

## **Did You Know Your Medications Are Stealing Your Health? They're Fully Aware, But Don't Really Care – Although You Should**

It's an undisputable fact that medications are known to create a depletion, (and thus a deficiency) of nutrients, critical to our health. And it stands to reason that the more medications you are taking, the greater the deficiency you will experience, and the worse your health will become. It's also quite easy to prove that the majority of medications most people are being placed on by their doctors, were just prescribed to treat symptoms that are basically side effects of their other medications.

The obvious question remains, why are patients continually placed on medications created just to treat symptoms only, and not actually resolve the underlying condition? Even when they are prescribed for off-label (non-FDA-approved conditions), they are still covered by your insurance. Especially troubling is the fact that they contribute to poor health, due to their known nutrient depletion, (obvious from their many troubling side effects), yet the replacement of those critical depleted nutrients are deliberately being excluded. We need to hold the drug companies accountable for producing drugs that are creating problems, rather than solutions, and charging a high price for the privilege.

Have you ever wondered why, even prenatal vitamins, (which every expectant mother should without question be taking), are conveniently "not covered" by her insurance? As a result, many of the poor are continuously being placed at unnecessary risk of having a child born with birth defects.

We then find that the statin drugs for lowering cholesterol (which is not a real risk factor) are perfectly capable of creating several serious conditions, yet they are conveniently covered by everyone's insurance. Dr. Kilmer McCulley, M.D. discovered that elevated homocysteine (not cholesterol) is the true risk factor. It not only contributes to damage to the arteries, but also the neurons in the brain, yet the vitamins necessary for resolving elevated homocysteine are conveniently not covered. Only vitamins can lower homocysteine levels, thus it has been deliberately ignored for decades by traditional medicine.

Actually, three things that most Alzheimer's patients share in common are elevated homocysteine, and deficiencies of vitamin B<sub>12</sub> and folic acid. Incidentally, both vitamin B<sub>12</sub> and folic acid are depleted by many medications, and they just happen to be necessary for preventing elevated homocysteine! Thus, many medications are actually contributing to cardiovascular disease, as well as dementia or Alzheimer's disease.

I should also mention that the statin drugs for lowering cholesterol (which has many important functions, but especially in the brain), are well-known for creating a serious deficiency of coenzyme Q<sub>10</sub> (CoQ<sub>10</sub>), which most seniors are already deficient in. CoQ<sub>10</sub> is a major energy molecule, especially important for both the heart, and the brain. It's also a very complex molecule requiring several vitamins and minerals (normally depleted by medications) for the body to produce. If any one vitamin or mineral is

deficient, then CoQ<sub>10</sub> can't be created by the body. The very reason so many seniors are experiencing extreme fatigue, cardiomyopathy (an enlarged weakened heart), and poor mental function, and eventually dementia or Alzheimer's disease. Insufficient energy production in the brain (due to low CoQ<sub>10</sub>), as well as insufficient circulation and thus an oxygen deficiency (due to the cardiomyopathy), are all caused by statin drugs, for a non-disease!

Again, we have the very same problem. Statin drugs have never been proven to prevent heart attacks, (what they're promoted for). Just as many of those, who die from heart attacks, have normal cholesterol levels, as those with elevated cholesterol. Although they can easily contribute to a serious condition known as cardiomyopathy, (a weakened heart). They do so by depleting the major energy molecule for the heart, CoQ<sub>10</sub>, as we mentioned. They also deplete vitamin K, which contributes to calcification of the arteries. And as usual, the statin drugs are conveniently covered by your insurance, although neither CoQ<sub>10</sub>, nor vitamin K, are covered. Then as CoQ<sub>10</sub> is a very complex molecule, involving a 17-step process and several vitamins and minerals for the body to produce, it's also an expensive supplement to create (and thus buy) as well. But as usual, don't expect your insurance to cover it, even if your drugs are known to deplete it.

Dr. Sherry Rogers, M.D. identifies the problem. She claims that, of the "experts" on the panel that decide what should be covered by your insurance, 87% just happen to have connections to the pharmaceutical companies (who patent and sell highly profitable drugs – but not vitamins)! It definitely makes perfect "business" sense! The question remains, just how long are we going to allow the obvious corruption of our healthcare system to continue?

Our current healthcare system has become a very profitable enterprise, (although at your expense). True health care (based on prevention) would be much less expensive, although far more effective. The chances are pretty good that you don't really need to continue taking most (if not all) those medications the remainder of your life. Especially, due to their known nutrient depletion, your health will, without question, continue to decline as long as you remain on them. Then, more often than not, they are prescribed just to deal with the side effects of your other medications, and are creating even more side effects in the process, (the typical domino effect associated with medications).

Withdrawing from most (if not all) of your medications can actually be surprisingly easy. The focus of my book *A Drug-Free Approach To Healthcare* (now available in the 2007 "Revised Edition"). Under Mary Lou's Story, for instance, you will learn how she easily went from nine medications to none, in only sixty days. I explain how the process all began with the prescription for Prozac™, (for an obvious hypothyroid condition), sixteen years prior. Depression is a common side effect associated with a hypothyroid condition. And a prescription for Prozac™ was all it took to get the typical domino effect started. With Prozac's extensive nutrient depletion, (16 nutrients – including several of the most critical), as well as its extensive list of very troubling side effects, it has tremendous potential for creating havoc in both the body and brain.

Not only that, but Prozac™ is even being promoted for pregnant mothers, and very young children! Very few (including doctors) are aware that every single molecule of Prozac™ actually contains three molecules of the known “environmental toxin” fluoride! Not only that, but according to Dr. Ann Blake Tracy, just one 30 mg dose of Prozac™ causes a 200% increase in the stress hormone cortisol, which not only contributes to diabetes, but is also known to damage the HPA axis in the brain, where long-term memories are stored, and the hormones are regulated, (both major issues). I could easily write an entire book on the problems associated with Prozac™, and other SSRI antidepressants such as Paxil™, Zoloft™, Celexa™, etc. There are many natural solutions for depression, which are not only perfectly safe, but also far more effective.

Although I would normally recommend taking a few supplements to assist in the withdrawal process, to help restore those depleted by medications, and to begin improving your health, (as Mary Lou did), it's not always necessary. Another example is a lady I know named Shirley, who worked at the local grocery store. She said she never really believed in taking medications, although her husband Clyde did. According to Shirley, he always seemed to be taking a drug for something. The problem was, they were getting expensive, and he wanted to retire, but if he did, they could no longer afford his medications. Together the decision was made that as each prescription for a drug ran out, he would just stop taking it, (which he proceeded to do). Then, to his amazement, he not only began feeling much better, and having more energy, but he also began losing unwanted weight, (fifty pounds, to be exact).

Just eliminating the nutrient depletion, along with the troubling side effects, would go a long way toward improving your health, as Clyde discovered. Never forget that it's you (not your doctor) who is responsible for, and in charge of your health. It's important that you become better informed, as most doctors unfortunately weren't properly trained in medical school, (except when it comes to performing surgery). It's very troubling how much of their training is actually influenced, either directly or indirectly, by the pharmaceutical industry. They have a tremendous amount of influence regarding the healthcare we all receive.