

Funding the Future

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There has been much discussion here of the NHS and the problems it faces.

Let me offer another Aldous Huxley quote [to add to the one I offered](#) a few days ago. [It is this:](#)

Medical Science has made such tremendous progress that there is hardly a healthy human left.

I have tried to find the source of this, and I am not the only person [who has failed to do so](#).

I am not really sure if that matters. Huxley was, almost as ever, ahead of his time. He foresaw that the medico-pharmaceutical industrial complex would reach the point where there was no part of life that could not be medicalised, and where a syndrome, disease or otherwise treatable condition from which profit might be made could not be created.

He was right. That is why we have a sick country.

What he failed to predict was the extent to which the sugar and ultra-processed food industries would become willing partners in this.

He was also unaware that there are ways of tackling this. I have been persuaded to cut almost all carbohydrates and as much sugar as possible out of my diet. It has not been hard, although it has been akin to breaking an addiction. Nor has it been expensive. Savings in booze (I do not notice its near total absence at home now) and, in my case, savings on buns of all sorts, have more than covered the cost of more cheese (especially), eggs, cream (for pannacottas), and bacon, which was something I had not eaten for a while, but which I now do.

I now find I eat much less, because I no longer appear to be nearly as hungry as I was. The sugar spikes that used to feel like hunger, but were more like the messages my brain sent to me as a sugar addict to demand more of that substance on which it has become dependent, no longer get sent. I can go longer between meals. When I get to them, I am satisfied with less.

I sleep better.

I have more energy.

I feel better.

My head is clearer.

And I have lost a stone without noticing, or even trying.

I am down two inches in waist size.

The medical evidence is that I will have massively reduced my risk of diabetes, cancer, dementia and many forms of heart disease, at least for a long time.

And if you have never tried it, celeriac mash is as good as that from potato, and celeriac chips are just fine.

Why doesn't the medical world talk about this?

Why don't those prescribing [GLP-1 drugs](#) for weight loss advise instead this very cheap, drug-free and massively health-beneficial alternative, which only appears to have positive side effects?

Why don't the heart, diabetes and cancer foundations do so?

Could it be that they, like so many NGOs ([as I noted recently](#)), do not exist to solve problems, but to perpetuate them in the interests of keeping their own careers going, becoming useful fools for the medico-pharmaceutical industrial complex in the process?

I offer it as a thought.

And after thinking about that, think how much could be saved for the NHS.