

More Concerns and Possible Solutions

It seems as though pharmaceutical giants have this insatiable appetite for more and more of our dollars, no matter what our cost both physically and mentally might possibly be. It appears that the impetus stems from the CEO's salary, which is normally contingent on the company's bottom line. On a recent *PBS* news report, they showed the CEO of Pfizer, (who appeared very pleased), stating that his annual salary was \$50 million a year. I don't know about you, but I believe I could live fairly comfortably on that salary. I would guess that the average citizen never sees that much money in an entire lifetime! My guess is – not only his salary, but that of all pharmaceutical giants, will escalate rapidly in the near future, as long as the current trend is allowed to continue.

Why might that come true? Due to recent legislature, which is always touted as being in our best interest. It might be, if we were the CEO of some pharmaceutical corporation, although we're obviously not. No matter what my potential salary might possibly be, I could not in good conscience, perpetuate such an obvious fraud. The recent legislation I alluded to is the new prescription drug benefit legislation. Assuring that "many more" will now be unnecessarily placed on highly inflated medications, something the pharmaceutical giants are anxiously looking forward to. They anticipate the future demand of pharmacists nearly doubling in the very near future. The only reason doctors did not place more of the lower-income seniors on more medications before, is because they just couldn't afford them. You can rest assured that, once we the taxpayers will be footing the bill, they will suddenly need more. If they become convinced by their doctor that they could somehow benefit from more drugs, then why not? As most, (if not all), the expense will now be covered by you and I – the taxpayers.

Then, after the prescription drug benefit legislation was passed and implemented, it was announced by the legislators, that it would be necessary to reduce the budget of both Medicare and Medicaid! So, exactly what have we accomplished? We have greatly increased the cost of both Medicare and Medicaid, while also reducing the funding! This means that first, many more will now needlessly be placed on very toxic, "highly inflated" medications, and second, other health benefits of much greater value must somehow be reduced in order to balance the budget. What a health and financial disaster we are creating, and just so a few CEOs can justify a few million more in annual salaries. I'm sure that their employees, doctor reps (sales staff), and especially their lobbyists, will be amply rewarded as well. But as usual, it's we the taxpayers that will be forced to pay their salaries.

I personally plan to become their worst nightmare, although I can't do it by myself. Perhaps my parents were somehow inspired to name me David, because from years of research I'm very aware of the Achilles heel of the pharmaceuticals, (the giant Goliath). Knowledge is power, if properly applied. I can show the potential risks, and nutrient depletion associated with all their medications, (but especially their mind-altering psychotic drugs). I can prove that many of their other medications often contribute to the depression, which antidepressants are in turn prescribed for. I can explain why the

greatest contributors to poor health in the nation, are actually the medications (both prescription and over-the-counter) that the majority in the nation are “needlessly taking.”

A typical example is Mary Lou – just one person I talk about in my book *A Drug-Free Approach To Healthcare*. She was inappropriately placed on “nine different medications,” beginning with Prozac™! Of the nine, two were antidepressants, and another was the “very dangerous” lithium carbonate, prescribed for the bipolar disorder, (a typical side effect associated with Prozac™). The absolute proof that all nine medications were totally inappropriate was, in only 60 days, she easily and safely eliminated all nine. Then as usual, after withdrawing from all her medications, she felt “so much better” off them – actually, much better than she had in all those years on them. What more proof could anyone possibly need?

And then there was the retired professor and lifetime body builder, Al, who lost a tremendous amount of muscle, began rapidly losing his memory, and was experiencing extreme fatigue and muscle pain. Again, from medications that he soon discovered were totally inappropriate – drugs that he obviously should never have been placed on.

Those are just two examples, although there are many others I have never written about. In fact, I have yet to encounter anyone who was serious about eliminating medications, who was not successful in doing so. And most importantly, their overall health and energy levels began rapidly improving following their withdrawal. In every single case, that held true. Also, the more medications they were taking, the greater the improvement they experienced.

Of greatest importance is, they are just examples, but typical of millions of other victims who were, and still are, continuing to be placed on inappropriate medications. Many assume their medications are somehow keeping them alive, although quite the contrary is actually true. By far, the greatest contributor to poor health and disease in general, is the inorganic chemicals (toxins) promoted as something we all could somehow benefit from. Unfortunately, most doctors were indoctrinated in medical school, that other than surgery, medications are the only option. Many patients have total confidence in their doctor, thus your doctor is the primary target of the pharmaceutical industry. Although they also take it another step further, and attempt to convince you, by their crafty TV commercials, that you should ask your doctor if their medications might be beneficial. They then make sure your doctor will know the answer, via their friendly pharmaceutical rep. That has to date, proven to be a very effective marketing strategy, by placing more patients on more (extremely profitable, highly inflated) medications, which are totally unnecessary.

After successfully passing legislation targeting the seniors, and passing the prescription drug plan, the focus is now changing to our children! It’s being promoted by the federally mandated TeenScreen program, assuring all our kids, (preschool through high school), will receive a psychiatric exam. As most children are still too young to develop cardiovascular disease, diabetes, or possibly cancer, the only option appears to be “mental disorders”! It’s quite amazing how many mental conditions our psychiatrists can

somehow create (374 to date), if the motivation (profit potential) is sufficient. Not only are these potentially dangerous drugs very expensive, but what about all the expensive psychological evaluations these innocent victims (our children) will be subjected to? It appears that neither they, nor their parents, will likely have much say in the matter, if the proponents of this very serious legislation have their way. That's especially true regarding foster children covered by Medicaid, who are often being "ambushed" by a dangerous cocktail of serious psychotropic medications.

Another issue is, although this is "supposed to be" the land of the free, there is a concerted effort, promoted by the pharmaceutical industry, to deliberately deprive us of our basic freedom, (our healthcare choice). Most people depend on either their health insurance, or Medicare or Medicaid, for their medical coverage. And you can rest assured that by far, the majority of "experts" on the board that determines your fate regarding the coverage provided by your insurance provider, just happen to have ties to some pharmaceutical company. Thus the only options available for decades have been "drugs or surgery." Although it's common knowledge that every pregnant woman should be taking prenatal vitamins, even they are excluded!

Who suffers the most? The poor, who often can't afford fresh fruits and vegetables, and thus tend to eat more of the less expensive starchy foods such as potatoes and pastas, and sometimes cheaper and less healthy canned vegetables. Even worse, they will now be placed on more medications that will, in most cases, be totally free. Although a poor diet is an obvious concern, medications are by far the greatest contributor to poor health, (especially due to their nutrient depletion). The very best way to assure a person will develop disease in the future is to combine a poor nutrient-deficient diet with toxic nutrient-depleting drugs. If we're somehow looking for a perfect plan to eliminate the poor, we now have it. In the interim, they will become perfect "profit centers," so the greedy pharmaceutical giants' CEOs can receive their much-deserved raises!

I don't know about you, but I personally can't continue to stand by and ignore such an obvious travesty of justice. This one issue, at least in my opinion, far outweighs any threat that we are currently facing as a nation. It has a major influence on two major issues: Our health, and the financial stability of our nation. Combined, they pose a tremendous threat. The very best possible way to stop the madness is to address the primary issue. We must, in my opinion, conduct a "well controlled" study, possibly in conjunction with some major university, "not unnecessarily influenced by the pharmaceutical industry." I know beyond a doubt, that we can easily prove that most (if not all) medications are not only totally unnecessary, but also the primary contributor to poor health as well.

I believe that if a credible institution backed the study, and if it were well controlled, and sufficient in size, we would have adequate proof that few people actually need their medications, and that their health would soon begin improving once they were eliminated. Then, the next step would be to go to the national media with the findings. We could also have a protocol in place that could be provided for all doctors to implement, in order to help their patients eliminate the medications they are

unnecessarily taking. That information could possibly be placed on a Website for their patients' benefit as well. If a patient so chooses, and their doctor refuses, the safe withdrawal of medications can often be accomplished without a doctor's assistance. Most people can check their blood pressure and blood sugar if necessary. Cholesterol testing is totally unnecessary. We all know better than any doctor how depressed we might be, or how much pain we might be experiencing, as well as where the pain is. We also know when our energy levels begin declining or improving. Many doctor visits are unnecessary, and often result in a prescription for one or more medications, which are all too often inappropriate. Traditional doctors aren't trained in nutrition, and thus don't practice prevention, so their only options are normally either drugs or surgery. The very reason so many doctors resort to prescribing some drug as a placebo. Unfortunately, they can be very dangerous placebos!

We might also consider conducting on-going studies, in order to develop the very best and most cost-effective natural drug-free therapies. Any new findings could then be updated on the Website. If so, we would be providing a valuable service that millions could benefit from. This can only be accomplished by addressing the true source of the problem: The pharmaceuticals' strangle hold on medicine. The question remains: Can we possibly continue to stand by and ignore the obvious promotion of dangerous drugs, unnecessarily placing millions at risk for physical and mental damage? Once the actual facts are presented, they can no longer justify their pretence that these medications have any real benefit.