



Our Family Newsletter;

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Our goal is to inspire you, to provide you with the latest health care options available, make you smile, and help you to help us fulfill our mission – to reach as many people as humanly possible, especially kids!

“You’re gonna correc ‘em?”

Last month, I promised I’d get into an issue which almost every patient wants to know about:

“How long does it usually take to correct these Vertebral Subluxations?”



Ok....If you’ve been listening to me, attending our classes we have, reading the info I have posted all over the office, and reading this newsletter, you would have probably figured out that Vertebral Subluxations are **bad!** How could you not have – I have info on Subluxations dripping from every crack in the plaster!

With that in mind, let’s tackle the issue of getting rid of these Subluxation things in your spine.

One thing you need to understand is that once a Vertebral Subluxation has formed, it can be compared to a dental cavity. It really doesn’t clear up all by itself.And it usually progresses and get worse.

Is it painful? Most often not, and that is the problem. Most of the time, Subluxations in

your spine are not painful unless they have been caused by some sort of trauma – falling, improper strain, accident, etc. The fact that most subluxations are not painful makes them difficult to detect by the average normal Earthling. Only a Chiropractor can tell you if you have one, just the same as a dentist can tell you if you have a cavity that is starting. The most common are causes as a result of long-term stresses and habits. Did I say habits? Yes I did. Habits.



You see, a Vertebral Subluxation most often becomes a habit - and a bad one - that your body is unable to get rid of. So...it slowly begins to adapt to having it. And slowly, your nervous system begins to accommodate and your body functions begin to slowly deteriorate. Not a good thing!

Ok.....so what I am saying is that you've learned a really bad habit. Knowing this, let me ask you: Do you feel it is easy to get rid of a deeply learned habit?

No?

You are absolutely correct!

As in any habit, in order to get rid of one, we need to substitute it with another – a good one this time. And that is the very reason I, as your chiropractor, will place patients on a schedule of care which may last weeks to sometimes even 2 years or so. The goal is to change the habit your body has learned. To correct this subluxation pattern. To wipe it out. To annihilate it. To show no mercy. To take no prisoners! And to restore normal function to your nervous system so that it can, once again, control your body as it was meant to.

That is my goal.

Definitely not for the faint of heart!



Illegal and/or Recreational Drugs are far Less Likely to Kill You Than Prescribed Medications:

The following article was written by Dr. Christopher Kent, a colleague and a well-known researcher. I though you should know.....

Recreational drugs, including cocaine and heroin, are responsible for an estimated 10,000-20,000 American deaths per year. While this represents a serious public health problem, it is a "smokescreen" for America's real drug problem. America's "war on drugs" is directed at the wrong enemy. It is obvious that interdiction, stiff mandatory sentences, and more vigorous enforcement of drug laws have failed. The reason is simple. Cause and effect have been reversed.

The desire to solve problems by taking

drugs is a product of our culture. When a child is taught by loving parents that the appropriate response to pain or discomfort is taking a pill, it is obvious that such a child, when faced with the challenges of adolescence, will seek comfort by taking drugs.

Drugs are Dangerous Whether Pushed or Prescribed!



While approximately 10,000 per year die from the effects of illegal drugs, an article in the *Journal of the American Medical Association (JAMA)* reported that an estimated 106,000 hospitalized patients die each year from drugs which, by medical standards, are properly prescribed and properly administered. More than two million suffer serious side effects.

An article in *Newsweek* put this into perspective. Adverse drug reactions, from "properly" prescribed drugs, are the fourth leading cause of death in the United States. According to this article, only heart disease, cancer, and stroke kill more Americans than drugs prescribed by medical doctors. Reactions to prescription drugs kill more than twice as many Americans as HIV/AIDS or suicide. Fewer die from accidents or diabetes than adverse drug reactions. It is important to point out the limitations of this study. It did not include outpatients, cases of malpractice, or instances where the drugs were not taken as directed.

According to another AMA publication, drug related "problems" kill as many as 198,815 people, put 8.8 million in hospitals, and account for up to 28% of hospital admissions. If these figures are accurate, only cancer and heart disease kill more patients than drugs. Has the situation improved since the publication of this

information? Hardly. Null et al have published the most comprehensive and well-documented study I have seen of deaths associated with medical practice. In this report, their research revealed some shocking facts. The findings are summarized in the abstract:

"A definitive review and close reading of medical peer-review journals, and government health statistics shows that American medicine frequently causes more harm than good. The number of people having in-hospital, adverse drug reactions (ADR) to prescribed medicine is 2.2 million. Dr. Richard Besser, of the CDC, in 1995, said the number of unnecessary antibiotics prescribed annually for viral infections was 20 million. Dr. Besser, in 2003, now refers to tens of millions of unnecessary antibiotics.



The number of unnecessary medical and surgical procedures performed annually is 7.5 million. The number of people exposed to unnecessary hospitalization annually is 8.9 million. The total number of iatrogenic (doctor caused) deaths is 783,936. It is evident that the American medical system is the leading cause of death and injury in the United States. The 2001 heart disease annual death rate is 699,697; the annual cancer death rate, 553,251."

Drugs Are The Number One Killer

The authors conclude: "When the number one killer in a society is the healthcare system, then, that system has no excuse except to address its own urgent shortcomings. It's a failed system in need of immediate attention. What we have outlined in this paper are insupportable aspects of our contemporary medical system that need to be changed –

beginning at its very foundations."

A recent article in *Archives of Internal Medicine* stated that in the seven year period from 1998 through 2005, reported serious adverse drug events increased 2.6-fold, and fatal adverse drug events increased 2.7-fold. The authors noted that reported serious events increased 4 times faster than the total number of outpatient prescriptions during the period. Another study concluded that the majority(86%) of the adverse drug reactions for which patients were admitted to a medical intensive care unit were preventable.

One proposed solution to the illegal drug problem was encouraging potential users to ignore peer pressure and "just say no." Interestingly, this strategy is not being recommended for prescription drugs. Bruce Pomeranz, MD, one of the authors of the *JAMA* paper, said he is not warning people to stay away from drugs. "That would be a terrible message," he said. Lucian Leape, MD, of the Harvard School of Public Health said, "When you realize how many drugs we use, maybe those numbers aren't so bad after all."

Does that mean that the number of deaths due to illegal drugs, suicide, HIV/AIDS, diabetes, accidents, and drunk driving "aren't so bad" either? Does it mean that we shouldn't discourage drunk driving or unsafe sex?

The folly of such double standards should be obvious to all. It is time to address the real drug problem - the cultural notion that the first solution to seek for relief of life's problems is a drug. That's the drug culture we need to address.

Dr. Kent is absolutely correct: It is our thinking that needs to change if our children are going to have a real chance to become healthy adults. We, as a population, have been carefully convinced that we need drugs, for everything – Big Pharma says so. We are not presented with alternatives. Why? Because we would then not buy drugs, and little profit would be made by Big Pharma. ...And this is all about profit. My purpose, as always, is to simply have you to look at this whole issue with a critical eye.

And while I am on this drug rampage....

Former Drug Sales Rep tells All:

ABC News March 12, 2008:

Shahram Ahari, who spent two years selling Prozac and Zypraxa for Eli Lilly, told a Senate Aging Committee that his job involved "rewarding physicians with gifts and attention for their allegiance to your product and company despite what may be ethically appropriate." Ahari claims that drug companies often hire former cheerleaders and ex-models, as well as former athletes and members of the military, even if they have no background in science. During their five-week training class, Ahari says he was taught sales tactics such as:

- How to exceed spending limits for important clients
- How to be generous with free samples to leverage sales
- How to use friendships and personal gifts to foster a "quid pro quo" relationship
- How to exploit sexual tension

Ahari claims that he's even heard stories about sales reps helping to pay the cost of a doctor's swimming pool, or taking a doctor to a nightclub where a hostess was paid to keep him company.

For this work, sales reps often earned more than researchers. On top of a base salary of \$50,000 for starting reps, Ahari says, "there were four quarterly bonuses, an annual bonus, stock options, a car, 401K, great health benefits, and a \$60,000 expense account."

I feel better already.....

Fifteen things that took me years to learn:

1. Never, under any circumstances, take a sleeping pill and a laxative on the same night.
2. If you had to identify, in one word, the reason why the human race has not achieved, and never will achieve, its full potential, that word would be - "meetings."
3. There is a very fine line between "hobby" and "mental illness."
4. People who want to share their religious views with you almost never

want you to share yours with them.

5. You should not confuse your career with your life.
6. Nobody cares if you can't dance well. Just get up and dance.
7. Never lick a steak knife.
8. The most destructive force in the universe is gossip.
9. You will never find anybody who can give you a clear and compelling reason why we observe daylight savings time.
10. You should never say anything to a woman that even remotely suggests that you think she's pregnant unless you can see an actual baby emerging from her at that very moment.
11. There comes a time when you should stop expecting other people to make a big deal about your birthday. That time is age eleven.
12. The one thing that unites all human beings, regardless of age, gender, religion, economic status or ethnic background, is that, deep-down inside, we ALL believe that we are above average drivers.
13. A person, who is nice to you, but rude to the waiter, is not a nice person. (This is very important. Pay attention. It never fails.)
14. Your friends love you anyway.
15. Never be afraid to try something new. Remember that a lone amateur built the Ark. A large group of professionals built the Titanic.

FINAL THOUGHT: Men are like a fine wine. They start out as grapes, and it's up to women to stomp the crap out of them until they turn into something acceptable to have dinner with.



Please...if you have any questions, or would like any information on any health topic, it would be my pleasure to help you!

Talk with you next month.....