

Dying to get to Heaven?

Last week one of my patients said to me "you sure seem to be against medicine." Well, the truth is, I'm not against medicine, I am for Chiropractic. Let's face it, medicine is awesome for crisis care and organ transplants. But I do not have a crisis or I do not need an organ transplant (thank God). I will go toe to toe with you on how medicine over prescribes antibiotics, antidepressants and cholesterol lowering drugs. I am against lifestyle not being addressed as a cause of sickness and taking drugs that block symptoms as you get sicker. I get tired of hearing everything is genetic and out of your control. My stance is well researched, it comes from the medical journals. In fact according to the Journal of the American Medical Association, medicine is now the 3rd leading cause of death in the United States. Heart Disease is the #1 killer and Cancer is the #2 killer. Medicine doesn't mean to kill people, but it is risky business.

My solution to stay well is always simple. First, make sure your nervous system is working at 100%. A body working at 100% can heal itself from anything. Then eat properly, exercise and have a healthy lifestyle. These are proven ways to stay well, but do involve discipline and hard work. I think it is worth it. We can help your health mission with our monthly advanced workshops.

On December 4th, the stock for Pfizer (a large drug company) fell. The stock dropped because a clinical trial involving Lipitor, a cholesterol lowering drug and one other drug went terribly wrong. People died, 81 to be exact (I found that number doing research on Medscape.com) The interesting part of the attached article is they never talked about how many died, they only talked about the stock dropping. Isn't it strange how the number of lost lives can be ignored and money becomes the focus. Here is the link:  
[http://money.cnn.com/2006/12/04/news/companies/pfizer\\_stock/](http://money.cnn.com/2006/12/04/news/companies/pfizer_stock/)

Please watch your lifestyle and make better choices, especially this time of year. This will decrease the risk of your ending up at your medical doctors office or medicated for life. I am not against drugs. If you need drugs to stay alive, then take them. All drugs have side-effects, do your best to stay healthy naturally.

My medical doctor is a very nice person, but I would rather run into him at the Farmer's Market instead of his office.

**This weeks Miracle- Brad is no longer a diabetic!!! After 4 months of care and Brad losing 12lbs (changing his lifestyle) his M.D. took him off all diabetic medication on Monday December 4th. It is great being a part of something so big!!!!**

Upcoming Events:

1. Patient Appreciation Day- December 20th, I know you have had some great changes in your life since you have started chiropractic care. It is time to give your friends that same gift-health. Subluxations can kill. Who's life can you change by a referral to us? Dr. Jeff will be doing no charge examinations that day!
2. Yoga - January 10th, a certified yoga instructor will be coming to the office to teach yoga, bring a friend or family member, the first class is no charge. Sign up with Meaghan or Linda.
3. Extreme Makeover - January 23rd, this six week program will show you how to change your life physically, mentally and spiritually. Dr. Jeff will be coaching you through the 6 weeks with a 5k walk/run at the end of the program. Ask Meaghan or Linda how you can get involved in this life changing program. Go to the link below to get more information. Click on [www.familychiropractor.org](http://www.familychiropractor.org) and then click on the Extreme Makeover link on the left hand side of the page.

4. Success workshop- January 18th, Learn how to achieve your New Year's Resolutions and Goal Setting for 2007.



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Thank you for being part of our mission, and making our community a healthier place to live.

Dr. Jeff and Staff