Judge Judy and buy yachts, but instead he chooses to create options for people to get medication more affordably. I think it's the heroes, rising up and it's not just the providers. I know consumers being our own hero as well by owning their healthcare journey and not being afraid to ask questions, not being paralyzed by fear and frustration or , not being afraid to look at options.As mentioned earlier I feel so oftenthat the healthcare system does work against as you've shared through your story.

Are there any final thoughts from you?

Myles

I would just say that don't let fear define your decisions. We do that in so many ways. In the United States, we are fearful of recessions and economic collapse. We're fearful of nuclear Armageddon we're fearful of what's happening in the Ukraine? We fearful of all of these things and a lot of it is fed to us through our media.

One of the beautiful things about podcasting, such as what you're doing is that you get that opportunity to speak directly to somebody. I'm a big fan of decentralization. I believe that individually, we all have the power to make change and if we don't try even taking small bites like looking at our local community, our local family, and say we're just not going to take this anymore.

But if you're not fearful of things, your options expand dramatically and all of a sudden you can be a bit more pragmatic. I grew up in a country where, at a young age, everything crawling around on the ground will kill you. It's one of the most dangerous countries in the world to grow up in but we're taught in school how to survive in the Outback, how to find water, how to deal with snake bite? How to handle spiders. Where you go, where you don't go. Don't pick up rocks at the beach shore because there are jellyfish that'll kill you. I mean that that's how we're raised. We take it in our stride at about the age of 10, that's how the world is.

So let's be nice to it and we'll find a way to live, you know respectfully. We have a finite life and we'd better make the most of it. If we don't come up close and personal with those sort of dangers, and we don't transcend them. Then we end up cowering in the corner, scared of everything, not willing to do things that are in our best interest, and just going along with the flow because that politician told us to do this or that banker told us to do that or that corporation did this to us. At the end, we don't listen to what the media feeds us. Instead have lunch with the doctor, or drinks at a bar with them and let them talk openly about what really goes on and listen. You'll understand life isn't as scary as we think it is.

And although we don't have control over our destiny or in our longevity, we can make the quality of the journey a little better and that the doctors aren't as fearful of the things we probably are. And then all of a sudden, if everything gets a little easier and you start seeing things a little clearer and you sort of go, maybe I could go to the Thailand and get my eye surgery done and maybe it's not so bad. Maybe Mexico's pretty cool. Maybe Guatemala is good, maybe Brazil, I don't know, it's a big world. It's a big marketplace and they're all competing for your business.

Sandy

Yes. it is sad that our system is so broken that we have to look at alternative options. I do believe it's important to have an open and I appreciate you sharing your perspective. You have a lot of great resources that I will make sure and link to in our show notes. I know you have a whole other side with the Unconstrained Life, your podcast and really helping people with that mindset. Thank you for your time today and appreciate your perspective.

Myles

Thank you for having me on.

Sandy

It was great having Myles on the show today. I especially appreciated hearing his perspective as an immigrant trying to get the healthcare services he needed. Given the complicated nature of navigating our healthcare system, I find these stories enlightening and appreciate the choices people make that may be best for them.

In our next episode, we have Brad Carlson sharing his story about how he had lost direction in his life, alone on his couch, ignored by his dog, yet he found a way to rise up. We talked about making smarter choices, both mentally and physically, to stay healthy and out of the healthcare system.

Until then, Get Savvy.