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# Say "No" To Drugs, "Yes" To Health!



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# Say "No" To Drugs, "Yes" To Health!



*The best and most efficient pharmacy is within your own system.*  
—Robert C. Peale

*The greatest  
drugstore in  
the world is  
your own  
marvelous  
body.*

## How Do You Spell Relief?

Do you spell it A-S-P-I-R-I-N, V-A-L-I-U-M™, M-O-T-R-I-N™, or T-Y-L-E-N-O-L™? There are literally thousands of ways many people spell relief and most boil down to: D-R-U-G-S.

People take a lot of drugs: billions of pills, powders, potions and lotions. Why shouldn't we? We're exposed to thousands of TV and radio commercials, newspaper and magazine advertisements, soap operas and prime time shows all saying the same thing: "Just take a little pill; everything will be all right."

Is relief important? Of course it is. If you're in pain or suffering, that's all you can think of: "Let me get rid of this headache," "If only the pain would go away," "I wish I could find a position that's comfortable," "If only the fever would break," "If only I could breathe freely."

There are times when medication is necessary and desirable. The accident victim, the burn victim, the terminally ill and others should receive the relief they need. We want ease, not disease. Medicines are sometimes seen as little gems to those who know only agony and distress without them.

## But What Of Grandma?

But what of grandma who gulps down a dozen aspirin tablets a day for her arthritis? What of the person taking drugs for “everyday” headaches? What of those who take blood pressure or cholesterol medication for years or the woman who runs to the medicine cabinet every month for menstrual discomfort, or the person who regularly swallows Prozac™, Valium™ or alcohol to get through the day?

The amount of drug use in society is staggering and has been increasing for decades. As early as 1974, the Pharmaceutical Society of Great Britain revealed that every 24 to 36 hours, from 50% to 80 % of adults in the United States and the United Kingdom swallow a medically-prescribed drug.<sup>1</sup>

All this drug-taking might spell relief but does it spell health? Do drugs correct the cause of your problem or do they just temporarily relieve and suppress symptoms? Drugs don't get to the cause; if they did then they would only have to be taken once; but as soon as their effects wear off, the symptoms return and it's back to the medicine cabinet.

## Do Drugs Make You Healthy?

If drugs made people healthy then those that take the most of them should be the healthiest of us. But aren't they the sickest? In part that's because drugs *cause* health problems.

According to one study, 106,000 people die on average *each year* in the US from *properly* prescribed medications in hospitals and 2.2 million are seriously harmed and require additional hospitalization due to adverse drug reactions (ADR).<sup>2</sup> Since hospital use accounts for half of all prescription drug use, the numbers for the entire US population are at least double: 212,000 deaths and 4.4 million hospitalizations per year. Malpractice and medication mistakes cause an additional 180,000 deaths per year<sup>3</sup> and hospital infections kill 103,000 people per year.<sup>4</sup> That's a total of 495,000! Is it any wonder that modern medicine is the third leading cause of death in the US and quite possibly kills as many people as the second cause of death—cancer?

## Drugs Lie

Drugs lie to you. They make you think you are healthy when you are feeling no pain. The bodily malfunction, however, still exists. Drug use often takes your attention away from correcting the physical, emotional and spiritual causes of your illness or condition.

*Do drugs correct the cause of your problem or do they just temporarily relieve and suppress symptoms?*

Symptoms are often warning signals telling you that something is wrong with your body, mind or spirit. While you take medicines to feel better your physical and emotional health may continue to deteriorate.



More importantly, it has long been recognized that suppressing symptoms or acute disease may in fact cause *chronic* disease.

*The greatest part of all chronic disease is created through the suppression of acute disease by means of drug poisons and through the destructive effects of the drugs themselves.*

—Sir William Osler

*Cancer, tuberculosis...and all chronic diseases were once innocent colds.*

—J. H. Tilden, MD

*Diseases are crises of purification, of toxic elimination. Symptoms are the natural defenses of the body. We call them diseases, but in fact they are the cure of diseases.*

—Hippocrates

## The World's Greatest Drugstore

Your body manufactures antibiotics, insulin, painkillers, blood pressure and heart drugs, hormones, chemicals and hundreds of other drugs (many still undiscovered) to regulate your brain chemistry and mood, digestion, elimination, growth and blood chemistry. The greatest drugstore in the world is your own marvelous body, as long as your body is functioning properly—that's where chiropractic care helps.

Chiropractors help you keep your body/mind functioning properly by locating and correcting a very common condition that causes dis-ease or body/mind malfunction. That condition is called a vertebral subluxation.



**Every drug you need is inside you.**

## Correcting Subluxations

Chiropractors correct your subluxations with a special procedure called a chiropractic adjustment that releases subluxations from your system. The removal of this severe stress permits your body to function better.

When your doctor of chiropractic corrects your vertebral subluxations, your natural, internal “drugstore,” your inner healer, is activated. Correcting vertebral subluxations turns on your body's natural internal drugstore without side effects, adverse drug reactions or “external” dependency. Chiropractic care may do more for your internal chemical health than all the medicines in all the drugstores in the world. If you know someone living on medication please tell them there may be an alternative to a life of pills, lotions and chemical dependency; tell them about chiropractic. They'll thank you.