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DOCTOR PRESCRIBES CURE FOR U.S. HEALTH-CARE SYSTEM:

Contreras Says Focus Should Shift to Prevention, Biblical Principles

WHAT: President Barack Obama has urged Congress to make a sweeping reform of health care, including urging hospitals, doctors and patients to make a serious commitment to prevention.

Internationally renowned physician Dr. Francisco Contreras believes that current proposals for health-care reform need to be even more sweeping. He says that as long as physicians continue to be trained as disease managers rather than health promoters, the upward spiral of costs and preventable deaths will climb.

WHO: **Dr. Francisco Contreras**, director, president and chairman of [Oasis of Hope Hospital](#) in Playas de Tijuana, Mexico. He is the co-author of the book, ["Hope, Medicine & Healing."](#) He recently appeared on [CNN](#), [MSNBC](#) and the [Fox News Channel](#), discussing Daniel Hauser, the Minnesota teen who initially fled to avoid court-ordered chemotherapy.

WHEN/WHERE: Via telephone and Skype Video or in studio in Southern California, by appointment

DETAILS: Dr. Francisco Contreras has represented Mexico on a mission to Slovakia and worked with the Japanese Medical Association. In the United States, he has been honored by the Georgia House of Representatives for his work fighting cancer. He believes that we can shift the focus of the health-care system to prevention by modeling our diets and exercise more closely after Biblical times.

Contreras says we should eat food as close as possible to the way God put it on this earth. "The more manipulated it is," he says, "the more damaging and [the] less nutrients we get." He also notes that studies have shown that getting regular exercise not only reduces the chance of getting heart disease, high blood pressure and diabetes, but cancer as well.

NOTE: For more information or to schedule an interview with Dr. Francisco Contreras, contact Steve Yount of A. Larry Ross Communications at 972.267.1111 or steve@alarryross.com.