

## Get off the Drugs

Why are Americans on drugs? If you ask me, it's to keep the pharmaceutical companies in business. You may not agree with me, you may on the other hand thoroughly enjoy dishing out literally hundreds upon hundreds of dollars on something that simply *masks* your symptoms for a little while. That's what conventional medicine is all about, *covering up your symptoms* so it doesn't ache, itch, burn, or whatever anymore.

If you open up the average home medicine cabinet, what you'll find is more pills than China has rice. You might as well take that hard earned cash of yours and *flush it down the toilet*. Personally, I say take the *drugs* you're on and flush *them* down the toilet that makes more sense. Let's face it...what did the cave man do? He didn't call in his prescription at the local pharmacy.

You have a **choice**...and I'm going to lay it out for you. You can remain in the dark as to what's going on with your body and keep putting a *band-aid* on your symptoms that never *really* go away. Or, you can get down to the nitty gritty of your health issue and find out **WHY** you are feeling the way you do and what changes **YOU** can make in your lifestyle, eating, exercising and sleeping habits to feel like a million bucks. Isn't it much nicer to *feel like a million bucks* rather than *spending a million bucks* on drugs that don't ever cure...they just make you feel better for a little while?

Most people think that they're supposed to feel pain and have degenerative diseases. That's plain ludicrous! There is another way to live folks...so it's about time you smell the coffee before you smell *the roses on your cemetery plot*. The National Center for Complementary and Alternative Medicine (CAM) reports that over 62 percent of Americans are using some form of CAM and that was in 2002. I'm sure the figures have skyrocketed by now. So what about you? Yea, **you**...what are you waiting for?

Last time I checked I was a mind, body, and soul spirit having a physical experience on this earth plane. I want to treat all of my mind, my body, my soul, and me. There are many forms of CAM such as:

- Herbs, special diets, vitamins
- Energy medicine such as reiki and several others
- Manipulative body-based practices such as chiropractic
- Mind-body medicine

I personally fell down an entire flight of stairs from the top landing and landed on hard stone tiles about six months ago. After spending several hours in ER with a broken nose, black eyes, bruised arms and legs, a smashed cheekbone, and teeth that had been rearranged 90 degrees, not to mention a busted lip that needed stitches.

I'm here to report that I'm living proof that after being told by doctors I need to see this orthopedic and this orthodontist (which I did NOT). I went home and in just four days time I healed myself with my beliefs in the mind-body connection. I have the before and after pictures to prove it.

It's time to **Wake up America**...spend your money on something that makes you jump for joy...not something that numbs you and prevents you from feeling alive. Next time you tell your kids to *get off the drugs*, open your medicine cabinet...think about it!