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### Individual Freedom vs. Government Control

Each and every individual are inherited with his or her individual freedom, but sometimes it is restricted by government control. One of the major reasons freedom is so desirable is because many of the limitations by the government on freedom are disallowing humans the right to have control over their bodies. Control of the human body is the only thing that people have power over. When the government can take away one's choice to smoke, tell one when to wear a seatbelt, set laws to limit one's right to do what one wants to one's body, or decide what constitutes a religion, our freedom becomes limited.

Today, one issue came up about the Health Plan in the Unites States. Congress questions, "Will U.S. health care be government-run, or will Americans be given the freedom to obtain their insurance plans and medical care from private firms?" Basically, will Americans be able to make their own choices or should they trust the government's and lawyers' decisions. This comes in contact with our individual freedom and government control. Americans citizens are given the rights to freedom in the Bill of Rights; therefore, they should be able to control their own body and make their own decision. This is also why 60% of Americans denied the plan of health care being monitored by the government.

SCHIP (State Children's Health Insurance Program), a state and federal government partnership that insures poor children, came about during the debate about health plan. It is not about whether to; it is about how to insure these poor children. Democrats wanted to increase the benefit up to \$50 billion dollars, so that families with income of \$81,000 a year can also be insured. But sadly, Republicans won the debate, even though some Republicans also favored the

Democrats decision. The resolution was making the benefit for SCHIP to \$35 billion, simply covering families earning about \$60,000 a year. But, in fact, the coverage from SCHIP cost \$1000 more than private insurance. To resolve this issue, Republicans decides that they want to cash out some eligible people and enable them to use this money to buy health insurance from private insurers in a tax-protected way.

The birth control mandate was another debate regarding individual freedom and government control. In January 2012, The Department of Health and Human Services finalized a decision under the ObamaCare, that all health insurance plans must cover FDA approved contraceptives and sterilization services without charging co-pay and co-insurance. Due to this, religious and pro-life people are alarmed. They argued that it went against their religious freedom under the first amendment in the Bill of Rights. The Department of Health and Human Services then tried to explain that they still do respect religious beliefs but it is to increase access to important prevention services for other individuals who needs it. The government also announced that they will provide exemptions from this new plan. But, it is only for religious institutions, if their purpose is to “inculcate religious values” and not for services or programs.

The assault to religious people and pro-life individuals about the birth control mandate was unconstitutional. Some may argue that the mandate only partially went against the amendment, because some people do want the benefit of the mandate. It went against individual freedom, and freedom of religion that most Americans value. Plus, under the narrow straits of the mandate's exceptions, religious schools, charities, and health care providers will be forced to choose between the moral dictates of their conscience and creed. Therefore, this case went to the Supreme Court and because it is affront to the free exercise of religion and moral duty so long revered and protected in this country, it did not stand.

Americans should have the freedom to choose what is best for their health. It is our individual freedom and should not be government controlled. People should be able to choose from whether to listen to the governments' choice for their health or they could choose what is best for themselves. The United States gave its citizens freedom; therefore, people should be able to have both choices open to pick.