

HEALTH ALERT June 5, 2007

In last week's Health Alert I mentioned a drug, Avandia. I had a chance to find out more about it over the last week. It has been linked to deaths from heart attacks since 2001! How many people died without being informed of the potential dangers? This is the danger of not being an informed consumer.

This week's paper had an article on Fosamax. This is a different drug than last week, but the same story. Fosamax is a very common drug taken once people have developed osteoporosis. So, here is a drug that is supposed to protect your bones. The problem? It may be destroying your bones. The lawsuit states it is causing osteonecrosis to the jaw bone (rotting of the jaw). There is a class action suit being launched against the manufacturer, Merck Frosst Canada. The statement of claim is the drug company did not adequately warn patients of the dangers.

What ever you decide to put in your body is totally up to you. What I think you need to do is have a lifestyle that encourages the body's natural ability to heal itself. That means we need to eat properly, exercise, maintain your spine (your lifeline), control your stress and manage your time properly. We call this **Maximized Living Care** in our office.

Wouldn't it be better to avoid osteoporosis instead of developing it and then taking drugs? In our office we have purchased a machine to help you avoid osteoporosis. It is called **The Vibe**. Dr. Gifford Jones has even written about this technology in his weekly health column. Whole body vibration has been shown to increase bone density, improve lymphatic drainage and strengthen muscles without any adverse affects. Please ask my staff for "a ride" on **The Vibe** on your next visit.

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 **How to Beat Cancer and Heart Disease** is Thursday June 14th at 6:30. It is one of my best talks. How many times have you been to Erb and Good Funeral Home to comfort a friend who died suddenly? In many cases this person had no symptoms before they passed. I need your help to teach others how to stay well. 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. Please reserve your spot today for this workshop. You need to know how to avoid these deadly killers.

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.

Dr. B.J. Palmer, D.C. wrote "The path of least resistance makes both men and rivers crooked." Thank you for choosing the right path.

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.

Sincerely,

Dr. Jeff and staff



www.familychiropractor.org