

# crisiscare



*65% of Americans are overweight or medically obese. This figure has doubled since the 1980's and continues to rise exponentially! 59 million Americans have Diabetes or are pre-diabetic, mostly due to a poor diet.*

IT'S TIME FOR A CHANGE

*Many of the political debates include what should be done to improve our failing health care system. The U.S. spends 2 times the amount per person on healthcare compared to any other country. We are also the most medicated nation with over 50% of Americans taking at least one prescription drug, and one in six taking three or more medications.*

*Yet the U.S. lags way behind most other developed countries on life expectancy, cancer, diabetes, heart disease and infant mortality.*



*Dr. Desiree Edlund*

Recently, there has been a lot of media attention on the deadly side effects of a few very common prescription drugs. Vioxx was yanked from the shelves due to raising heart attack and stroke risks. The popular drug for pain, Oxycodone, has similar effects to morphine and heroin and appeals to the same abuse community. It has earned the nickname "hillbilly heroin." Current research shows antidepressant drugs are not any more effective than the placebo groups (sugar pills) for depression. Lipitor and other popular statins are less effective for reducing cholesterol levels than Omega 3 Fish Oils. Moreover, current studies indicate statins may actually increase your risk of heart disease and heart attack!

Despite the serious side effects of these medications, the uninformed public continues to consume these medications thinking that they are getting to the cause of their problem because the TV advertisement said it would! Instead they are creating more health problems for themselves with the accumulation of side effects and can't understand why their health is deteriorating!

Let's face it, if the government hasn't found a solution for better health care yet, will they ever? It's time for our society to take charge of their own health and stop relying on the government and the pharmaceutical industry to control the destiny of our wellbeing.

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with dr. desiree edlund

Americans have Diabetes or are pre-diabetic, mostly due to a poor diet. If you fall in either of these categories, you have a 65% chance of dying from heart disease or stroke. In addition, most of your financial estate will likely be consumed by medical expenses as your quality of life declines with these life threatening illnesses.

The world's top 5 selling prescription drugs - Lipitor, Zocor, Nexium, Prevacid and Zoloft account for 25 Billion in sales in the U.S. alone! Why are we medicating ourselves with these drugs when they;

1. Don't prevent the disease
2. Treat only the symptoms
3. Have to be taken for the rest of your life
4. Are dangerous to your long term health because of their side-effects
5. By treating only the symptoms of a deadly disease, they are preventing you from modifying your behavior to cure the disease.

If the U.S. has the best in technologically advanced equipment, diagnostics and doctors, then why are we experiencing such a health care crisis? Do we really have a true health care system? I think it's safe to say what we really have in America is a sick care system. We don't have a health care crisis - what we have is a crisis care crisis!

Today's health care model is predominately crisis



care. That is, we make poor lifestyle choices such as eating poorly, being sedentary, not keeping our spine and posture well aligned, which eventually leads to crisis situations such as back pain, headaches, allergies, digestive problems, diabetes, heart disease, cancer, etc. Now you are probably thinking..."heart disease runs in my family so I am

destined to get it"...or "it's hereditary because my mother has arthritis." Well the fact is...over 70% of modern illnesses are due to environmental and lifestyle choices and NOT genetic factors!

**Modern illnesses are avoidable and modern health is ATTAINABLE! So we need to stop blaming our genes!**

In the International Best Seller, "The 100 Year Lifestyle," Dr. Eric Plasker defines the 3 main types of health care. The first is self care which includes eating right, drinking clean

water, breathing clean air and participating in activities that are healthy. Next is health care which is necessary in conjunction with self care to keep your body in good balance, alignment and stress free so that you are able to resist the challenges of your environment. Health care involves a support team of chiropractors, physical therapists, dieticians, acupuncturists, massage therapists and dentists. Using these health care professionals is a proactive way to keep your body and mind as healthy as pos-

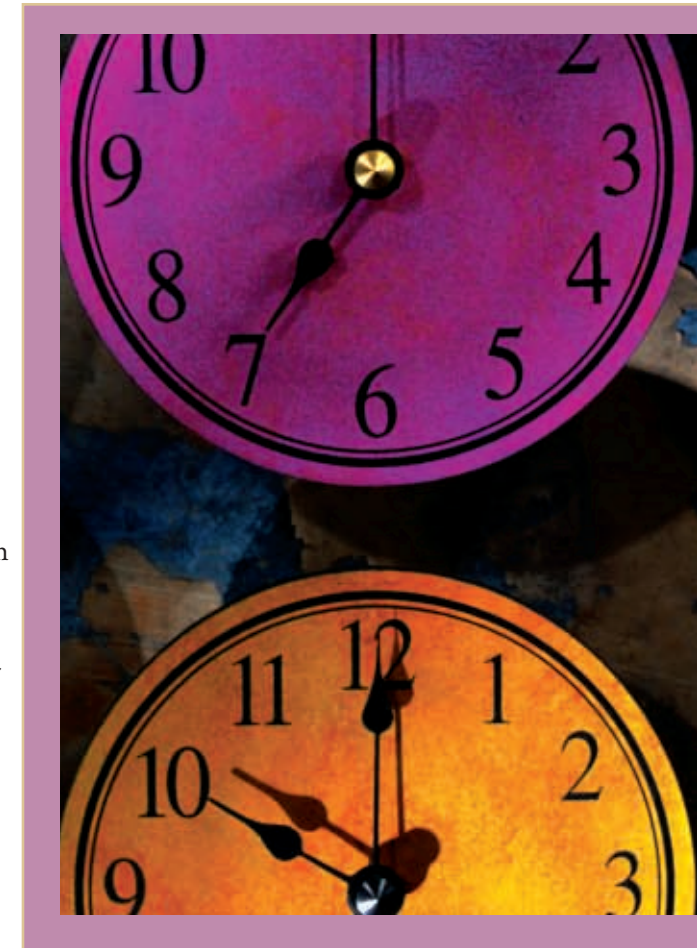
sible. Crisis care usually results when there is a lack of self and health care. For example, poor eating habits leading to diabetes or not keeping your spine and nervous system in good alignment leading to arthritis, headaches or even a herniated disc!

Practicing good self care and health care and keeping both balanced will help decrease the incidence of crisis care. I conduct many lectures to corporations and educate my patients on the healthiest choices they can make with their self care and health care. The more knowledge you have about health...the better the lifestyle choices you will make for yourself and your family. Make it a priority to visit regularly with a HEALTH care specialist such as a chiropractor. These wellness oriented doctors will help guide you to better eating habits, nutrition recommendations and smarter exercise procedures. Don't wait until it's broken before you fix it. Prevention is key!

How many deaths will it take before the public perception changes towards prevention and wellness? Well...the Wellness Revolution has begun: Revolution meaning a needed and wanted consensus of change of a society, because what is currently accepted is not working. If we shift our thinking from crisis care mode to health care mode, America wouldn't be so sick! Due to the chiropractor's extensive training on prevention and wellness, I believe the chiropractic profession to be at the forefront of The Wellness Revolution!

True health is the ability of the body to adapt to the changing environment and living at maximum human potential!

The key to longevity and wellness is to center your health around self care and health care which will significantly reduce your chances of experiencing crisis care. Are you ready to take control of your own health? America is ready for a Wellness Revolution. It is time for all of us to fix the broken system. **CW**



*References: CRS Report For Congress-US Healthcare Spending: Comparison with other OECD Countries; September 17th 2007, www.hilaryclinton.com/feature/healthcare/, Drugs, Drugs and More Drugs - American Hospital Association report on American medication use; Townsend Letter for Doctors and Patients, April, 2001 by John Weeks, Merck Yanks Vioxx From Shelves Data: Increased Risk Of Heart Attack And Stroke From Arthritis Med NEW YORK, Sept. 30, 2004 CBS News.com, San Francisco Examiner October 7, 2003 OxyContin rushes into state's drug lexicon; By Clay Lambert, The Times; February 26, 2008 Depression drugs don't work, finds data review; David Rose, More Reasons to Avoid Statin Drugs / Does Lipitor Raise Lp[a]? By Jim Ehmke, Mercola.com, Fish Oil Works Better Than Statins at Improving HDL Cholesterol, American Journal of Clinical Nutrition, Vol. 84, No. 1, 37-43, July 2006, The Wellness Revolution; Paul Zane Pilzer; Appendix B page 247, The 100 Year Lifestyle; Dr. Eric Plasker*

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