Call to Save Medicine

So your role in the revolution is simple. This is bigger than your practice. This is bigger than your income. This is bigger than your personal freedom, although all of those matter immensely.

This is about saving medicine itself. The current system is unsustainable. It's bankrupting patients, burning out doctors, and failing to actually heal anyone.

It will collapse either through reform or through failure. And the question is, what will replace it? If we act now, If we build the alternative before the current system completely fails, we can ensure that what replaces it is better.

We can create a healthcare system that is based on healing instead of profit extraction, on doctor-patient relationships instead of bureaucratic control, on outcomes instead of procedures.

But it requires you to act. Your freedom isn't just personal, it's political. Your success isn't just professional, it's revolutionary. Your prosperity isn't just financial, it's foundational to building the healthcare system our country and our world desperately need.

You didn't build your clinic to feel like an employee in your own business. I'm Matthew Kalogli, and on Out of the System, hosted by Doctor Talks, we challenge the broken rules holding healthcare entrepreneurs back.

Hear from clinic owners, rebels, and builders who are creating bold, profitable patient center practices and doing it their way. In today's episode of Out of the System, I'm going to actually go over one of the key concepts that is in the new book that comes out.

Again, named Out of the System, it's a doctor's guide to how doctors can reclaim their purpose, their power, and their passion. And in this book, as we move along, what happens is when we get to chapter 12, I actually lay out how we can save the American healthcare system, 40 trillion with a T, $40 trillion in the next 10 years.

Now that number may seem a little big, right? A lot of people go, yeah, right. So what I want to do in this podcast, and this is just me today, is I'm going to walk you through that chapter.

And I'm going to walk you through specifically how we can save $40 trillion in our health care system in the next 10 years.

Chapter 12 and the $40 Trillion Opportunity

You see, the fact of the matter is, is there's a mission that cannot be ignored specifically here in the United States of America as it relates to our health care system.

What we know for a fact is that our health care costs are growing exponentially. We spend anywhere between two to four X more than any other quote unquote developed nation.

And we have the worst health outcomes known in the world. At the time of this recording, we had 19% of the COVID fatalities yet we have just shy of 4% of the total world population.

And we know that The people who were dying from COVID had on average 3.3 plus chronic diseases on average versus those who didn't. Okay. So we know that chronic disease is a major, major issue.

You also know that if you've been listening to the podcast that the health insurance companies are not designed to get people healthy. They're designed actually to get people on drugs.

It's why they own the pharmacy benefit managers. It's why they own every channel that they possibly can. And in many cases, one of the areas they make the least amount of money from is the health insurance claims or policies, I should say.

Okay. Now, so we have to face facts that we have a mission and we have to face facts that this transformation is not going to come from the health insurance companies.

They're publicly traded. They have way too much money on the line. When you go through the book and you listen to this podcast, and for those of you when the book comes out, we'll let you know when it comes out so you can get your copy and we'll send it to you for free.

In that book, you'll have everything that you need to build a practice that serves your patients, serves your family, and your calling without destroying your soul in the process.

But you have to realize this isn't just about you. This is about the 100,000 doctors we're going to set free. You see, every time a doctor comes through our system and we set them free, it exposes us to another three or four doctors.

And some of those doctors, by the way, go on and start to help other doctors get free. And when we talk about freeing 100,000 doctors out of insurance-based care, there's a couple of questions that come up for everybody.

The first thing is that a lot of people think is they think that that's wrong for healthcare. They think that this is only for the wealthy. Well, the fact of the matter is, is when we look at our patient base for our clients, they are not the Uber wealthy.

They are on Medicare. They are 65 plus. They have worked for 30 plus years. They own their host house or they have a very low mortgage on it. They put their kids through college.

They're not Uber wealthy. They just are sick and tired of being sick and tired. Okay. So when you go through our system and you learn how to build something that's true, authentic, and aligned with who you really are, then the system can't touch you.

You get to be back to being a healer. We call it healing the healers.

Why the Current Healthcare System Fails

And then you go on and you show the same. And every success story destroys another excuse. Every thriving cash practice moves proves the model works. Every doctor who reclaims their sovereignty gives permission to other doctors to do the same.

When Dr. Petropoulou started charging $25,000 for regenerative procedures in rural upstate New York, he didn't just transform his own practice. He proved it was possible for every rural doctor in America.

When Dr. Amy Duffy started working only two weeks per month, and now that's down to one week per month while tripling her revenue, she didn't just improve her own life.

She shattered the myth that you have to work yourself to death to be successful in medicine. Okay? So your transformation isn't just personal, it's political, it's revolutionary, and it's necessary.

Okay, so what does it really mean to be free? Well, we talk a lot about sovereignty, okay? Sovereignty is about having freedom. Sovereignty over your choices, okay?

Sovereignty isn't just about money, by the way. Although financial independence is crucial, okay? I'm not going to lie to you. We've done interviews with people, with doctors who have used their success or their practices to then use the profits from that to go out and fix and cure specific things in the world, like Dr.

Paul Doherty, who's in California, who's doing that with blindness. So, remember, sovereignty is about reclaiming your right to practice medicine the way you were trained to practice.

It's not about making decisions based on what's, it's about making decisions, let me phrase that. It is about making decisions about what's best for the patient, not what some insurance bureaucrat will approve.

Sovereignty means that you have medical autonomy. You decide what treatments to prescribe based on your expertise and the patient's needs, not insurance coverage limitations.

It means financial independence. You charge what your services are worth, and you're paid directly by the people you serve, not by middlemen or middlewomen who profit from your expertise.

Oh, and then there's time freedom. You control your schedule. You see the patients you want to see. You have time for your family, your personal interests, and your life outside of medicine.

You have intellectual integrity, you can stay current with the latest research, implement cutting edge treatments and practice medicine at the highest level without bureaucratic interference.

There's an ethical alignment. Your practice reflects your values, serves your mission and creates the impact you've always wanted to have in the world.

And finally, professional dignity. You're respected as the expert that you are, treated fairly by patients who value your service and honored for the years of training and dedication that you've invested.

So here's the beautiful thing about sovereignty. The moment you stop needing the system, the system starts needing you when you're financially independent, okay?

Insurance companies can't control you with threats of reduced reimbursements or clawbacks. When you have a waitlist of cash-paying patients, hospital administrators can't manipulate with the fear of losing privileges.

When you're booked months in advance, you can be selective about who you work with and how you spend your time. See how this just keeps going? Sovereignty gives you the ability to say no.

Doctor Sovereignty and Freedom

And in a system built on exploiting your inability to say no, that power is revolutionary. So this is how the healer comes back. And this is why the world needs you to succeed.

The world doesn't need more doctors. It needs more healers. It needs physicians who have the time, the resources, and the freedom to actually heal people instead of just managing symptoms and processing insurance claims.

Remember, you're spending over 16% of your time doing paperwork. That means it's time not spent with patients. Now consider what happens when you're truly free to practice medicine.

You can spend 90 minutes with a patient instead of seven, getting to the root cause of their problems instead of just treating the symptoms. You can implement prevention protocols that actually keep people healthy instead of waiting for them to get sick enough to justify treatment.

You can use the most effective treatments instead of the cheapest ones approved by insurance companies. You can educate patients about lifestyle changes that eliminate the need for medications instead of just prescribing more drugs.

You can follow up properly to ensure treatments are working instead of moving on to the next patient immediately. And you can collaborate with other practitioners to provide comprehensive care instead of referring patients into the

bureaucratic maze of insurance networks.

And there is a ripple effect to this healing. The ripple effect is this, when you heal someone completely instead of managing their condition indefinitely, the ripple effects are profound.

That person becomes productive again, contributing to society instead of being a burden on it. Their family stops suffering from the secondary effects of chronic illness.

They stop consuming healthcare resources unnecessarily. They become advocates for the kind of medicine that actually works. They refer others to you, creating a community of health instead of a network of sickness.

Multiply this by every patient you truly heal, and you're not just changing lives individually, you're transforming communities, families, and ultimately society itself.

Then there's the economic revolution, and this is how doctors transform healthcare. Here's something the system doesn't want you to realize. When doctors practice independently and charge fairly, healthcare becomes more affordable for everyone.

Sit on that for a minute. You're probably sitting there going, wait a minute, how can higher price direct pay medicine be more affordable than insurance based care?

Let's do the math. because it eliminates the middleman. When a patient pays you $5,000 directly for a comprehensive treatment program that solves their problem, they're often spending less than they would navigating the insurance maze for months or years without getting results.

Let's walk through this. Consider the true cost of insurance-based care for the typical joint problem. Okay? When you look at how long that patient is going to come see you.

Now, I want you to think about this. Every single time a patient comes to see you, you have to realize how much they're taking out of their day. So if that patient, they book an appointment, okay?

And it's a couple of weeks out. So they know that they have to, it's going to be about a 30 minute drive, let's say, to go see you. They're going to park.

They're going to walk in. They're going to find your office. They're going to come to your front desk. Your front desk is going to have them fill out paperwork if they haven't already done it.

Either way, it still takes them the same amount of time. They're going to fill all that out. They're going to sit. They're going to flip through some magazines in your waiting room.

You're going to call them back. You're going to take their weight, their height, all that other stuff, their blood pressure, all their vitals. You're going to put them in a room and then they're going to wait.

So right now that's 15 minutes. They're going to wait probably another 15 minutes. You're going to come in. You're going to spend seven to 10 minutes with them.

You're going to go through a bunch of stuff.

Healing Patients Beyond the Insurance Model

Okay. Then the nurse may come in. So let's just say between you and the nurse coming in and the time that they're waiting in there, let's just give that conservatively 40 minutes.

Okay. Maximum. Remember the bulk of the time is them waiting for you to come in. Okay. So I've got 30 minutes to drive there, 15 minutes sitting in the lobby, 40 minutes going in there.

So now I'm at, oh gosh, what am I at? An hour and a half approximately. Okay. Give or take. Then they go up to the front desk. They've got a scheduled time to come back or they have to get a referral to go to get physical therapy or stuff to go get medications.

They drive back to home and it's two and a half to three hours, depending on traffic. Think about all the lost productivity. Now that's not the only time they're gonna do that.

Let's say you refer them to go to physical therapy. That means that they have to drive 30 minutes to physical therapy. They go through a 30 to 45 minute physical therapy meeting and lay up 15 minutes waiting.

That's another hour and then 30 minutes back. That's two hours after their schedule. You have them do that 10 times. That's 20 hours. That's lost productivity.

Then they have to go back and see you. And this goes on not for weeks, not for months, but this can go on for a year plus or longer. So when you figure out that they're paying $3,000 to $5,000 in co-pays, deductibles, all of that stuff over the span of 18 months, their time off of work is anywhere between $2,000 to $8,000. Their transportation costs are $500 to $1,000. There's an additional treatments which an initial approach when initial approaches fail that could be anywhere between two to ten thousand dollars They have prescription medications thousand dollars annually Maybe as high as five thousand dollars annually if you're like me and you just have catastrophic health care You're just gonna be paying out of pocket for the whole thing And then there's eventually surgery, which is $5,000 to $15,000 out of pocket.

Don't fool yourself and think that this whole thing is getting covered. Healthcare plan coverages are getting worse and worse. I tell the story all the time.

I had to get an MRI for a prostate issue, right? Swollen prostate, PSA numbers up, prostate swollen, doing another test. We need to let's do some imaging.

I get an MRI, shows that there's, and I get the MRI and my out of pocket after my healthcare insurance at that time, my partner had really good healthcare insurance, my out of pocket alone for that MRI was $1,100. Okay.

Then I had to go get a biopsy, you know, all of that stuff. So, and these are broad numbers, but I want you to understand depending on a number of different factors, your cost could be 13,000. Your patient costs could be 13,000. It could be as high as 44,000 when you factor in lost time and wages.

This is for a problem that could have been solved with a $15,000 regenerative program in three to six months. But it gets better. When doctors are free to practice real medicine, innovation accelerates because you can implement new treatments without waiting for insurance approval.

Costs decrease because you're not supporting massive administrative bureaucracies. It's not uncommon that our doctors go from having a staff of 12 people, of which three or four of them are doing nothing but dealing with insurance claims, to having a staff of six.

Okay, outcomings approved because you're treating causes instead of managing symptoms and efficiency increases because you're not wasting time on paperwork and prior authorizations.

You have more energy. You see, the free market solution is when doctors reclaim their independence, healthcare becomes a free market again. Competition is based on outcomes, not network contracts.

Prices are transparent. That's a big one for patients. They're not hidden behind insurance complexity.

The Economics of Direct Pay Care

There's innovation flourishes because doctors can implement what works, not what's approved. And patients win because they get better results for less money.

Doctors win because they're fairly compensated for their expertise and society wins because healthcare becomes sustainable instead of bankrupting our economy.

Now the global impact. So this is how American medical freedom changes the world. Now, America has been exporting broken health care models around the world for decades.

Countries that used to have simple, effective health care systems have adopted our insurance-based, bureaucracy-heavy approach with predictably disastrous results.

But we can export something better. The model of physician-independence and patient-centered care When American doctors prove that direct pay, outcome-based medicine works better than insurance-based symptom management, doctors worldwide will take notice.

Medical students will demand different training and patients will expect different care. I'm not suggesting in any way, shape or form that any of these transformations can happen within the health insurance system.

I am suggesting that the health insurance system is so corrupt and is so expensive. People have been brainwashed to think that health insurance is the best thing.

I'm telling you it's not because there's a middle man in the middle who's getting their cut of the pie and it's a big cut of the pie and it's a big cut of what your license was there for.

Everyone's making money off of this except for you. So what's this international ripple effect? We work with doctors in Canada, Australia, we've talked to doctors in the UK across Europe and Asia who are desperate for alternatives to their government controlled systems.

They see American doctors breaking free and they want to know how to do the same. and your success gives them a roadmap. Your freedom gives them hope.

Your prosperity proves that medicine can be profitable, ethical, and great for the patient. 100,000 American doctors are practicing independently, charging fairly, and getting exceptional results the rest of the world will follow.

We'll export health instead of sickness, prosperity instead of bureaucracy, and freedom instead of control. Then there's the technology revolution and how free doctors drive innovation.

When doctors are financially independent and professionally autonomous, they become early adopters and innovators instead of bureaucratic followers. Free doctors can invest in cutting-edge equipment without committee approval, test new treatments without insurance authorization, implement AI and technology solutions that actually help patients, collaborate with researchers and innovators globally, fund development of better diagnostic and treatment tools.

And then consider how much medical innovation has been stifled by insurance company control. Treatments at work but aren't cost-effective get suppressed.

Think about what's going on right now in HHS, how Secretary Kennedy has just approved a whole group of peptides. In order, he's taking them off the naughty list.

Things like BPC157, thymacin alpha, MOTC, testimoralin, all of these things that help improve our overall health. Okay, diagnostic tools that prevent disease don't get implemented because prevention is a profitable personalized medicine can't develop.

because insurance pays for standard of care, these are all these things that are stifled. Natural and lifestyle interventions are ignored because they can't be patented and profited on.

When doctors are free to practice medicine based on results rather than bureaucratic approval, innovation

explodes.

Global, Technology, and Education Shifts

We'll see developments in things like personal nutrition and lifestyle medicine, advanced regenerative therapies, precision diagnostic tools, preventative protocols that eliminate chronic disease, technology that enhances rather than replaces the doctor-patient relationship.

Then there's the education revolution. Training healers instead of code clickers. As more doctors break free and build successful independent practices, medical education will have to change.

Students will demand to see that there is an alternative to the insurance-based employment model, and they'll demand training that prepares them for independence.

Future medical education will include things like business and entrepreneurship training, direct pay practice management, marketing and patient communication, financial planning and independence, technology implementation and innovation, lifestyle and prevention medicine, patient psychology and motivation.

then there's the medical school transformation. Medical schools that prepare students only for employment in the insurance system will become obsolete.

Schools that teach independence, innovation and patient-centered care will thrive. We'll see new medical schools emerge that are designed around training independent practitioners who can think for themselves, serve patients directly and build sustainable practices that serve communities.

And then the debt model will collapse because students won't need to borrow hundreds of thousands of dollars to train for low paying employment. They'll invest in education that leads to immediate independence and prosperity.

Then the political revolution. See, this is how free doctors can change health care policy. When 100,000 doctors are practicing independently and getting better results in the insurance based system, politicians will have to pay attention.

Independent doctors will have political power that employed doctors don't. financial resources to fund campaigns and lobby efforts, time to exchange in political advocacy, credibility that comes from proven success, and patients who will vote for policies that protect their access to real health care.

Then there's the policy transformation. As the independent practice model proves superior to insurance-based care, Policy will shift to support rather than hindered physician independence.

There'll be tax advantages, regulatory simplification, professional liability reform, scope of practice expansion, and insurance reform. When doctors are financially and professionally independent, they become a political force that can't be ignored.

This is what we're doing, folks. This is the power. This is about freedom, not just for you. It's freedom for your patients. It's being free of their diabetes medication.

It's being free because they're healthy. It's being free of their chronic diseases because they're getting the actual truth, not just becoming an annuity for the pharmacy benefit manager and the pharmaceutical companies.

We're returning power to the people. We're returning power to you. And you are a healer again, a healer again, not somebody who just pushes paperwork.

Oh, and then there's a generational impact. When your children see you practicing medicine with joy, prosperity and purpose, they see medicine in an alternative career again.

How many of you have told your kids don't go and be a doctor? I talk to a lot of doctors. They say they tell their kids not to do it. When their friends see what a doctor's life can actually be like, more of the best and brightest will choose medicine.

That helps us. We'll reverse the trend of declining medical school applications and physician shortages. Instead of warning young people to stay away from medicine, we'll be inspiring them to join a profession that offers financial rewards, intellectual stimulation, professional autonomy, and the opportunity to make a real difference in people's lives.

So your role in the revolution is simple. This is bigger than your practice. This is bigger than your income. This is bigger than your personal freedom, although all of those matter immensely.

Political Power and the 100,000 Doctor Mission

This is about saving medicine itself. The current system is unsustainable. It's bankrupting patients, burning out doctors, and failing to actually heal anyone.

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The mission that can't be ignored is this, 100,000 doctors free. Every doctor who breaks free makes it easier for the next. Every success story destroys another excuse.

Every independent practice proves the model works. So are you going to be one of them? The choice is yours. You can remain in the system, your call, complaining about those flaws while participating in its dysfunction.

You can hope someone else will fix it while you continue to suffer under its weight. or you can become part of the solution. You can build something so authentic, so effective, so aligned with true healing that it becomes undeniable.

You can demonstrate that medicine can be both profitable and ethical, both successful and soulful. You can show the world what healthcare really looks like when doctors are free to be healers.

The revolution, it starts with you. The mission starts now. How many lives will you transform? How many doctors will you inspire? How much of healthcare will you help rebuild?

The answer depends on what you do next. So the call is yours. Okay. And in some of these future podcasts, we're going to dive even deeper into that 40 trillion.

I need you to understand something. We need you. Your patients need you. Your kids need you. Your partner, your spouse needs you. Our society needs you.

Our system is beyond broken. We have momentum right now in our country. There are things that are changing. You may not agree with everything that's going on.

No one's ever going to fully agree. You can always find something that you're not happy with. But the fact of the matter is this, that almost every single doctor will agree.

The health care system in America, the health insurance model, is broken beyond repair. I'm Matthew Gologley, and I'm the author of Out of the System, a doctor's guide to reclaiming your purpose, your power, and your passion.

Share this podcast with your fellow medical professionals all across the board. Join me in the revolution, and we're going to change this country in a very positive way.

We're going to take it back and we're going to have healthy people again. And you, my friend, will be honored and revered for what you've done for our country.

If this episode got you thinking differently, hit follow and share with someone stuck in the system. Please leave a review, it helps us grow. Want more?

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