When I began reading this book, I did not know what I was in for! I think out of all the books I have read this semester this is my favorite.

Why against Health?

• The definition of our own health depends in part on our value judgments about others.
  o Smokers v. nonsmokers
  o Overweight
  o Good v. bad mothers
  o “Health” is a term replete with value judgments, hierarchies & blind assumptions that speak as much about power and privilege as they do about well-being.”
• “Health is a desired state, but it is also a prescribed state and an ideological position.”
• Health defined by appearance
  o Obsession with health
  o Health magazines that portray the ideal image of health and what it means to be healthy.
    ▪ Amazing weight loss stories
    ▪ Diet tricks
    ▪ Beautiful people
  o Calling expletive things health makes them okay
  o “American society promoted a definition of health based on an unattainable ideal, one that made no room for suffering, aging, dying, or other natural processes.”
• Patients used to seek healthcare and now the medical industrial complex seeks patients
• “Process of ‘biomedicalization’ whereby biomedicine and technoscience conspire to define health as a moral obligation, a commodity, and a mark of status and self-worth.”

“At the same time that one builds a life, the pressures of its reproduction can be experienced as exhausting.”

• Mental and physical health can be conflicting at times

Science v. non-science debate
• What about the faith portion of medicine?
  o Important in order to open the door to healing
• Health intertwined with science
• “‘Social science is still not ‘science’ in the same way as that word is used in the term ‘health sciences’.”
• “Like traditional beliefs, social science insights are not nonsense, but they are categorically not ‘science’ in the way that medicine is because they displace...
the focus from health to things like social inequality, political injustice and cultural discrimination.”
  o  Not necessarily true, depends on the circumstances
• For many lower class individuals the only way to obtain some from of healthcare is to enroll in trials.
• Story of patient being given a tumor shrinking medicine. The patient still died but the western doctors still considered the treatment a success....
  o  The Chinese doctors were very confused as to why the western doctors deemed the treatment a success when the patient died.
  o  What is health? Is it just located in a specific organ or in the entire human body/mind?
• When does a good scientific outcome begin to lose sight of health?
  o  Consequentialism

• The term biocitizens what used and I hadn’t heard of this before... so who exactly qualifies as a biocitizen? Or are we all?
• Race-specific medicine...What??
• Genetic selection technologies.... I am more used to this idea because I have had more exposure to it.
• “We should be against a conception of biocitizenship that promotes individual health as a way of ignoring social inequalities.”
• “**Medicine is a major institution of social control.**”
• Medicalizing or pathologizing a condition can help to remove blame from the individual, but I believe that it actually extends the reach of moralizing discourse.
  o  People always looking for the easy way out.
  o  We have to be willing to educate the public, not just pass them along
• Idea that a ‘lean, toned body’ is a signifier or a moral worth.
• Healthcare scare tactics
• Nonconclusive research
• **I hate pharmaceutical companies! They have their hands in everything!!!!**

Pharmaceutical propaganda
• Public relations expert asking, “how do I take the credibility of a trusted authority and used it for my own purposes?”
• “you make a treatment by convincing doctors and patients to diagnose the illness that your drug or procedure treats.”
  o  Funding comes from big pharmaceutical companies
• Public service announcements sponsored by drug companies
  o  Everyone has hidden motives, who can we trust?
• Do doctors receive bonuses or under the table funding for prescribing a certain kind of drug more than others?
- How can we trust the doctors? They are supposed to have our best interest at heart.
  - Biomedicine is lacking the needed faith that more holistic approaches have.
  - Medical ghostwriting
    - Drug companies promoting their products in made up journals.

Why has there been such an influx in psychological disorders?
  - Increased stress
  - Higher standards and expectations

“Once trust in an institution is lost, it is very hard to recover.”

I still have about 50 pages to read before we meet tomorrow.