

# The End Of An Era – The Drugging Of America

*By Dr. David W. Tanton, Ph.D.*

We are just beginning to see the rapid decline of one of the most profitable, and thus powerful and influential industries, in the entire world – the pharmaceutical industry! Although it is just starting, the momentum is continuing to increase. Once people finally discover, (as many doctors already have), that it's their medications that are keeping them sick, and contributing to rather than resolving disease, their revenues will begin dropping dramatically. There is also an increase in the number of class action suits being filed, in behalf of patients who have been damaged by their drugs. Those who have experienced serious health concerns, such as rapid weight gain and diabetes, caused by atypical antipsychotic drugs such as Zyprexa™, which are often prescribed for non-FDA approved conditions. Such drugs are “totally inappropriate” for any condition – FDA approved or not!

They have basically run out of diseases to invent, which are often just conditions that can often be easily resolved, just by diet modification, and nutritional support. Former Emergency Room doctor, and current medical director of the *Hall Center*, Dr. Howard Liebowitz, points out that **“Conventional doctors treat an illness. If there is no disease they don't have a lot of options”** (Suzanne Somers, *Breakthrough*, 2008). A couple examples are, type II diabetes, and acid reflux “disease”. The drugs for both conditions actually worsen the condition in time, and often contribute to others as well.

Interestingly, according to an article published in the December 30, 2008 issue of the *New York Times*, **“Experts say most drugs, whatever the disease, work for only about half the people who take them. Not only is much of America's approximately \$300 billion annual drug spending wasted, but countless patients are being exposed unnecessarily to side effects”** (retrieved from <http://iht.nytimes.com/articles/2008/12/30/business/30gene.php>).

In fact, following is the opinion of Dr. Julian Whitaker, M.D., a well-known and highly respected doctor who has a large clinic in Newport Beach, California:

**[Drugs] kill 125,000 people a year, more than most diseases. New patients come to my clinic with shopping bags full of**

***prescription bottles. Then we trash them together – so the real healing can begin! I say Good Riddance! [To the drugs – not the patients.]*** ([http://www.drwhitaker.com/legacy/order/1208\\_altMglg.aspx?panelcode=47331&listcode=CD8601&AspxAutoDetectCookieSupport=1](http://www.drwhitaker.com/legacy/order/1208_altMglg.aspx?panelcode=47331&listcode=CD8601&AspxAutoDetectCookieSupport=1))

Furthermore, the following comments regarding pharmaceutical drugs, by more medical experts, were extracted from an undated newsletter provided by Paul Oberdorf of *NMS Publishing*. Keep in mind that the following doctors are all M.D.s, who are normally taught the use of prescription medications in medical school.

- ***“The cause of most disease is in the poisonous drugs physicians superstitiously give in order to affect a cure.”*** Charles E. Page, M.D.
- ***“The person who takes medicine must recover twice, once from the disease and once from the medicine.”*** William Osler, M.D.
- ***“If all the medicine in the world were thrown into the sea, it would be bad for the fish and good for humanity.”*** O. W. Holmes, Professor of Medicine. Harvard University
- ***“The greatest part of all chronic disease is created by the suppression of acute disease by drug poisoning.”*** Henry Lindlahr, M.D.
- ***“Drug medications consist in employing as remedies for disease, those things which produce disease in well persons... all are poisons.”*** R. T. Trall, M.D. lecture to Congress and medical profession
- ***“Every drug increases and complicates the patient’s condition.”*** Robert Henderson, M.D.
- ***“Drugs never cure disease. They merely hush the voice of nature’s protest, and pull down the danger signals she erects along the pathway of transgression. Any poison taken into the system has to be reckoned with later on even though it palliates\* present symptoms. Pain may disappear, but the patient is left in a worse condition, though unconscious of it at the time.”*** Daniel H. Kress, M.D.
- ***“Every educated physician knows that most diseases are not appreciably helped by medicine.”*** Richard C. Cabot, M.D., Mass. General Hospital
- ***“Why would a patient swallow a poison because he is ill, or take that which would make a well man sick.”*** L. F. Kebler, M.D.

- ***“What hope is there for medical science to ever become a true science when the entire structure of medical knowledge is built around the idea there is an entity called disease which can be expelled when the right drug is found?”*** John H. Tilden, M.D.
- ***“We are prone to thinking of drug abuse in terms of the male population and illicit drugs such as heroin, cocaine and marijuana. It may surprise you to learn that a greater problem exists with millions of women dependent on legal prescription drugs.”*** Robert Mendelsohn, M.D.
- ***“The necessity of teaching mankind not to take drugs and medicines is a duty incumbent upon all who know their uncertainty and injurious effects; the time is not far distant when the drug system will be abandoned.”*** Charles Armbruster, M.D.

### **Billions Devoted To Research For Decades, Yet With Little Real Progress – Drugs Never Have Been, Nor Ever Will Be, The Solution**

Recent research has focused far more on what’s often referred to “me too” drugs. Those are very similar to existing drugs already on the market. Yet they often sell for as much or more than very similar drugs. Drugs that are seldom more effective, and have yet to be tested on millions. That’s often where the real test for safety begins. Their success results from their aggressive marketing directly to the public, greatly increasing sales of their highly inflated “me too” drugs, for far more than generic versions that have come off patent. The fact that companies can sell generic drugs for a small fraction of their initial cost, while they are still under patent protection, should be a clue as to the huge markup either that either patients, or Medicare or Medicaid (and thus the taxpayers), are required to pay.

Coming up with a “me too” drug actually requires “far less” investment in research, than it would to create an entirely new drug. All you have to do is read the book *The \$800 Million Pill*, by Merrill Goozner, to fully appreciate how corrupt, and totally ineffective, the development of drugs has been over the years. It’s a strictly money-motivated, and highly competitive industry. The drug companies often take advantage of a great deal of federally funded research, conducted by the NIH, or major universities. They then conduct a clinical study, get FDA approval, then rush to the patent office to obtain the exclusive right to charge whatever the traffic will bear, (based on how desperate you might be). Yet the taxpayers, in turn, are forced to pay “exorbitant prices” for the very same drugs

they helped finance. The retail price actually has very little to do with their initial investment, or the cost to mass-produce the drug. Their greatest expense is often promoting their drugs to the public.

For example, according to a study conducted by the non-profit organization, the *Life Extension Foundation* (*Life Extension* magazine, April 2002, p. 15), the average percentage of markup on sixteen of the most commonly prescribed drugs, is an unbelievable 78,693%, (that's not a misprint)! No other industry in the entire world comes even close to that kind of profitability. This obscene price gouging is just one contributor to the escalating cost of our healthcare.

The prescription drug "benefit" program is another part of the problem. It is nothing more than a huge increase in drugs sales, at full "highly inflated" prices, yet the government is required to pick up the tab. I would guess that the pharmaceutical industry has successfully created an even greater financial drain on the nation, than the war in Iraq! Unfortunately, it's we the taxpayers that are funding the government, and thus the pharmaceutical industry. I consider drugs as the enemy within, and a ball and chain that millions in the nation are burdened with, and "unnecessarily" spending their hard-earned money on. If they aren't, then we the taxpayers are. They are definitely not a charitable industry.

Another example is, the many oncologists who warn any cancer patient that chooses to refuse chemotherapy, that their life expectancy will likely be only a few months, (although they have no idea). In fact, I'm convinced they instead shorten patients' lives, as well as totally destroying their quality of life. No substance that toxic belongs in the body, no matter what the excuse might be. Chemo drugs are very expensive, as well as "highly profitable", for both oncologists, and the hospitals. Until we stop "pretending" that there is no known cause of, (and thus, cure for), conditions such as cancer, diabetes, or heart and cardiovascular disease, we will never find a cure! And, until we admit that only organic substances, or their derivatives, are capable of successfully curing any condition, we will continue "wasting" billions, every single year, on drugs that are incapable of curing anything. That should be obvious by now, due to any lack of real success, from decades of research, based strictly on "drugs or surgery only". The rate of disease continues to increase, as well as the drug-related deaths.

## Are Your Drugs Poisoning You?

According to the *Archives of Internal Medicine*, September 11, 2007, reported serious injuries due to prescription drugs doubled between 1998 and 2005. Reported deaths actually tripled! And this is just regarding reported side effects. No one knows how many go unreported. Reviewing only “*serious adverse reactions and deaths*” that were reported, the exposé clearly shows that **despite “reforms,” it is the drug companies who are managing health and care.** And the experts plainly state, “*the system is failing, and it is getting worse. We are in denial about drug safety.*” Death and destruction is a part of prescription medicine, and it is rising dramatically and constantly – despite any so-called efforts at prescription drug reform (Dr. Bruce West, *Health Alert* newsletter, December 2007, Vol. 24, Issue 12, p. 7).

Hippocrates was right all along when he said, “*Let your food be your medicine, and your medicine your food.*” The only difference today is, people eat too many processed foods that are nutrient deficient, as well as filled with additives and preservatives “for our convenience” – not our health. Then due to current farming methods, even many fruits and vegetables are deficient in nutrients, and at times contain pesticides as well. Even microwave cooking can destroy from 60 – 90 percent of many nutrients in foods.

If that’s not bad enough, many are taking medications, (often several), which can create a “serious nutritional deficiency” all by themselves, without any help. Then if you combine an unhealthy diet, which includes processed foods and beverages sweetened with NutraSweet™, or high fructose corn syrup, you have an effective way to “create disease” in the body (or brain). Disease is not just random, nor does it happen by accident. It might not necessarily be intentional, but we are all too often responsible just the same, (although, often unknowingly). The good news is, we are in control, and we can make the necessary changes, if we truly value our health.

I can’t begin to stress the importance of eliminating most (if not all) drugs from your life – forever! God didn’t create flaws that we all somehow need drugs to fix! If you just look at how complex and efficient not only your body, but also the entire universe is, it should be obvious. All we need to do is provide our bodies

with the proper nutrients, and they will take care of the details. That's what they are the very best at.

Following are just three examples, of many who have successfully and quite easily, eliminated their medications. Without exception, they all felt much better off, than on their medications. Proof positive they were totally inappropriate. Drugs are basically inorganic chemicals, foreign to our body. The healthiest, and longest living people in the world have never heard of them, and I too have found no need for them.

In Mary Lou's story, in my book *A Drug-Free Approach To Healthcare* (now in its 2007 "Revised Edition"), you will learn exactly why she was unnecessarily placed on nine different medications. I explain what I refer to as "the typical domino effect", associated with all medications. It all started with the SSRI antidepressant Prozac™, which she remained on for over 16 years, for a thyroid condition that went unresolved for years. I show how each medication was prescribed to treat side effects of her other medications. Most importantly, she was able to safely withdraw from all nine medications in only 60 days! Her troubling side effects soon disappeared, and she has felt much better since her withdrawal.

My sister June, for example, had been dealing with chronic fatigue and fibromyalgia, along with systemic candida yeast infection for many years. Her doctor told her a few years ago, that she was, in his words, "on her way out"! He claimed that her organs were basically shutting down, and suggested she should consider getting her affairs in order, (at the time, she thought he might be right). As she didn't have a lot to lose, she decided to take my advice, and began eliminating her medications, while taking a few nutritional supplements instead. Today you would think she is at least twenty years younger. Her complexion is far better, (a reflection of her inner health). She has far more energy, as well as an upbeat attitude. She is truly enjoying life now, engaged to a special guy, (something she thought was impossible in the past), and planning for the future, rather than her funeral.

Another example is a lady I know named Shirley, who worked at the local Post Office. She said she never really believed in taking medications, although her husband Clyde did, and 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 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. One potential problem associated with over half of the medications on the market, is that they often contribute to weight gain. Incidentally, Shirley's husband eventually lost a total of 50 unwanted pounds, and did so with absolutely no other changes to either his diet or life style.

The following information was obtained from the August 2008 issue of Dr. Bruce West's *Health Alert* newsletter (Volume 25, Issue 8, pp. 3-4).

### **PHYSICIANS ACCOMPLISH A "TOTAL CURE"**

*When an elderly person experiences an adverse drug reaction (side effect) it may be mistakenly attributed by the patient and the doctor to a new disease or, even worse, to "old age." Parkinson's syndrome, all types of skin conditions, all types of heart conditions, vertigo, fainting, "failure to thrive" or "sarcopenia," and on and on are frequently not diseases, but rather side effects from prescription drugs. And when an elderly patient presents him- or herself to a physician with an unfailing downward health spiral, there is a golden opportunity for a **total cure**.*

*And just what is the **total cure** for these hundreds of thousands of annual cases? According to the British Medical Journal (April 26, 2008, Vol. 336), it is the "**stopping of the offending drug**." And just how is this presented to physicians reading about it in a medical journal? It says the physician has "an uncommon opportunity to effect a total cure by stopping the offending prescription or lowering the dose." And that the physician can stop the "seemingly inexorable trajectory towards institutional care" in the same way. It is a fancy way of saying that the physicians can save a patient who has been drugged into a stupor (by them), whose health is irreversibly spiraling downward (thanks to them), and who is rapidly headed to a nursing home (because of them). And the physician can end this mess and enjoy the "uncommon opportunity" to actually totally cure someone – all by **taking away their prescriptions!***

*Could even I have said it any better? The truth is that **physicians are not getting this message**. Every week I help at least a dozen new patients whose disease is their prescription. And their doctors steadfastly refuse to recognize this fact – and therefore are unable to enjoy the uncommon opportunity to actually cure their patients by eliminating the poison they have prescribed. And who suffers? You, the patient.*

*Now even the "experts" have joined in. Without doubt, tens of thousands of people over the age of 65 who fail to wean from prescription drugs die each*

*year. And the extremely useful medical recommendation that “**any new symptom in an older patient should be considered a possible side effect [from prescription drugs] until proved otherwise**” couldn’t be clearer. The importance cannot be overstated – it can mean your life.*

*Whenever I hear that only FDA-approved drugs are “scientifically proven,” or that the treatment is only safe and effective if it has been proven by the “medical gold standard,” I shudder. The lessons here are absolutely critical and lifesaving.*

*They are:*

- 1. If you are over 65, **no matter what your illness or disease**, you must consider that it is caused by your prescription drugs until proven otherwise.*
- 2. **You may never get better if your drugs are causing your illness.** You won’t know until you wean off drugs with your doctor’s knowledge.*
- 3. **Drugs and surgery should always be relegated to treatments of last resort.***

You should be aware that some doctors especially, do not like their patients second-guessing their recommendations, or questioning whether or not the drugs they were prescribed were appropriate. After all, they have years of training in medical school. Unfortunately, it was sponsored and funded by the pharmaceutical industry, directly or indirectly. However, the training that most M.D.s receive does not include nutrition, or disease prevention, (the basis of any true healthcare system). They were basically hijacked by the pharmaceutical giants, and trained as drug pushers for them, although they did pay a high price for the privilege!

Other than surgery, listening to complaints and prescribing drugs are the basis of their practice. They are trained to identify conditions, although they’re not really equipped to resolve them – that’s not really what drugs do, nor is that where the most money is. Unfortunately, that’s modern medicine today, where profit prevails, and your health is secondary.

### **Unnecessary Surgeries – A Common Problem Today**

Well-known heart surgeon, Dr. Robert Willix, claims he performed thousands of heart bypass surgeries, and in his own words, became very wealthy doing so. When confronted with the possibility of the surgery himself, and being fully aware of how extensive the surgery was, and the many risks involved, he began looking for a better solution. He then discovered a much safer and more

effective natural solution, called Chelation Therapy along with diet modification. This solution utilizes amino acids and minerals to remove the plaque, not only in the coronary arteries, but in all of them. Many people experience complications from the very extensive bypass surgery, and some don't survive the surgery. The problem is, the procedure won't last indefinitely, and in another 7 to 10 years you would be looking forward to another surgery, (if you live that long).

This is just an example of one of the thousands of unnecessary surgeries being performed on a daily basis. Another example is about twenty years ago when my wife had a large tumor in her breast. The doctor said it didn't appear to be malignant but he should schedule her for surgery immediately. With my wife's permission, I instead gave her some vitamins, and herbs and after 45 days it was completely gone. Then, my son had a bad bleeding ulcer, and the doctor said he should perform surgery as soon as possible. They always seem to be in a hurry to perform the surgery, (likely before you change your mind). I told him how to resolve the problem, and within three days the bleeding stopped and the pain went away, never to return.

Heart attacks and strokes can be stopped in less time than it would take to get you to the hospital, (normally about five minutes), by just the herb cayenne. All the heart and brain damage that millions experience can be easily and safely avoided! Something all doctors, hospitals, and paramedics, should be aware of, yet they aren't – what a crime. I have seen it work several times, and never once fail.

Then my aunt was told 42 years ago that she would need a pacemaker installed, but she refused the surgery, yet she recently passed away at 93 years of age. Fortunately for her, she couldn't be easily coerced into something that didn't seem logical. Her doctor threatened that he would no longer be her doctor if she refused the surgery, (basically scare tactics). She concluded that a change in doctors was in order – another wise decision.

Doctor Schultz, an herbalist who studied under Doctor Christopher, recounts an experience he himself had when he accidentally burnt his hand terribly in a lab experiment. He received a fourth degree burns, and the doctors said they couldn't possibly save his hand, yet he healed it himself, using only

herbs, both internally and externally. I saw a video he made later, with some close-up shots of his hands, and you couldn't even tell which hand had been burned.

It's amazing to me that this kind of information, although known for years, never gets disseminated, but is instead suppressed. Imagine all the burn patients who could benefit, but instead suffer years of skin grafts, which is very painful and results in terrible scars that last a lifetime, or possibly even amputation. Dr. Christopher also talked about a young boy who had burnt his hand badly while playing with matches and gasoline, a bad combination. The doctors said that amputation seemed that best option. Fortunately someone told his parents about Dr. Christopher. He not only healed his hand, but everything re-grew and his hand was again perfectly normal. Possibly it was from Dr. Christopher that Dr. Schultz learned how to heal himself.

There are many more instances I am personally aware of, as are many other doctors. The knowledge of these natural solutions could prevent needless pain and suffering, as well as eliminating many lifetime handicaps, or premature death.

Many people have surgery to remove either kidney stones, or gallstones, yet neither is normally necessary. A friend just recently mentioned he was scheduled for gallbladder removal. I suggested he get tested for a food allergy first. He did, and discovered that the surgery was not necessary, and by eliminating the offending foods, not only did his gallbladder symptoms resolve, but his overall health improved as well.

The following was published in the December 2008 issue of the *Health & Healing* newsletter (Vol. 18, No. 12, pp. 2-3), by Dr. Julian Whitaker, M.D.

*Scientific studies show that in the majority of cases, angioplasties and bypass surgeries provide little to no benefit. In fact, **the death rate from bypass is actually higher than the death rate from heart disease.** But that doesn't stop cardiologists from scaring patients into the operating room.*

*I've been warning you about **the dangers of hyper-aggressive cardiologists who use dishonest fear tactics** to coerce patients into catheterization, angioplasty, bypass surgery, and other **unnecessary invasive heart procedures.** I've heard the lies, deceit, and blatant disregard for patients' well-being that have crept into cardiac wards nationwide.*

*To illustrate my point, I want to tell you about a story that hit close to home.*

*My friend and colleague, Donald, and I were in Las Vegas in October attending the fall medical conference of the American College for Advancement in Medicine (ACAM). The day after Donald arrived, he began experiencing a rapid heartbeat (arrhythmia) that rightfully concerned him. He headed to the emergency room where he was given a small dose of medication to regulate his heartbeat. Then he was admitted to the hospital for further evaluation.*

*This is where the insanity began. Donald was told he needed an immediate heart catheterization to determine the extent of his blockages. This is absurd. Although Donald was told he may have had a mild heart attack, he had no chest pain. Prior to this isolated incident, he had good exercise tolerance and no history of blocked arteries. There was no other evidence of heart failure or dysfunction. **He simply had a rapid heartbeat, which is not all that uncommon.** Yet the physicians at this hospital were adamant that he undergo catheterization, almost surely to be followed by angioplasty and stent placement.*

*Thanks to his involvement with the clinic, Donald knew **these procedures were at best inappropriate and at worst dangerous.** He was tired and not up to arguing, so he tried to get some sleep.*

*At three o'clock in the morning, Donald was awakened by hospital staffers, paper and pen in hand, telling him to sign the consent form allowing them to perform angioplasty the next day. He had the good sense to refuse, and he made it clear that the topic was not open for discussion until the morning.*

*Waking a patient in the middle of the night to sign a consent form for an elective procedure is beyond disrespectful – **it's bordering on devious.***

*The next morning, Donald called me and told me what happened. I asked him if he was having any chest pain or if there was anything bothering him other than the rapid heartbeat. He said no. I told him that what he really needed was a little magnesium or mild drug therapy to normalize his heart rhythm and that he should leave the hospital ASAP. He told the staff that he had decided against the procedure, that he did not consent to further diagnostic testing, and that he wanted to leave right away.*

*He was unprepared for what happened next.*

*They came in waves. The first wave was a group of nurses assigned to convince him of the stupidity of his decision. **He was told, "You're a walking time bomb."** "You could die in the parking lot if you leave the hospital." **"You are insane to take this kind of chance with your life."** He held firm.*

*Then came the second wave: Two doctors, same broken record, same insult to his intelligence. They simply couldn't believe Donald would be "foolish" enough not to take their advice. He held firm.*

*The third wave was a team of nurses and doctors who were adamant that he not leave the hospital.*

*What was going on? It's obvious. All you have to do is follow the money.*

*According to the American Heart Association, 1,322,000 cardiac catheterizations (angiograms) are performed annually at a cost of nearly \$27,000 each. Approximately 1,271,000 angioplasties are done at more than \$44,000 per procedure, along with around 470,000 coronary artery bypass surgeries at upwards of \$85,000 a pop.*

***We're paying \$131.6 billion each year for procedures that, in my opinion, are doing far more harm than good. That's \$10.9 billion each and every month, \$360.5 million every day, and \$15 million per hour of money wasted making people worse.***

*With statistics like these, it's no surprise that cardiac procedures make up roughly 45 percent of total revenue generated by most hospitals. And as medical schools across the country continue to churn out several thousand physicians every year who are trained to do heart catheterizations and angioplasties, the compulsion to funnel people into cath labs and cardiac suites becomes more and more aggressive and competitive.*

*Donald, with his insurance card in hand, was more than just a patient. He was a coveted – and coerced – customer. He was money!*

*Donald didn't die in the parking lot. He left the hospital, flew home, and came to Whitaker Wellness. His doctor here found that his heartbeat was steady and his blood pressure was normal. An echocardiogram revealed that his heart function was excellent and his ejection fraction (a measure of the heart's pumping ability) was a healthy 55 percent.*

*It's important to note that an ejection fraction this high – even if severe blockages had been found – would have rendered angioplasty, bypass, and other silly re-plumbing procedures not only useless, but decidedly harmful.*

***We further stabilized Donald's heart rhythm with intravenous magnesium, and he's receiving magnesium injections to ward off future arrhythmias. He's also undergoing enhanced external CounterPulsation (EECP) treatments to promote the growth of new blood vessels around his heart. And he's been treated with hyperbaric oxygen a few times for good measure.***

*Donald says, "I was really scared. I felt like I was being ganged up on and threatened. I'm so thankful that I didn't allow myself to be forced into an unwanted and unnecessary procedure."*

*Should you find yourself in the hospital with any type of chest discomfort, you can count on receiving the same kind of intimidation that Donald did.*

These are not just isolated cases but something happening on a daily basis throughout the nation. In fact, some ex-pharmaceutical reps, (basically insiders, and those with a conscience), are now exposing just how calloused and corrupt the industry can be.

### ***"Confessions of an Rx Drug Pusher"***

That's the title of a book written by a friend Gwen Olsen, which she shared with me. Both Gwen and her niece Megan eventually became victims of dangerous drugs. Unfortunately, Megan paid with her life, by committing suicide. She was apparently attractive and intelligent, but grew up in a very dysfunctional family. Megan had been placed on an extensive list of drugs, in dangerous combinations, by her doctor. After attempting to hang herself from the ceiling fan failed, she poured oil from a lamp, all over her body, and then lit herself on fire. She eventually realized what she had done and called 911, although it was too late. She had burns on 95% of her body, and died on the way to the hospital, (a terrible tragedy, and obviously not something that anyone in their "right mind" would ever consider doing). There are many other horror stories similar to Megan's.

For instance, in her audiotope, *Help! I Can't Get Off My Antidepressants!*, Dr. Ann Blake Tracy talked of an individual who shot his brother-in-law for no apparent reason while on antidepressants. He then called 911 (as Megan had), and kept him alive until the ambulance arrived. Luckily he survived. The 911 operator said he sounded more like a robot than a person. He then called his sister (his brother-in-law's wife), who also indicated that he sounded like a robot. His sister obviously knew how he normally sounded. His mind was obviously not his own.

Both Gwen and her niece Megan, (her sister's daughter), grew up in very dysfunctional families, which she describes in considerable detail in her book *Confessions of an Rx Drug Pusher: God's Call To Loving Arms* (2005).

Following Megan's untimely death, Gwen did some serious soul-searching. She felt she could no longer pursue a career of marketing pharmaceutical drugs to doctors. Although very profitable, it was based totally on deception, and endangering lives, at least indirectly, by encouraging doctors to prescribe drugs and not disclosing their potential dangers.

The following story is of another "ex" pharmaceutical rep, whose experience was very similar to Gwen's. Neither could, in good conscience, continue the deception that could indirectly place many at unnecessary risk of serious harm.

### ***Prescription Drugs Under Fire Again***

*September 15, 2006*

*Kathleen Slattery-Moschkau spent ten years of her life selling drugs...legally, that is. She worked for one of America's corporate darlings – the pharmaceutical industry. Kathleen had it all – a big salary, a company car, a closet full of business suits, company perks, and a **growing pit in her stomach.***

*In this eye-opening interview with CRUSADOR editor Greg Ciola, Kathleen shares with the public the pill-pushing tactics of the pharmaceutical industry's leading companies and the reasons why we all need to be concerned about the drugs doctors are prescribing to patients.*

***"I'd say for the first three to five years, they basically told me what to say, and I said it. They taught me how to say the big medical words."***

***"I started to feel increasingly uncomfortable with what I was doing for a living. Every day things were happening in the course of my career that in some cases were very humorous, and in some cases very shocking. In the end, all of it was very scary when you think about the fact that people's lives were on the line based on information that I was giving these doctors."***

***"Every time I was just sick enough to walk away, I'd get a big raise or a new company car. I found myself rationalizing or spinning that PR that they were giving me such as, 'What would we do without the pharmaceutical industry,' and, 'Oh, your role is so important in educating physicians.' I found myself using that spin to rationalize why I was staying. Then after ten years, I couldn't even look at myself in the mirror anymore. I was so uncomfortable that the information I was being given and then giving to physicians could potentially cause harm, I just had to walk away. I didn't care if I had to flip burgers for a living."***

According to studies, ***"In 2004, spending for prescription drugs was \$188.5 billion, almost five times as much as what was spent in 1990.***

**Between 1995 and 2005, the number of drug reps in the US increased from 38,000 to 100,000** (<http://medicine.plosjournals.org/perlserv/?request=get-document&doi=10.1371%2Fjournal.pmed.0040150#journal-pmed-0040150-t101>).

With that many drug reps out there, my guess is that there has to be many other pharmaceutical reps, just like both Gwen and Kathleen, who do have a conscience. If so, it might be rather difficult for them to justify continuing to promote drugs, known to be dangerous, to doctors for their patients.

### **Is Introspection and Serious Soul-Searching Possibly In Order?**

If you're a relatively new pharmaceutical rep, out to make a million, or possibly a seasoned veteran, as Gwen Olsen "once was", you may need to seriously reconsider your priorities, (as Gwen eventually did). Even if you are a company exec, or possibly even the CEO of a very profitable pharmaceutical company, you must seriously consider if you can in good conscience, continue perpetrating the obvious deception. Can you go on placing millions of lives (especially innocent children) needlessly at risk, while pretending that the drug risks are somehow non-existent, while knowing full well how dangerous they truly are?

Sometimes, even doctors are victims. According to Gwen, doctors and pharmacists are some of the worst prescription drug abusers of all. And according to Dr. Joel Wallach, (the *Dead Doctors Don't Lie* guy), the average doctor lives for only 58 years! Then it stands to reason, if doctors are the holders of all knowledge, they should live to be 90 or 100 years of age. Unfortunately for them, that privilege is reserved only for those who never heard of prescription drugs, or those who chose not to rely on them. Doctors normally 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, and all too often to their own detriment, as well as their patients'.

Gwen Olsen discovered a tactic one day that shows just how cunning and devious the industry that she had been representing truly was, (**something she claims haunted her the remainder of her career**). It was regarding a non-steroidal anti-inflammatory drug (NSAID), for pain called Naprosyn™ (Naproxen). **The drug has a twelve-hour half-life. That basically means you would be required to take the drug, twice daily, in order to effectively relieve the pain**

and basically maintain the drugs' effectiveness for 24 hours. Yet, the company's recommended dosage was "one, three times daily", (which was obviously unnecessary).

That prompted Gwen to raise her hand and ask the speaker (who was the product manager with Syntex, the maker of Naprosyn™), why they recommend the dosage of three daily, considering that twice daily should be adequate. Incidentally, this was a company-wide meeting, with nearly 1,000 reps throughout the country in attendance. **Gwen couldn't believe his response: "Because we can sell more pills that way."** And he wasn't just joking! Although he attempted to move on, Gwen persisted. She posed the obvious question that anyone familiar with NSAID drugs such as Naprosyn™ should ask: **"Doesn't that unnecessarily increase the possibility of GI [Gastrointestinal] bleeding, and ulceration?"** To which the drug rep replied, **"Well, of course it does, but luckily for those patients, we have a new H2-blocker in the pipeline!"** Gwen soon discovered that H2-blockers (h2-antagonists) were used to **treat stomach ulcers.** I guess that's what you'd call planning for the future, (obviously their future – not yours).

Ironically, Gwen herself had been a victim of the very same drug, due to samples she claims she had indiscriminately taken at one time for headaches and back pain. At the time, she wasn't aware of the risk. She claims she experienced a serious GI bleed from taking them, and later discovered, from research, that **there are 100,000 hospital admissions, and 16,000 deaths annually, attributed to NSAID use only.** And we're just talking about only one of many classes of drugs currently on the market, (some much more serious). Incidentally, she indicated that the seriousness of those statistics was never brought to her attention by any of the companies she worked for that produced NSAIDs.

### **What Some Experts Have To Say About Flaws In Our Healthcare System**

In her book *Breakthrough* (2008), Suzanne Somers interviews Bill Faloon, cofounder of the *Life Extension Foundation*, and editor of *Life Extension* magazine, as follows:

*In the past, "high prescribing" doctors were often given incentives. For physician-scientists, pharmaceutical companies offer to support their research.*

*This creates tremendous pressure on doctors to publish good results on a pharmaceutical company's drug. **There's no economic incentive for doctors to treat patients better.** They don't get paid more for saving lives, and as a result, **they have fallen into an assembly-line mentality where the more patients they can treat in a given day, the more money they make.***

When Suzanne Somers asks him **“What's the number one cause of death?”** he replies: **“Medical ignorance. Absolutely. There's no debate on that.”** He then goes on to explain:

*If you were to eliminate the ignorance – meaning if you were to take the scientific knowledge that exists right now and apply it universally – you would see a dramatic decline in morbidity and mortality. Hospitals would go bankrupt. Radiation centers would have to simply shut their doors.*

*The weak link, though, is across a very broad spectrum and includes the pharmaceutical industry, the health insurance industry, and government regulations that stifle medical innovation and progress.*

*The FDA allows pharmaceutical companies to advertise but makes it illegal for companies that sell dietary supplements to make the same claims. So, you've got government restrictions against the natural supplement industry, and you have the **pharmaceutical companies who pretty much own Congress and the FDA.***

And Faloon goes on to comment:

*We must change the law to tear down the barriers that keep safe and effective therapies out of the hands of Americans.*

***If money were directed into real health care research, we would probably find a cure for every disease we can name.***

Suzanne Somers then introduces Dr. Steven F. Hotze, M.D., founder of the *Hotze Health and Wellness Center* in Houston, Texas:

*This Texan doctor is going to steal your heart. He has so much energy he can't wait to get to his office each day. **He has built up a practice that is the envy of doctors everywhere. The reason it works is that he gets people well and rarely, if ever, resorts to pharmaceutical drugs.** Dr. Hotze is an honorable guy and a renegade. He is a pioneer and he is fearless.*

Dr. Hotze shares the following experiences:

*My patients weren't getting well. They were chronically sick all the time, and then one day one of my patients said to me, **“You know, ever since I quit taking all the medications you were giving me, I feel like a million***

**dollars.” I knew she was right. I knew she was smarter than me and all the other doctors, because as my daddy had been telling me for years, “Some of these doctors will kill you with all these drugs. Don’t do that to your patients. Those drugs kill people.” And he was right.**

Dr. Russell Blaylock, retired neurosurgeon, researcher, and author of *Excitotoxins: The Taste That Kills*, also shares his opinion with Suzanne Somers, as follows:

***I think statins should be outlawed. They are one of the most harmful drugs ever created and have no more benefit than taking an aspirin a day as far as heart attacks. It’s a scam.***

***Unfortunately, I predict disaster in the next twenty years. Today’s children are so widely and intensely affected now that when they reach thirty and forty they are going to be sick and dying... in much greater numbers than today. A lot of them are going to end up in total care and we’re going to have to build facilities all over the country just to take care of the demented and seriously ill thirty- and forty-year-olds. And it’s going to bankrupt the nation. So I pray that people start paying attention.***

***We are witnessing the destruction of a whole generation and it’s just the beginning. And the answer is so simple!***

And then the following opinion is that of Dr. Eric Braverman, M.D., director of the *Place for Achieving Total Health Medical Centers* in New York City and Philadelphia, and author of *Younger You* and *The Edge Effect*:

***Traditional medicine has become a death industry, where the hospitals are addicted to government money, so basically what we’re doing is making expensive deaths. Hospitals have also gotten addicted to the drug industry (and this applies not only to hospitals but also to the patients) and the idea that the drug solves every problem. As a result, we have decided to spend all our money on dying rather than on improving our lives.***

The problem is, disease prevention is not nearly as profitable, nor is truly curing a disease. The obvious question is: Why would a group such as the American Cancer Society possibly be motivated to find a real cancer cure? They would no longer have a purpose, and thus a job, or continued funding. The same also applies to the American Diabetes Association. Only when patients’ welfare becomes a higher priority than profit potential, will we finally have a true healthcare system, with real results. And the solution will “never” be found in some inorganic drug. Our bodies are not made from chemicals, (something our liver is fully aware

of). Creating, and then maintaining disease, is where the greatest profit potential lies, and unfortunately, what our current healthcare is based on.

The *New York Times* pretty much summarizes the problem with our current healthcare system, as pointed out by Dr. Mark Sircus, in his ebook *Magnesium For Life* (2006), as follows:

*According to the New York Times, “New evidence keeps emerging that the medical profession has sold its soul in exchange for what can only be described as bribes from the manufacturers of drugs and medical devices.” A soulless medicine’s first crime is its failure to seriously embrace preventive medicine and avoid disease in the first place. None of the pharmaceutical companies are interested in preventive medicine for they make all their money off the sick and dying.*

*On February 5, 2006 the New York Times suggested we declare war on diabetes and the first battle should be fought at the Federal Drug Administration (FDA). **The FDA is the headquarters of all that is wrong and hurtful in medicine and it has been quite successful in censoring every claim that dietary ingredients treat disease, regardless of the proof in support of the claim.** The FDA only allows drug companies to make claims of treatment. It protects a monopoly for those companies at the expense of the lives of people.*

*The United States government seems to be involved in a huge cover up of medical and pharmaceutical wrong doings and will just keep on letting things slide as hundreds of thousands of kids each year get sick.*

*As the New York Times admits, “In the Treatment of Diabetes, Success Often Does Not Pay.” “It’s almost as though the system encourages people to get sick and then people get paid to treat them,” said Dr. Matthew E. Fink.*

### **How Do The Advances In Healthcare Compare With Computer Technology? Unfortunately – No Contest (But That Can Change)!**

Once drugs are finally exposed for what they truly are, (toxins that deplete nutrients, and contribute to disease), they are destined to become dinosaurs, as did the one-time state-of-the-art mainframe computers, (huge computers with a tiny brain). For example, one that I programmed 45 years ago, (called the IBM 7094), filled a large room, had only 32K of memory, and never heard of multi-tasking. It basically took a coffee break, each time it had to wait for more data to look at. In spite of the fact that the system cost an amazing \$2.5 million way back then, it’s basically useless today.

If someone back then would have suggested we would be as advanced as we are today in computer technology, such as the amazing capacity and capability of desktop or laptop computers we can all afford, or even the unbelievable potential of the internet, I would never have believed it! Yet, if we contrast that with the fact that cancer patients are still receiving the AMA-approved “highly toxic” radiation and chemotherapy, (never proven effective), and the fact that far more now have diabetes, and that the majority in the nation are now obese or overweight, and that the rates of both cancer, and Alzheimer's disease, is rapidly increasing, it's obvious something is “drastically wrong” with the picture. And it all stems from the strangle hold of our healthcare system, perpetrated by the pharmaceutical industry, and supported by the FDA, (partners in crime).

It basically amounts to taxation without representation. Although we pay our share of taxes, for decades we have been unable to make claims about the ability of any nutritional supplement to cure any disease, without dealing with the wrath of the very powerful FDA or FTC. Yet the pharmaceutical industry is free to promote drugs, (known to be dangerous), to both you and your doctor. Thus, the public only hears one side of the story, and worst of all, it's always the wrong side. So we are not only deprived of the choice of our healthcare, (if we expect it to be covered by our insurance), but even the freedom of speech. Until that changes, we will never see any real advances in our healthcare.

If we just eliminated the mafia-like tactics, promoted by the pharmaceutical giants, and enforced by the FDA and FTC, I'm convinced we could see more progress in only one year's time, than we have experienced in the last fifty years! And it's not like we would just be starting from scratch, as there are many potential life-saving therapies, and nutrients, with tremendous potential, which have deliberately remained hidden from the public's view, for decades!