

THIS OLD BODY: MY HEALTH STORY

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My Personal Medical History On Guam, My Attitude Regarding Personal Sickness, Dental Experiences, No Teeth Ma'am, 2017 And 2018: Deep Vein Thrombosis And Acute Bilateral Pulmonary Emboli, Two Hospital Stays, On Warfarin, Fake Heart Attack, Aspirin Vs. Warfarin, Put On Warfarin And Then Xarelto For Life, Back To Seeing A Doctor Again After Thirty-One Years, Money-Minded Doctors Who Make Customers For Life, More And More Medications, Abandoning My Doctor And All Medications, Corrupt Doctors In Cahoots With The Pharmaceutical Industry, Back To A More Natural Lifestyle Without Medications, Our Bodies Are Poisoned Enough Without Drug Contributions From Us, My Past And Current Medical Philosophy, Are We Working Against God's Natural Aging Process?, No One Lives Forever, The Brevity Of Life Bible Verses, Unbelievers Fear Of Death, Jesus Frees Us From Hell And Death, Risky Side Effects From Pharmaceutical Drugs, Corrupt And Cozy Doctor-Pharmaceutical Industry, Good Medical Professionals, Diabetes Plague In The USA, My Personal Experience With Diabetes, Live According To Your Personal Degree Of Faith, Our Personal Medical Crosses, God Uses Personal Afflictions To Keep Us Humble And Dependent On Him And So That He May Be Glorified Through Us, God's Grace Is Sufficient, Closing Remarks, BBB Suggested Reading List

As I have mentioned before in articles such as "COVID-19 and US Military Complicity", and in a few other articles, it may interest some of my readers to know that from the time that I first arrived on Guam in 1986, and up until 2017 -- or a thirty-one year period -- I did not have a regular personal doctor. The reason was that I never really got sick enough to require one. Sure, I would occasionally get a cough, sore throat, cold or maybe a touch of the flu. However, I am not the kind of individual who automatically runs to the doctor for every cough and snuffle as so many modern people tend to do. I simply hunker down and grin and bear it. That's it. I just endure it until it finally passes, which it always does.

Of course, there were a few exceptions, such as taking care

of dental problems, and seeing a doctor a few times for my kyphosis -- or a curved spine -- but generally speaking, I simply never visited a doctor's office. In years past I may have taken an over-the-counter -- OTC -- medication such as Tylenol or Ibuprofen, but that was about it, besides pain medications following many dental extractions. And in case you are wondering -- really Bill? -- I am now completely toothless with absolutely no regrets whatsoever. At least I am now completely pain-free. I just watch how much I smile, and I have my beard and mustache for extra cover. [Bill smirks sarcastically].

Then, as I've related before, possibly due to my own fault of sitting at my desk for very long hours while working on the BBB ministry, and living a sedentary life, in 2017 at the age of sixty-four, and then again in 2018, I had two very serious occurrences of DVT. That is to say, Deep Vein Thrombosis. My situation in 2018 was made a lot worse due to the fact that the DVT graduated to a life-threatening case of what is known as Acute Bilateral Pulmonary Embolism.

For my readers who may not be familiar with these terms, DVT occurs when blood clots form in a person's legs, and thus severely restrict the flow of blood. It can be very painful, and can result in swollen legs and feet. This can make it very difficult -- an even impossible -- to walk. Such was what happened to me in 2017. In fact, I needed help just getting to the hospital!

Regarding Acute Bilateral Pulmonary Embolism, this is when the blood clots break off and travel to one's lungs, heart or brain, which could result in a quick death. In my particular case, according to my doctor at that time, blood clots had traveled to all three lobes of my lungs, which made breathing difficult and very painful. In fact, when I was admitted to the hospital, they at first assumed that I was in the middle of having a major heart attack, which proved not to be the case, thank the Lord!

My first hospital visit in 2017 resulted in an eleven-day stay, because I was simply unable to walk at all. Also, it took some time for my doctor at the time to figure out the proper Warfarin dosage. For those of you who may not know, Warfarin is a very commonly-prescribed, cheap anticoagulant, or so-called blood-thinner. I won't take the time to delve into a really technical explanation of what it does, but the end result is that my body was able to dissolve the blood

clots, and the Warfarin helps to prevent more of them from forming. As I said, it was an extremely painful experience for me. In fact, it took a total of four months for the swelling in my legs and feet to finally disappear.

Well, in 2018 the DVT returned, because I had stopped taking the Warfarin. That is because they failed to inform me that I was supposed to get refills when the prescription ran out. My second 2018 stay was considerably shorter, being only a five-day stay, even though it was during that second visit that the multiple emboli were discovered in my lungs. But the odd thing was, when the DVT returned in 2018, I was not even aware of the fact that I had it, the reason being that I was asymptomatic the second time around. In other words, there was no pain or swelling in either my legs or my feet.

As I said a minute ago, in 2018, when I finally arrived at the local hospital, they thought that I was in the middle of having a heart attack because the blood clots were seriously restricting my blood flow, and I was experiencing a slowly increasing level of pain in my chest. As a result, one of the very first things they did -- well, besides everything else -- was to give me a bunch of Aspirin to take. It is my understanding that Aspirin works somewhat similar to taking Warfarin -- by preventing platelets from sticking together so that clots do not form -- but to a lesser degree, and a lot quicker than Warfarin as well. Warfarin actually works by blocking Vitamin K, which contributes to the formation of blood clots.

At any rate, because that was my second time having Deep Vein Thrombosis, I was prescribed Warfarin for life. Later, after repeated convincing from my doctor, in 2022-2023 I switched up to the more expensive Xarelto, which meant no more monthly blood tests, and only a blood test every three months or so. Another important advantage is that with Xarelto, there are no food restrictions, as occurs when one takes Warfarin. And so it was that I began seeing a doctor on a regular basis for the very first time in thirty-one years. You can say that it was back to square one for me.

While I liked my doctor, and had a good rapport with him -- he was an elderly gentleman from the Philippines -- over a six-year period that I saw him -- up until 2023 -- I began to realize how he tended to operate. First he recommended that I begin taking Levothyroxine sodium for hypothyroidism. This is a condition where the thyroid gland does not produce

enough hormone. Symptoms can include fatigue, weight gain, and a number of other things. But then he wanted me to take a statin for my high cholesterol level, and it went on from there. It seemed that every time he found something in my lab charts that was outside acceptable medical norms, his solution was automatically for me to take yet another drug. He had faith in his drugs like I have faith in God's Word.

Well, as I mentioned earlier, by my last year with that man, after several attempts, he convinced me to switch from very cheap Warfarin to the much more expensive Xarelto, which can cost from around \$500 to \$600 for a one-month supply without insurance. Thankfully, my insurance did cover it. However, by this time, as nice as my doctor was, I was on to his game and strategy and I was just getting sick of it all: putting medications in my body, blood tests, a doctor who wanted to get me on more and more drugs, etc., so I chucked it all and I decided to just trust the Lord. Thus, in the Fall of 2023 I dropped him and stopped seeing him, and I have not seen a doctor, or taken any medications since that time.

The simple truth is, my friends, that I no longer had any desire whatsoever to remain my doctor's lifelong customer by allowing him to induce me to take an increasing number of medications. Does that sound familiar to any of you? It is a rather common game that a lot of doctors play, because they are in cahoots with the pharmaceutical industry. Thus, they will constantly prescribe and promote their products, and I would not be surprised if they receive a kickback of some kind in return, sad to say. Sadly, it is simply the kind of money-centric world in which we live.

Basically, I have now gone back to exactly what I was doing for the first thirty-one years that I resided on Guam, and I have no regrets about it whatsoever. I feel good about no longer putting any man-made medications in my body. Perhaps in my remaining years on this earth, my body will purge out whatever still remains in my system. Who knows.

In short, my view is that our bodies are poisoned enough each day through the food that we eat, the water that we drink, the air that we breath, the clothes that we wear, the household chemicals that we often use, etc. So that being the case, why poison ourselves even further through vaccines, flu shots and medications which could possibly have unknown, or as-of-yet unseen, negative side effects on our bodies? This is not just something that I began

believing in just a few short years ago. It has actually been my personal philosophy for many years now. However, I got sidetracked from following it due to the two bouts of DVT and the Acute Bilateral Pulmonary Embolism.

For the record, I have not been vaccinated and immunized against anything in more than sixty years since I was in elementary school. Neither do I receive annual flu shots. Despite the pressure -- including from my own family -- I have never received a single COVID jab, and I never intend to get one either. Furthermore, since several years ago, I no longer take any over-the-counter medications including Tylenol, Aspirin, Ibuprofen or anything else. In fact, I don't even keep any medications in my medicine cabinet in the bathroom, which some people would probably find kind of weird. Lastly, I do not take any vitamin supplements.

Basically, I have gone natural as much as I possibly can. I would rather trust God for my health for whatever remaining years I have on this Earth. So far, aside from the natural things which occur as one grows old, I suppose that I am doing okay for my age. In fact, quite recently, I realized that when we take all of those drugs in order to boost this that or the other, what we are basically doing is actually working AGAINST the natural processes, some of which simply do slow down as our years progress.

As a Bible-believing Christian, I am convinced that is just the way in which God ordained for everything to work. Folks, we need to be honest about this. None of us can stay young forever. Neither can any of us remain fully healthy to our very last dying day, otherwise, we would never even die. So think about that. Interesting! God Himself has purposely set a limit on the human lifespan, so who are we to try to even mess with it, or to extend it, via different drugs, medical procedures, melding with machines, cryogenics, or whatever? If you reach to your 60s, 70s, 80s, 90s or even 100, well, be thankful for the time that God gave you, and then call it quits and accept His plan for your life. Please consider the following group of Bible verses:

"The days of our years are threescore years and ten; and if by reason of strength they be fourscore years, yet is their strength labour and sorrow; for it is soon cut off, and we fly away."

Psalms 90:10, KJV

"Man is like to vanity: his days are as a shadow that passeth away."

Psalms 144:4, KJV

"The grass withereth, the flower fadeth: because the spirit of the LORD bloweth upon it: surely the people is grass. The grass withereth, the flower fadeth: but the word of our God shall stand for ever."

Isaiah 40:7-8, KJV

"But God said unto him, Thou fool, this night thy soul shall be required of thee: then whose shall those things be, which thou hast provided?"

Luke 12:20, KJV

"It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life."

John 6:63, KJV

"Then Jesus said unto them, My time is not yet come: but your time is always ready."

John 7:6, KJV

"And as it is appointed unto men once to die, but after this the judgment:"

Hebrews 9:27, KJV

"Whereas ye know not what shall be on the morrow. For what is your life? It is even a vapour, that appeareth for a little time, and then vanisheth away."

James 4:14, KJV

"Being born again, not of corruptible seed, but of incorruptible, by the word of God, which liveth and abideth for ever. For all flesh is as grass, and all the glory of man as the flower of grass. The grass withereth, and the flower thereof falleth away: But the word of the Lord endureth for ever. And this is the word which by the gospel is preached unto you."

1 Peter 1:23-25, KJV

In fact folks, that is a very key issue which I have pointed out before. Some people, for whatever their reasons, are in fact afraid to die. They have a great fear of death! Perhaps it is because they have lived a wicked life. Or perhaps it is because they don't know what is on the other side. And in

the worse case scenario, maybe it is because they have never accepted Jesus Christ, and have in fact rather proudly and foolishly resisted His tugging on their unbelieving heart for many years, perhaps even for decades. Thus, such people will grab at anything at all, no matter how expensive -- if they can afford it -- in order to prolong and preserve their lives. What a very sad and tragic situation indeed, because they will never know the peace and the assurance that Jesus Christ offers them, and the Eternal Life they can have, if they will only surrender to Him, and accept Him as their Lord and Savior. He can free them, He can free YOU, from a fear of death, and from death itself, if you will simply embrace Him. Consider the following two Bible verses:

"Forasmuch then as the children are partakers of flesh and blood, he [Jesus] also himself likewise took part of the same; that through death he might destroy him that had the power of death, that is, the devil; And deliver them who through FEAR OF DEATH were ALL THEIR LIFETIME subject to bondage."

Hebrews 2:14-15, KJV

As those verses state, Jesus can and will deliver you from both Hell and Death if you simply believe in Him and trust in Him for your Salvation. Furthermore, dear friend, the Book of Revelation informs us that whereas the Devil once had the power over death, through His very own Sacrifice on the Cross, Jesus has in fact symbolically taken back the keys of Hell and Death. He now owns them. He now controls them. Consider the following verse:

"I am he that liveth, and was dead; and, behold, I am alive for evermore, Amen; and have THE KEYS OF HELL AND OF DEATH."

Revelation 1:18, KJV

Returning to the issue of the medical profession and drugs, as I said earlier, there are just so many risks with taking a lot of the drugs which are on the market today. If you do not believe that this is so, just take the time to read the small pamphlet or sheet of paper a pharmacy is required to give you each time they dispense a new medication to you. In case you are not aware, the act of issuing that information to you is actually them protecting themselves, just in case something should happen to you upon taking one of the drugs. Seriously, folks, what those papers and pamphlets state is really enough to scare the living daylights out of a person. It almost sounds like it is safer to keep the sickness, and

not take the medication itself.

Yet, despite potential very negative outcomes -- meaning the potential negative side effects -- this is precisely what so many of the corrupt and cozy doctor-pharmaceutical industry arrangements try to get us to do. Right? Some of them don't really want to make us better or improve our general health. They just view us as cash cows to fill up their coffers. Now if any doctors, nurses or other medical professionals happen to read this article, I am sorry if my words offend you, but if you are truly honest with yourselves, you know that these kinds of things do occur within the medical profession, and quite often at that. This even includes certain unscrupulous doctors who will convince their naive and trusting patients to undergo some medical procedure which they don't really even need.

Now, to be fair and balanced, I am most certainly NOT saying that all medical professionals are like this. There are many of them who do truly love what they do, who truly do want to use their medical knowledge to help and heal people in their time of need. As such, I am NOT lambasting these honest and hard-working medical professionals. It is the OTHER rather greedy ones who tarnish your profession. Furthermore, this is not just some wild conspiracy theory either. There have been stories in the news which describe this very sort of thing occurring. Is it is both shameful and disgraceful that people place their trust and faith in such individuals, and then they turn around and do such dastardly things to them, all for the sake of money and profit.

Let me also add that by saying these things, I am certainly NOT criticizing or putting down anyone who has a particular illness which requires them to take a particular medication just to stay alive. For example, millions of diabetics have no choice but to take one or more insulin injections on a daily basis. More specifically, as shocking as it may be, as of early 2026, there are over forty million Americans who suffer from diabetes. About 90%–95% of them suffer from Type 2 Diabetes, while over 1.5 million Americans live with Type 1 Diabetes. This number includes roughly 314,000 children and adolescents. How sad indeed!

Now just to prove to some of my critics that I honestly do understand, and that I do have compassion, allow me to also inform you that decades ago, my own daughter was diagnosed with Type 1 Diabetes at the tender age of only eleven. So

there is that. I am sure that just by me saying that, many of my readers will realize that I do in fact understand, because I have lived through the experience myself, and it was NOT easy at all, particularly emotionally. To have to watch your own child suffer incoherency, DKA -- or Diabetic Ketoacidosis -- seizures, not knowing who you are, etc., is very tough to deal with for a parent.

So I am obviously not going to look down on those people simply because they are forced to take insulin in order to remain alive. We must each live and act according to our personal degree of faith, correct? This is precisely what the Apostle Paul wrote while discussing Jewish kosher laws and the observance of Jewish holy days in his Epistle to the Romans. Please consider the following two verses from chapter fourteen:

"Hast thou faith? have it to thyself before God. Happy is he that condemneth not himself in that thing which he alloweth."

Romans 14:22, KJV

"One man esteemeth one day above another: another esteemeth every day alike. Let every man be fully persuaded in his own mind."

Romans 14:5, KJV

At any rate as I approach seventy-three years of age, my health is obviously not perfect. Trust me when I say that I do have my share of other bodily afflictions, some of which I have not mentioned outright in this article. We all have our crosses to bear in this life -- including our medical crosses -- and that is particularly true as we grow older. That is just the way it is. However, it is my view that my personal situation could actually be a lot worse if I was still taking all of that junk which may do who-knows-what to my body over time. You need to understand that certain negative side effects occur quickly, while others slowly build up over time -- even over years -- or they can even appear quite suddenly and unexpectedly. You just never know.

However, in the case of us Christians, no matter what our personal afflictions may be, we know from God's Word that He can use those very same afflictions and personal weaknesses for His glory if we allow Him to. In fact, some of you are no doubt quite familiar with the following two verses which

were written by the Apostle Paul, who himself had some kind of affliction which the Bible does not make perfectly clear. Not only can God use our afflictions and personal weaknesses for His glory, but the Lord can likewise use them to keep us humble and dependent on Him, so that we don't become too big for our britches. This is exactly what the Apostle Paul says below:

"And lest I should be exalted above measure through the abundance of the revelations, there was given to me a thorn in the flesh, the messenger of Satan to buffet me, lest I should be exalted above measure."

2 Corinthians 12:7, KJV

"And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, THAT THE POWER OF CHRIST MAY REST UPON ME. Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong."

2 Corinthians 12:9-10, KJV

Anyway, this article is just a brief summary of my personal health story for anyone who may possibly be interested in reading it, along with my views regarding drugs, death, the medical profession, sickness and other personal afflictions, and related issues. Perhaps a few of you will identify with what I have written here. I hope that it will inspire some of my friends in some way. While we may be growing old, and while we may have our share of physical battle scars, as I explain in the article entitled "Old and Alone? Get Busy and Cheer Up!", God can still use us if we are willing. In fact, He wants to use us, but we have to take personal initiative, get our eyes off of ourselves and our personal problems, and yield ourselves to His Will for our lives.

With these thoughts, I will bring this article to a close. It is my hope that you've found it informative and enlightening, and I pray that it has been a blessing in your life as well. If you have an account with Facebook, Twitter, Tumblr or with any other social network, I would really appreciate if you'd take the time to click or tap on the corresponding link that is found on this page. Thanks so much, and may God bless you abundantly!

For additional information and further study, you may want

to refer to the list of reading resources below which were either mentioned in this article, or which contain topics which are related to this article. All of these articles are likewise located on the Bill's Bible Basics web server. To read these articles, simply click or tap on any link you see below.

Are You Saved and Sealed and Healed and Filled?

COVID-19 and US Military Complicity

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Why Doesn't God Heal Me?

Written by Bill Kochman

wordweaver777@gmail.com

<https://www.billkochman.com>