

## **We Must Start A Movement To Stop The Madness In Medicine – Millions Of Lives Are At Risk, (Especially Those Of Our Children)!**

Although in my book *Antidepressants, Antipsychotics, and Stimulants – Dangerous Drugs on Trial* (2007) I focus primarily on the many dangers associated with the “mind-altering drugs”, that’s not where the danger ends. All drugs pose a risk, yet there is one characteristic in particular that sets the mind-altering drugs apart from all the others. It’s their ability to alter your brain, and thus your thoughts, and do so in an unnatural and unhealthy way, (sometimes permanently)! People have been known to do things that were totally out of character for them, things that they later admit they would never have considered doing, had they been in their “right mind”. That’s if they didn’t take their life, (and thus live to tell of it)! Worst of all, is when they take another’s life, (an even greater tragedy)! It’s as though you suddenly turn into someone else that even you would never recognize. You are suddenly no longer in control of your actions, (what a scary thought)! Andrea Yates, a very caring mother who, without any provocations whatsoever, suddenly drowned her children, is a typical example. And we’re not talking about just a few isolated cases, but tens of thousands of victims over the years. Some recognized the problem before it was too late, but unfortunately others didn’t, thus many innocent lives have been needlessly sacrificed.

Not only that, but these same drugs can also contribute to serious, life-threatening diseases, such as cancer and diabetes, (in both children, and adults). With that in mind, how can the FDA possibly justify allowing such dangerous drugs to remain on the market for decades? Even worse, they are now approving some even more dangerous antipsychotic medications. It’s quite obvious they are not willing to do anything about the obvious threat, unless they are somehow forced to do so, (our challenge). If we truly care, we can make a difference, by making our voices heard! Tell your family and friends! Alert your senators and congressmen, (both state and federal)! Contact your local school administration, and put a stop to the “very aggressive” drug marketing campaign via the TeenScreen movement, (an all out effort to get as many of our children as possible on their very profitable, mind-altering, disease promoting drugs). Even some churches might consider getting involved, as they can have an influence on their congregation as well. You might also check with your local senior center. There are a lot of talented senior citizens just looking for a worthwhile cause. It gives them a reason for living, (one thing that helps keep them young and active).

Anyone who knows what these drugs can potentially do to our children should be concerned, although many adults are at risk as well. As stated by Gwen Olsen, the ex-pharmaceutical rep, **“Be the difference that makes a difference”**, something she has set out to do herself. She has finally found peace of mind, since making that critical decision.

These drugs are not only destroying lives, both physically and mentally, but if the companies who produce and aggressively promote them are allowed to continue doing so, they will also totally destroy the very financial fabric of our nation. It’s easy to see why our healthcare cost has been rapidly escalating, (several times the normal inflation

rate)! If this corrupt industry is allowed to continue getting more and more children (and pregnant mothers) on their very profitable drugs, as they have been, (and fully intend to continue doing), we could soon begin experiencing an all-out epidemic of cancer, diabetes, and obesity, in our young children, (which is already being predicted). And although most are unaware of the underlying cause, now you know! We will also see a lowering of children's IQs, and an increase in the rate of dementia and Alzheimer's disease, and at "a much earlier age" as well.

We must begin a movement like none in our history – a movement even more aggressive than the pharmaceutical industry's. That means we definitely have our work cut out for us, but "they absolutely must be stopped"! We need to "Just say no to all drugs", (legal or illegal). We must begin by taking back our healthcare system, and our health. For decades, our healthcare system has become totally corrupted by the pharmaceutical giants, with the aid of their tremendous financial resources. As their income continues to increase, our national debt will increase accordingly.

In my award-winning book, *A Drug-Free Approach To Healthcare* (now available in a "Revised Edition", 2007), I show the dangers associated with many other medications, and why they are seldom (if ever) necessary. If you recall, in Mary Lou's true story, she discovered that **she never really needed any of the nine medications she had been taking for years**, (including 2 antidepressants, and the dangerous lithium for **the bipolar disorder caused by Prozac™**). Most importantly, **she had been taking Prozac™ for a total of 16 years**, and "in only 60 days she was totally drug free"! There are many other similar stories; she is not somehow unique. **In my opinion, there are very few in the nation who couldn't quite easily accomplish the very same thing, if they so chose.** Our best defense is an offense, by saying, "***I no longer need your dangerous drugs***", as Mary Lou and many others have done.

The promotion of drugs, by the crafty commercials on TV, (that other countries don't allow – and for good reason), encourages people to request drugs that they normally don't really need, although they are often prescribed by their doctor, due to the patient's request. If it weren't working, the commercials would soon stop, although they obviously haven't stopped, but are instead actually increasing. You can't even watch the national news nowadays, without seeing one commercial after another, (and guess who is paying for them)! **Not to worry, it's coming out of their research budget**, (and just added to the cost of their drugs)! Unfortunately, many unsuspecting victims falsely assume that their survival somehow depends on their medications, although in my opinion, nothing could be further from the truth. They are instead the best possible way you can not only shorten your life, but also reduce your quality of life in the process. That doesn't sound much like a benefit to me, and just think of it – you are paying for it as well, (such a bargain)!

Sometimes, even doctors are victims. According to Gwen Olsen, the ex-pharmaceutical rep, doctors and pharmacists are some of the worst prescription drug abusers of all, (likely the reason the average doctor only lives for 58 years)! And according to Dr. Joel Wallach, (the *Dead Doctors Don't Lie* guy), if doctors are the holders of all knowledge,

they should live to be 90, or even 100 years of age. Unfortunately for them, that privilege is reserved only for those who never heard of prescription drugs. Doctors are originally brainwashed in medical school, and then on an ongoing basis, by their pharmaceutical representatives. Not only that, but they have access to all those free samples, which, to their detriment, many doctors totally believe in.

Many have noted that when they were required to stop taking their medications prior to surgery, they discovered they felt much better after doing so. Maybe they should start paying more attention to what their body is attempting to tell them. Their bodies are obviously trying to tell them that those drugs are not really helping!

We should also consider that **“drugs are chemicals, created in a lab, by man, for profit only”**, (huge profits). God, on the other hand, created plants, and herbs, for our natural pharmacy. Plants contain many, (sometimes hundreds), of synergistic ingredients, in the proper balance. They are far more complex than any drug that man could possibly create in some lab. Although drugs are normally far cheaper to mass-produce, they actually sell for “much more”, (due to the obvious greed). Drug companies are not really satisfied with a reasonable profit margin. There are also many concentrates, derived from natural sources that our body immediately recognizes as beneficial, versus the drugs that are recognized as the “toxins” that they are, by our liver the detoxifier.

If you have even the least bit of apprehension about possibly withdrawing from your medications, just pray about your decision, and if necessary, find a natural practitioner that can help you in doing so. God created our bodies, which are organic, thus anything that can truly heal, or maintain our health, must be organic as well. **Drugs just override and disrupt our normal processes, such as maintaining “healthy”, (not “excessive”), hormone levels in the brain.**

Another example is the **beta “blockers”**, or **ACE “inhibitors”**, (both blood pressure medications), which basically override natural processes that have important functions, such as providing adequate oxygen and nutrients where they are most needed, (especially the brain). If you noticed, they are designed to **inhibit, or block, normal functions**, which God created for an important purpose, (He obviously knew what He was doing)! I explain just how critical that can be, and how to eliminate the elevated blood pressure naturally, (if really necessary), in my book *A Drug-Free Approach To Healthcare*. I also explain how diabetes medications can actually worsen the condition, and often contribute to hypoglycemia (low blood sugar) as well. The symptoms of hypoglycemia are the exact same as those that mind-altering drugs are often prescribed for. Although with just a slight diet modification, along with a few supplements, blood sugar can often easily be stabilized. Diabetes medications also deplete the very nutrients necessary for producing **“quality insulin”**. **All insulin is not created equal**, (and thus not as effective), yet poor quality insulin is still effective in storing fat in fat cells, (obviously not our objective).

The very worst combination, regarding your brain, is when the blood pressure medications, which can result in insufficient oxygen to the brain, are combined with one or more diabetes medications, which sometimes results in hypoglycemia, or low blood sugar, (a very bad combination). We then find that one more class of blood pressure medications, known as the calcium channel **blockers**, also pose a serious risk. According to Dr. Sherry Rogers, M.D., they were proven in brain scans to actually shrink the neurons in the brain, (as well as shrinking the brain itself), increasing the risk of acquiring dementia or Alzheimer's disease! Again, one more drug produced to **block** a critical function, which creates a loss of neurons in the process. Other than Prozac™, with its high level of fluoride, and its ability to drastically increase the level of the “brain damaging” stress hormone cortisol (by 200%), these blood pressure medications, in my opinion, pose one of the greatest risks for developing Alzheimer's disease.

I might just add that the statins, or cholesterol lowering drugs (for a non disease), also pose a serious risk, not only to the heart, kidneys, and liver, but also the brain, (where most of the cholesterol will be found). Many have discovered that once they stopped taking them, their muscles stopped hurting, their energy level returned, as did their memory! They are prescribed for a “non disease”, with absolutely no solid science to justify their use, (other than that, they are very profitable)! Never have they been able to show any connection whatsoever, between a person's cholesterol level, and their risk of experiencing a heart attack. Statistics don't lie, although some unscrupulous people sometimes do, (especially if there's enough money at stake). And unfortunately, even many doctors can be bought and paid for, (something that drug companies are very aware of, and all too often take full advantage of). Unfortunately, even some of our legislators have a price. Those are issues we should become aware of, and obstacles that must be overcome. Remember, when there is a will, there is always a way! This is one of the most serious threats that we, as a nation, are facing today. Especially due to its broad (and continually widening) scope, via the aggressive campaign now targeting our kids, (from the cradle to the grave), resulting in millions of long-term annuities for drug companies, which just increase as each new drug is added.