

Health alert, Wednesday August 8th, 2007

WHICH MODEL OF HEALTH MAKES MORE SENSE?

I saw the new commercial of television about booking a “drug check up” with your pharmacist. In Ontario if you are senior, and taking 3 or more medications a year, you can book a no charge 30 minute check up. They will review your drugs and look for interactions. Now, the average senior takes 35 prescriptions a year. Do not get me wrong, I do not want to see anyone harmed by drugs. It almost makes sense if you do not give this a whole lot of thought. Here is why I do not think it is money well spent.

First, let’s not be confused, there is a cost associated to this. It comes from your taxes. Secondly, **I am shocked to find out that this is not already occurring! How can Doctors prescribe and pharmacists dispense you drugs and no one has been looking for this?** This is another attempt to fix a broken model. Health care has become sick care. Let me show you. When do you see your Medical Doctor? That is right when you are sick. How do you know you are sick? Correct, you already have symptoms. That is why Health care is really sick care. I am not against SICK CARE, I think we should be honest and call it what it is, SICK CARE. The problem is it will never fix the problem that too many people take too many drugs. We need fix this OUTSIDE- IN approach to health with an INSIDE- OUT approach. At this rate, people will keep taking more and more pills. Let’s be honest, are people getting healthier or sicker?

You are on the maiden voyage of the Titanic. Your whole family and all your friends are on board. You have just hit the iceberg. There is a hole in the boat and no room in the life boats. Your family and all your friends are facing death. Here are your options: Every man for himself! You climb higher and higher on a sinking ship trying to avoid the water. This approach will buy you 5 minutes of life. Option two: **GRAB SOME WOOD AND NAILS, ASK FOR HELP AND DIVE OVERBOARD TO TRY TO FIX THE HOLE.** Sure you may die if you dive overboard into freezing water, but you were going to die anyway. Diving overboard **can** save your family, your friends and all on board. Fixing the hole is really the only sensible choice- no matter what is cost is. You have to understand, you can treat the symptom (climb higher) or treat the cause (plug the hole). **Which model of health care do you choose? The Medical model will treat the symptom**

and not address the cause. The Chiropractic model will address the cause. It is your life you have to choose.

If you are taking drugs in your 40's, you will be taking more drugs in your 60's. I have not taken a single prescription drug or an over the counter drug since 1989. The only exception was Demerol during a hernia repair. I do acknowledge drugs in crisis care, but that is a tremendously small amount of the total prescriptions written. The average 40 year old takes 15 prescriptions a year. The only way to stay healthy is to get out of the Medical model of OUTSIDE-IN. It is never too late. If someone has cancer, I am sure they will tell you that they do not want anyone else to suffer like them. Make sure you are educating your kids up in a way where they will not end up on the drugs you are on. That will make our world a better place.

By embracing the Maximized Living model you can stay well and even get off medication if you are willing to change. Here are a few examples in the last year in my office:

1. Gladys was taking no daily prescription drugs when she passed away at 87. She did take many vitamins. She was mentally alert to the end. The average 80 year old takes 73 prescriptions a year. Great job Gladys.
2. Ruth made it to 89years old before she needed her first daily prescription drug.
3. Brad started care last September 2007. He was on high blood pressure pills and also taking a pill for his diabetes. After 3 months of chiropractic care, he was off all his medication!

Remember, **THE POWER THAT MADE THE BODY HEALS THE BODY. IT HAPPENS NO OTHER WAY!** I do not take credit for any of my patient's incredible healings. **I MOVE THE BONE AND GOD DOES THE HEALING.**

Join us in Maximized Living. There is always room for more people. We also need you to tell your friends about all our workshops. Please forward this email to them. The first sign of Heart Disease is DEATH in 40% of people. Cancer can exist in the body for 10 years without symptoms. Please do not wait and hope for health. Actively go out and seek it by living your life in alignment with God. God always loves you, but he cannot always protect you. Let me explain. Gravity exists on Earth. It is important for our survival. However, if you jump off a 10 story building gravity will likely be

responsible for your death. God still loves you but he cannot always protect you.

If you choose to eat out of alignment with God's wishes, he will still love you, but he cannot protect you from Heart Disease, Cancer and Diabetes.

You need to live in the ABOVE, DOWN, INSIDE OUT PRINCIPLE. All health flows in that direction because God intended it that way. When you try to live life from the OUTSIDE- IN, it never works.

Come to our workshops and learn how to live ADIO. Our next workshop is **Packing Healthy Lunches and Backpacks on Tuesday August 21 at 6:30.** We will show you how to eat better, have more energy and improve your immune system. We will also discuss how to prevent permanent damage to your child's spine which will destroy their health.

Thank you for your referrals and your help making our community healthy.

Sincerely,

Dr. Jeff