

# **START THE HEALING!!** **STOP NUMBING AND MASKING!!**

**Get off your over the counter drugs  
As Soon As Possible! Talk the doctor who recommended them and find out when you can  
discontinue them.**

**These drugs will counter what we are doing and the  
Healing process!**

**The sooner you can get off them  
The sooner you can HEAL!!**

## **A few little known facts:**

1. “If all the medicines in the world were thrown into the sea, it would be bad for the fish and good for humanity.”  
*O.W.Holmes, M.D., Professor of Medicine, Harvard University*
2. “61% of all deformities in newborn infants and 88% of all stillbirths must be attributed to the effects of medication.” *Dr. W. Meuller, First University Hospital for Women, Munich*
3. “The person who takes medicine must recover twice, once from the disease, and once from the medicine.”  
*William Usler, M.D.*
4. “Drugs never cure a disease. They merely hush the voice of nature’s protest and pull down 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.*
5. “All medicines, in a way, are poisons – you try to poison the disease before you poison the patient. That goes for aspirin or anything else we take. *David Spodick, M.D., Professor of Medicine, University of Massachusetts Medical School.*
6. “Each year anti-inflammatory drugs are a significant health problem. Each year complications lead to 41,000 hospitalizations and 3,300 deaths due to bleeding ulcers.” *Lawrence K. Altman, M.D.*
7. Health Alert Magazine and Ph.D.s Report:
  - 611,000 cases of drug-induced Parkinson’s Syndrome
  - 32,000 hip fractures caused by prescription drug induced falls
  - 163,000 cases of drug-induced memory loss or impaired thinking
  - 243,000 hospitalizations because of prescription drug reactions
8. Nsaids, an anti-inflammatory drug used for arthritis, causes bleeding ulcers. Each year 41,000 hospitalizations are caused by this drug with 10,000 deaths, 1996 study.
- 9 Two million people are addicted to prescription drugs.
- 10 Seven times more people die from prescription drug side effects than from heroin, crack or other illegal drugs.
- 11 *Ronald Pero, Ph.D, Chief of Cancer Prevention Research at New York’s Preventative Medicine Institute and Professor of Medicine in Environmental Health at New York University:*  
“Chiropractic is a potential alternative for reducing the risk of immune breakdown and disease. Chiropractic may optimize whatever genetic abilities you have so that you can fully resist serious disease. I’m very excited to see that without chemical intervention, this particular group of patients (research group under long term Chiropractic care) did show a very improved response. The changes occur from Chiropractic treatment. The Chiropractic patients had a 200% greater immune competence than people with cancer or other serious diseases.”  
Surprisingly, despite a wide range of ages in this study, the immune competence did not show any decline with age – it was uniform for the entire group.
12. *Deepak Chopra, M.D., world-renowned best-selling author and Harvard-trained Endocrinologist:*  
“Inside your body is a wonderful pharmacy. You name it, the human body can make it – tranquilizers, sleeping pills, anti-cancer drugs; the right dose at the right time for the right organ with no side effects. All the instructions you need come with the packaging which is your Innate Intelligence.”

## Why just survive when you can *THRIVE*?



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