

Are you average?

According to Canada AM on Saturday November 18th, Canadians average 12 prescriptions per person per year. This is, once again, a good time not to be average.

I look at my families average drug use. My oldest son Adam has used 0 prescriptions in 13 years (you guessed it, he is 13). My youngest son Mitchell has has 1 prescription in his life for ear infections. He took it for 4 days, then I realized my mistake and I took him off it. His infection came back, we ignored it and he healed, never to use drugs again. In fact, Mitchell has never taken tylenol. So, that is 1 prescription in 12 years (yes, he is 12 now). I have used 0 prescriptions in the 14 years that Linda and I have been married. Linda has had antibiotics three times since we were married, one of those times for a tooth problem. So let's add that up, 4 prescriptions in 53 years of life. The average number of prescriptions we should have used was 636 in this time frame. It is great not being average.

You need a game plan to stay healthy. Health is about body, mind and soul. If you are subluxated, life cannot flow through your body. Less life means more death. It also means move potentially dangerous drugs.

Your nervous system needs to be working, 100% of the time. Using pain as an indicator of health and sickness is not accurate. Your symptoms are only symptoms, they are not your problem. Treating your symptoms and thinking you are healthy will never work. By the time the symptom shows up you have been sick for a long time. This holds true from a sun burn to heart disease, diabetes and cancer too.

Here is a summary of the statistics from the article:

Age	Prescriptions/ Year
39 and under	6
40-59	15
60-79	35
80+	73

Remember the way an average works is if you take less drugs, someone else is taking more drugs. You are likely not taking your "fair share" of drugs (thank God) because you understand the chiropractic lifestyle. We need to find the people taking all these drugs, get them adjusted and allow them to heal like yourself, naturally and drug free. I need your help!

This link takes you to the website that we got the statistics from. Follow the link below for more great facts on prescription usage.

http://www.imshealthcanada.com/web/channel/0,3147,77303623_63872702_77770072,00.html

The next event in our office is our Patient Appreciation Day!

Enjoy the holidays and live the Maximized Living Lifestyle.

Dr. Jeff and Staff