

HEALTH ALERT July 31, 2007

## WHEN WAS THE LAST TIME....

When was the last time a homicide or a tragic suicide that you read about in the newspaper was not related to a prescription medication? If you have not noticed, here are a few of the more recent examples:

1. Chris Benoit, the professional wrestler who killed his wife and 7 year old son. He was on Xanax, an anti-anxiety drug and also on muscle relaxants.
2. Cho, the Virginia Tech shooter who killed 32 people was on antidepressants. **There has never been a shooting in any school where the shooter has not been taking prescription drugs.**
3. Anna Nicole Smith, (Hollywood star?) was on a list of drugs including growth hormone that is being called a “longevity drug” (do you see the irony?).
4. Anna Nicole Smith’s son who died months earlier than his mother (in his 20’s) was on a list of drugs including antidepressants.
5. Mother who murdered her baby and attempted to murder her 3 year old on Bluevale St. in Waterloo. This tragedy is also related to antidepressants (lithium).
6. An 18 year old died during a dental procedure less than 100 yards from my office on July 5th. They put him to sleep **with drugs** and could not wake him up.

Do you get this? This is real, it is all around you and you are not seeing it. I need your help to teach people that drugs are dangerous. When do we get mad enough to do something about this epidemic? When it is someone we know and love? People's lives get out of control. They do not address their dangerous lifestyles and they end up on more dangerous pills. The drug companies have excuses ready when these tragedies happen. They simply say "the person did not get enough drugs soon enough." The public believes them. I do not believe that for a second. I believe that the out of control lifestyle needed to change years ago, so they did not end up deciding which antidepressant they should take. **It is too late when your house is on fire to talk about prevention.** Change your lifestyle before it is too late. The future is **Maximized Living.**

My family does our best to stay in balance naturally. We watch what we eat, control our stress, we exercise and we get our spines checked for subluxations weekly. Does it work? Yes, I cannot recall the last time any of us have been to see our medical doctor for any kind of problem (it is over 5 years).

### **How to avoid tragedy in your life:**

1. Do not be part of the medical sickness model.
2. Learn all you can about **Maximized Living.** Do not miss any of our workshops we provide.
3. Start at the core. Make sure you have a healthy spine and nervous system. Your nervous system controls and regulates every function in the human body. If it is not at its potential, you are not at your potential.
4. Please tell others. They will die (sooner) if you do not.
5. Get the rest you need with the proper nutrition and vitamins.

## A SPECIAL GOOD-BYE

We lost a special patient in July. Ruth Paape passed away in her sleep. She was our oldest patient. She was 94. Ruth has always given me permission to brag on her, so I am not breaking any doctor-patient confidentiality. Ruth made it to 89 years of age before she took a medication on a daily basis. She did not use a cane or a walker. When she was 90, she would walk 2 km to my office, by herself.

She died peacefully in her sleep in her bed. There were no signs the day before her death that she was dying. She lived a great life because she was responsible. Ruth made great decisions and had a great sense of humor. In fact anyone who knew her well called her Paape, she preferred that. We will miss you. Anyone can live the same life that she did. Who is going to be the next Paape?

## THE SHARK TANK

We take your health very seriously in our office. The road to **Maximized Living** is the only road to be on to stay well for life. A subluxation to your spine will always decrease the quality of your life and will **always** lead to sickness, disease and early death. If you were to jump into a shark tank, do not expect us to just watch you. We will do whatever it takes to warn you of the dangers and get you to safety. The medical model is dangerous. According to the The Journal of the American Medical Association, medicine is the third leading cause of death.

If someone (a friend or a medical doctor) tells you that you do not need a chiropractor, **they are pushing you into the shark tank**. If you choose to swim with the sharks then it is your decision. You obviously understand the consequences. However, if you do not know that there are sharks in the water, then you are in danger and

do not know it. **The outcome will likely be the same, sharks eat people.**

We are trying to enhance your health by offering you the latest technologies to keep you healthy. You cannot wait until you ARE SICK. Let us teach you, your family and your friends about **Maximized Living Care.**

Our next workshop to save your life is **Packing Lunches and Backpacks** on Tuesday August 21<sup>st</sup> at 6:30pm. We will teach you about the importance of a healthy lunch. We will also talk about how a heavy backpack can cause permanent damage to your child's or grandchild's spine. **Who are you bringing with you to the talk?** Please reserve your spot today for this workshop. You need to know how to start living the **Maximized Living model.** Let us show you the steps.

Remember, God put the most amazing healing ability in your body. This power flows through your nervous system. If your nervous system is not functioning at its potential, can you function at your potential? That is why you see us.

Thank you for being the leaders in your community. Thank you for being responsible for your health. We all know that being responsible is more work but the rewards are also greater. Living a **Maximized Life** means a higher quality existence. It means you will complete your mission on Earth and serve God's purpose for you.

Please check online or on the calendar in our office for our upcoming events. We have now opened up 6 days most weeks to serve you better. Below is a list of our new hours:

Monday 8-11 and 3-6  
Tuesday 4-5:40 then Dr. Report  
Wed 7:30- 11 and 3-6  
Thurs 2-6

Friday 6:30-10 and noon-1

Sat 9- done note we are open at least 3 Saturdays/ month

Please enjoy the attached video testimonial. This is a special little boy named Hayden's story. His life was changed by chiropractic.

Sincerely,

Dr. Jeff and staff



[www.familychiropractor.org](http://www.familychiropractor.org)