

Obamacare On Your Plate: How the Affordable Care Act Can Bring About Healthier Living in America

On Facebook, Twitter, and in the office, Americans have been very vocal about the recent Affordable Care Act decision announced recently by the Supreme Court. Whether you agree with the Court's ruling or not, the opinion, and the substantive law it regards, will bring about a fundamental transformation in American society.

The Affordable Care Act (ACA) was drafted and passed in a response to the high costs of healthcare, in an effort to ensure universal access to healthcare in America. As the ACA, or "Obamacare," is implemented, it will notably result in drastic changes across our healthcare system. While some will advocate for amending or repealing the ACA, changes to our infrastructure will persist. These changes will be most visible in America's doctor's offices and hospitals, where most of our citizens go for treatment.

In America, many of the issues driving up healthcare costs and thus, issues requiring treatment under the Affordable Care Act, are those related to obesity and problems stemming from poor diets, overindulgence, and lack of exercise. These issues will necessitate treatment under the ACA, which, like an insurance company, acts to spread costs around a larger pool of contributors.

Following the Court's decision upholding the Affordable Care Act, Americans will now have an unprecedented interest in each other's medical costs, and thus, health. As Americans begin paying into the country's pool to be allocated towards medical expenses, they will seek ways to drive down healthcare costs, in an effort to drive down how much of the health "tax" they are paying.

One of the easiest ways to do this will be in reducing the tremendous expense borne by our nation's hospitals in treating disease and other problems resulting from obesity. This will bring Obamacare home to the kitchen as Americans begin clamoring for their fellow citizens to change their diets and eating habits, as well as exercising more.

Whether you agree or disagree with the law and its constitutionality, we can jumpstart the healthy living trend now by ensuring that our citizens develop and maintain healthy lifestyles. This starts right at home, in the kitchen, with something as simple as the foods you eat. If we can change the way that people eat, regulate their diet, and exercise more, we can help increase the lifestyles that people are living while decreasing health costs and thus, health-related expenditures. Food awareness is a crucial component to making healthier choices. Tasty25 has shown how individuals can regularly cook delicious, cheap, and healthy food regularly for themselves and their families.

At our nation's schools too, a changing landscape will play out across the country, as better foods and more exercise infiltrate the cafeteria and playground. As the government also has an interest in lowering health-related expenditures, we will begin seeing more healthy menu options and more fresh food. Our educational system is a tremendous infrastructure in our nation and a powerful avenue to reach out to our nation's youth to begin educating them about living healthy lifestyles. Tasty25 has taken the initiative to begin working with local communities to teach our students about planning for a healthier lifestyle. With your help, we can bring our message and our goals to your community as we promote our food conscious network.

Tasty25 is committed to providing information about healthy lifestyles through

better eating, living, and exercising in the coming months and years ahead. Tasty25 will be here to provide you with tasty, delicious, and HEALTHY meals, along with tips on how to live a more active and healthy lifestyle.

Now, more than ever, we hope that you will help us grow and spread our message of food consciousness in your community, the rest of the country, and the world. Encourage your friends and family to visit our website, cook our recipes, subscribe to our newsletter, like us on Facebook, send us smoke signals, or follow us on Twitter. Most importantly, engage with us somehow as we promote our message of food consciousness, one person at a time. We wish you all a sincere thank you, and Happy Eating!

Tasty25

Michael Finkelstein is a third year law student at LSU, Paul M. Hebert Law Center. You can visit his website, blog, and subscribe to his email newsletter at <http://michaelfinkelstein.weebly.com/>