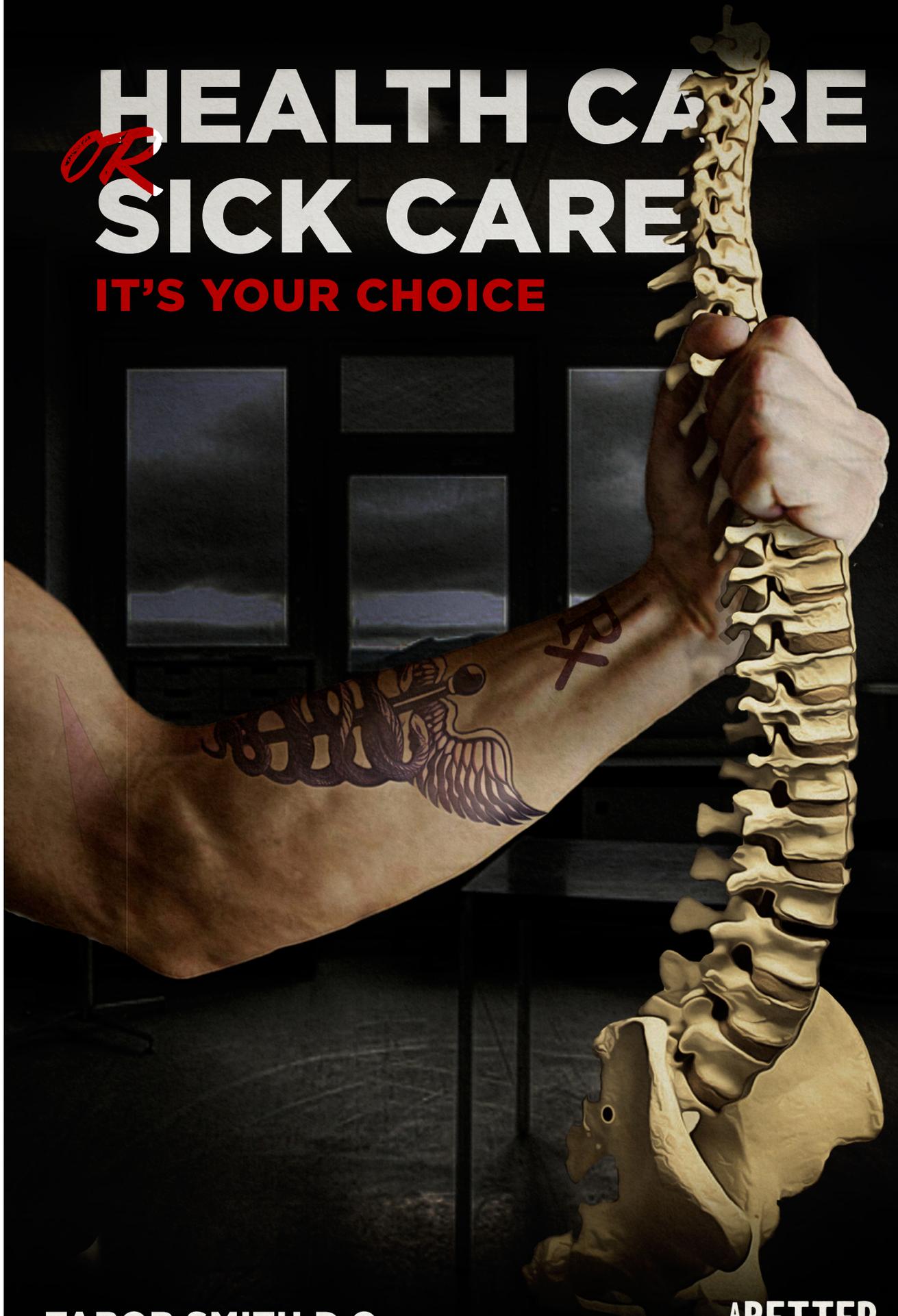


HEALTH CARE OR SICK CARE

IT'S YOUR CHOICE



TABOR SMITH D.C.

A BETTER WAY

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To my wonderful mother, I love you forever.

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Preface

If you are one of those people who actually take the time to read the preface of a book, *especially a book about health care*, you are to be commended. I think it's important to understand the author whose name is on the cover before you read the contents. One of the things you will learn about me from this book, something I will just go ahead and get out of the way, is that I view life and health differently than most people. As you read on, that fact will become the biggest understatement in this book. I hope this book gives an out-of-the-box look at health and a fresh hope to every normal Joe out there.

At one time or another, we've all had an interest to be healthy and to make sure we get to grow old alongside our family members. The way we accomplish that noble goal is by educating ourselves. Poor health is a devastating trap, and we fall into it because we're either uneducated or falsely educated.

Within the pages of this book are time-tested, yet often overlooked, pearls of wisdom—none of which have been invented by yours truly. I can guarantee you will discover the Promised Land of Health—a place void of mind-altering, pain-inflicting, blood-stained rivers of sickness and disease—if you will take these pearls to heart.

I'm not just writing this book to get my name out there. I believe the Good Lord has put a burning passion inside of me to know the truth that sets people free. We are supposed to be free from pain and disease; and friends, that freedom isn't found in bottles of prescription drugs. My wish is for you to live in a place where you can focus your attention on the benefits of life: enjoying your family, your friends, and your accomplishments. Think of all we can accomplish with our lives, our finances, our families, our own personal improvement, and our relationships with our Creator if we weren't constantly worrying about disease and chronic pain!

I firmly believe there is only one thing more important than health. It's not your wife. It's not your kids. It's not even your golf game, believe it or not. The most important thing in life is making Jesus Christ the Lord of your life and knowing where you're going to spend eternity. If you believe that nothing happens when you die, I suppose health should be your number one

priority. If you believe in reincarnation, then I don't guess you have anything to worry about either, because at least you're coming back as something.

I am a believer in Jesus Christ, so naturally I have studied the Bible's teachings on health and healing. Most of the miracles Jesus performed involved healing people. Health was obviously pretty high on His priority list.

Who is this guy? Is that what you're wondering about me right now?

Allow me to share.

My brother and I grew up in and out of hospitals. By the age of 13, I knew the name and location of every hospital within 200 miles of my Portales, New Mexico home. We spent so much time in hospitals that we actually grew to enjoy hospital food! I believe growing up in all those hospitals is how I became so fascinated with health, and how I became so driven to discover what it really means to "be healthy".

When I was a junior in high school, I began to experience strange pains and numbness in my lower back and legs on my way to school every day. My parents were just like most American parents: whenever one of their children had an ache or a pain, they reached for a convenient, over-the-counter pain medicine. For many months this pain continued and became worse. And like most American parents, my mom and dad took me to the doctor, who prescribed pain medication. It was a logical thought: *If the over-the-counter stuff isn't working, Tabor must need something stronger, right?*

Has anyone ever thought that we experience pain for a reason, and until that reason is found and corrected, we will continue to live in pain? I guess not. What a crazy idea.

Well, the prescription pain medication wasn't working either. When the pain and weakness became so bad that I needed help to lift my legs into bed, my parents didn't know what else to do but to take me to the hospital. After a long night and many different, invasive, and very expensive tests, I was sent home with even stronger pain pills and a referral to a neurosurgeon. I'm not sure if someone told my parents about chiropractic care or if they just thought that sounded better than neurosurgery, but making an appointment with a local chiropractor was their next step.

Thank God that was the next step.

The chiropractor took his own x-rays, led us to a room, and proceeded to show us what he found and exactly what he thought was causing my pain. I began receiving adjustments from him every other morning, before school. My pain was completely gone within three months, and I was a normal 16-year-old once again. You cannot even imagine how wonderful it is to go from being disabled to being well, unless you have been where I was.

That experience proved to me that medicine is not the all-powerful, magic bullet it is portrayed to be. In fact, there is no “magic formula”! Have you ever thought that maybe the magic is within your own body? That “magic” was put there by your Creator. God has given us the power in our own bodies and drug-free remedies found in nature to lead us into lives full of wellness. Natural remedies should not be the alternative. Drugs and surgery should be the alternative! Can you believe we choose what man has created over what God has created every day? That doesn't seem very smart to me.

Speaking of magic formulas, my mother's medical doctors were always searching for one. At the age of 37, she was forced to retire from her teaching position at Eastern New Mexico University. She had been a diabetic for years, but her health deteriorated quickly when her kidneys began to fail. This is not uncommon for long-term diabetics. She had to drive 200 miles, three times per week for two years to have her blood cleaned by a machine. I remember our excitement when the Clovis [New Mexico] Dialysis Center opened because that meant she would only have to drive 30 miles instead of 200.

During this time, I was a teenager and very active in basketball. My dad was a basketball coach. Mom missed so many of my games because she was either in the hospital, undergoing dialysis, or just not feeling well enough to get out of bed.

By the time she was 44, she was wheelchair-bound due to a complication of diabetes known as Charcot's joint disease. Basically, this disease rots the bones in your body, making them as weak and crumbly as chalk. It also destroys the nerves in the affected areas, meaning pressure and normal sensations are no longer felt. It is not uncommon for a person with Charcot's to break their leg or bones in their feet without ever knowing it. Because the nervous system's job is to alert the brain of possible danger (i.e. pain, pressure, losing balance, reflexes), bad things occur when the nerves aren't functioning properly.

My mom wasn't getting better. She wasn't going to get better. During my first year of chiropractic school, I went to Daytona, Florida, for a school event. The event sponsor knocked on my hotel door early one morning and had a very concerned look on his face. When he told me that my brother had been trying to get in touch with me, an eerie feeling washed over me. I had kept my cell phone turned off because of the roaming charges I would incur from being so far from home. I had six new voicemail messages when I turned it on, and it had only been off for about 36 hours.

The first five messages were from my mom. The first message sounded like her, with her normal voice, but the urgent sound and intensity of her voice changed with each message. I'll never forget the last two messages: “Tabor, where are you? I don't know why, but I really want to talk to you. I just want to hear your voice. I want you to know that I love you so much. I really miss you. I don't know what I'd do without you and your brother. I love you guys so much.” And her last message, “Tabor! This is Mom. Please call me back...”

The sixth message was not my mom; it was my brother, and all I needed to know was in the devastation of his voice. As soon as I finished listening to his message, I knew. He didn't even tell me, but I knew.

My mother died at the age of 47. That is way too young to die! That should never happen, not to anyone! I have made it my life's work to help as many people as I can live wonderful, happy, fulfilling, long lives. I hope this book ensures that poor health never happens to anyone reading it. I hope, after reading it, that you and your family will live at a higher standard than anyone you know and then tell all those people to read it too!

Just like you, I was born for a purpose. I believe things happen along the path of life that direct our steps and show us what our purpose is. I believe that God's healing or natural healing is extremely superior to man's healing. I may spend my whole life discovering my "entire life's purpose", but I have spent the last 10-15 years of my life exploring the secrets of science and health. I have spent countless hours studying the truth about health. I want you to know what I have discovered. I want you to know you don't have to be sick and tired. Really, you don't have to be sick and tired. I know the following pages will at least challenge you to better thinking, and if you'll let it, it will change your life forever, just as it has changed mine.

Chapter 1: True Story

Have you ever said, "My family comes before my health"? I'm going to challenge you on that one. The story I'm about to tell you might change your mind. I believe it proves that without good health, you can't enjoy anything, not even your family. Have you ever thought about how you would provide for your family if you were unable to work due to a serious illness? How would you pay your bills, keep gas in your car, send your kids to college, or even buy birthday gifts for your grandchildren? You have to take care of your own health and your family's health in order to protect and provide for them. Here is how I learned this valuable lesson:

When Sandy was just eight years old, she was diagnosed with diabetes. (In subsequent chapters, we will discuss how to avoid this disease which now plagues so much of our nation.) Sandy's family was very supportive of her, and she was given the best care her doctor could provide. Unfortunately, like the majority of medical practitioners in America, her doctors were influenced way too much by the money-hungry pharmaceutical companies—companies who emphasize drugs and surgery and won't even give natural treatments a thought. Sandy was in and out of doctor's offices and hospitals her whole life.

When Sandy met Mike at the age of 18, it was all over. Their love and support for one another was so strong, and they were married soon after meeting. Mike and Sandy were a normal, young married couple. Not long after their wedding, Mike and Sandy announced to their families that they were expecting what would be the first grandchild on both sides. Naturally, everyone was thrilled with the glorious news. What an amazing nine months lay ahead of them!

Unfortunately, it turned out to be seven months. Stoney Lee was born premature with a hole in his heart.

Even during the 1970s, medical technology could keep a “blue baby” (so called because of the blue color of the skin indicating a lack of oxygen) alive and well. This heart defect can be corrected over time or surgically. If all steps are taken, these babies usually grow up to live mostly normal lives. I am sorry to say this was not the case with little Stoney. Stoney’s doctor made a mistake one fateful evening and accidentally lowered the life-giving oxygen that was keeping Stoney alive. The doctor admitted his mistake, which is surprising, but it was too late. Stoney Lee died when he was three days old. To this day a tiny, iron reminder, about the size of your hand, sits in a small-town cemetery in eastern New Mexico.

Mike and Sandy and their families would never forget this emotionally saturated time in their lives. In the few days little Stoney was alive, they experienced both pain and pleasure. Sandy had a difficult time coping, and would melt into tears at the sight of other mothers with their babies. Mike, a high school teacher and coach, would often have to leave in the middle of a class if he got a call that Sandy was too bad.

They wanted a child of their own so desperately that they continued to try, even against the advice of Sandy’s doctors. Sandy did become pregnant again, but this time the baby didn’t survive the pregnancy. She miscarried at 24 weeks. This baby didn’t even have a name. Her heart was now infected with a soul virus; any amount of hope she might have had was gone.

As the story goes, Sandy eventually pulled herself together—although she was never the same after losing two babies. She went on a Christian retreat one weekend and learned the amazing Bible story about Hannah. Hannah was barren. Hannah prayed and prayed for God to give her a child. She even made a deal with God: if He would bless her with a son, she would name him Samuel, which means “granted of God, God listened”. God did listen to Hannah’s prayer, and He blessed her with a son. Upon hearing this story that hit so close to home, Sandy fell on her face and prayed Hannah’s prayer. She even told God she would name her child Samuel. I can just imagine her screaming, “Just please, God, give me a baby!”

You will understand the rest of my story when I tell you that my name is Samuel Tabor Smith. I weighed 9 pounds, 15 ounces, and I was as healthy as can be. I wasn’t all God had in store for my mother, however. Just 22 months later, my baby brother was born at a strong 10 pounds, five ounces.

Sandy, my mother, had more drive and dedication than any person I have ever known in my life. I owe her everything. Without her will to fight and believe, I wouldn’t be here. I still visit my older brother Stoney from time to time. His grave marker is so flush to the ground and covered with grass that even I have to spend some time searching for it each time I go out to that small, forgotten cemetery.

Knowing everything I know now about my mother's healthcare, I dare say her medical doctors misinformed her on a few things. For example, one of them actually told her pizza was healthy because it contained all the food groups! If you think that's good advice, this book is going to be eye-opening for you.

My mom, her parents, and even my dad were all uneducated about what real health is. I know I can't bring her or my brother Stoney back, but I believe I can help you and your families understand the injustices you have suffered or might suffer in the future if you continue to rely on "modern medicine".

Chapter 2: The Problem with American Health Care

Obviously, you want to be healthy, or you wouldn't be reading this book right now. I want you to know that becoming healthy is a journey, but like any road trip, it will be pretty tough if you don't know how to read your map. You have to know where you're starting, where you're going, and how you're going to get there. If you have a map and know how to read it, it's easy. If you have the wrong map, or worse, no map at all, you will surely get lost and perhaps never reach your destination.

This is the problem with American health care: they have the wrong map! They point us in the direction of drugs and surgery. Drugs and surgery will never make you healthy. If they could, we would be popping drugs like candy (and some do) and having surgery as regularly as we workout (which, I hope, is quite frequently). If you're following the wrong map, you will always end up at the wrong place.

Modern medicine says the best route to take is to treat diseases by dumping large amounts of man-made, scientifically engineered chemicals into your body. If that doesn't work, they'd love to cut you open and remove an organ or two that "they believe" to be causing your problems. Have you ever thought about this: God gave you a gall bladder (or a kidney or a spleen) because it serves a specific purpose and removing organs might not be the smartest thing to do?

Now, here's something I think we all know. Making healthy choices can prevent disease, and making unhealthy choices can contribute to disease. That's not rocket science, right? Our problem is that our nation is full of lazy people, and I'm not calling you names. Our country has spent trillions of dollars on diseases largely caused by unwise choices.

Our "health care" should really be called "sick care" because you're not welcome at a doctor's office, surgery center, or hospital unless you're sick. Our government spends approximately two trillion dollars per year for "health care".⁽¹⁾ How much do you think is spent on disease prevention? Zero.

All that money is squandered away on pain reduction, symptom relief, and yes, even on fixing doctor's mistakes. In a recent study done by the World Health Organization (WHO), it was discovered that the United States spends more money on health care than any other nation in the world. That's pretty eye-opening; especially when you consider that our country ranks 37th out of the top 40 industrialized countries when it comes to overall health of our citizens.

There's so much irony in that. We spend more money than any other country, yet we're still sicker than all but three of the wealthiest, most technologically advanced countries in the world.⁽¹⁴⁾ Common sense, therefore, says that the more money we spend on "health care" the sicker we become.

If that's not enough to get some things rolling in your mind, consider this. According to a 2000 study done by the Journal of the American Medical Association, the medical profession is the third leading cause of death in America. Cancer is the second leading cause of death, taking about half a million lives each year; and heart disease comes in at number one with 750,000 deaths per year.

Approximately 225,000 people die annually thanks to our health care system. Among these deaths 12,000 were caused by unnecessary surgery, 7,000 were caused by medication errors, 80,000 died from hospital infections, and a staggering 106,000 deaths occurred because of negative drug effects (the right dose at the right time, but the patients had bad reactions).⁽¹³⁾

Even more sobering are the high numbers of obesity-related illnesses and deaths. In 1980, 15 percent of the United States' population was obese. By 2000, that number had almost doubled to 27 percent. This doesn't just mean 27 percent of the nation's population was what we would call "fat". This means 77 million people were actually clinically diagnosed with obesity. Today, in 2010, 61 percent of our population is overweight and quickly headed for obesity.

Most cases of diabetes are tied to a poor diet, and many more are caused from obesity. Currently, about 18 million people have diabetes, and over 41 million have pre-diabetes. Most cases of pre-diabetes will develop into full-blown Type 2 diabetes within 10 years.⁽⁹⁾

So what does all this mean for our future? Which one, drugs or surgery, will stop our nation's health from going down the drain? The answer is obviously neither. Do you realize that the top four causes of death in America are completely preventable problems? Yes, I said *completely preventable*.

What about cancer? you ask. In my opinion, almost all types of cancer are caused by one or more of the following; toxins, poor nutrition, de-conditioning (lack of exercise), and a break down in the nervous system, immune system or another specific function of the body. What I want you to understand is that by putting yourself in the best possible health, you are preventing, or at least significantly reducing the risk of cancer, heart disease, and many other chronic illnesses.

We all understand that cancer, heart disease, and obesity are serious diseases. So how is our health care system equipped to handle them?

Let's discuss every doctor's first remedy for every ailment: the prescription. Despite the fact that there are thousands of vitamins, homeopathic remedies, and other natural, non-toxic treatments; despite the fact that humans have been using healthy, all-natural remedies for as long as we've walked on this earth, the first thing a doctor reaches for after you've paid your co-pay is his prescription pad.

Unfortunately, because of the way our health care system is set up, we can't even get non-toxic and proven treatments through the FDA to the people that need them. The FDA regulates all products and therapies that are introduced to our nation. The U.S. Food and Drug Administration (FDA), the American Medical Association (AMA), and the National Institutes of Health (NIH)—which contains the National Cancer Institute—basically control all substances on or coming to the market. They work really hard to project the idea that the only “real medicine” is medicine that is strong, toxic, and comes with a patent and a large price tag. They want you to believe that it is the only kind of medicine that should be used by doctors or paid for by health insurance companies.

The FDA almost always fights against non-toxic therapies, especially those that may compete against a prescription drug. A 1997 study that was conducted by Tufts University found that the cost for getting FDA approval for a new drug costs more than \$200,000,000 and may take longer than 10 years to obtain. Even the New England Journal of Medicine said that getting a new drug approved could cost between \$300 and \$500 million.⁽⁶⁾ No one could afford to introduce a drug that did not have a patent on it! There are so many non-toxic healing therapies that cannot be patented; therefore they never get to the market. These regulatory organizations know they can't make money off something they didn't discover.

On the rare occasion one of these natural remedies makes it to the market, the FDA slaps such strong regulations on the manufacturer on what can be said about the remedy and what can be packaged with it. The bottom line is they don't want anything out there that would be able to compete with their friends, the drug companies.

It was once discovered that 65 percent of FDA employees retire and get a job with a pharmaceutical company.⁽⁶⁾ That is a very interesting statistic, don't you think? Dr. Benjamin Rush of Philadelphia, one of our Founding Fathers and a signer of the Declaration of Independence, once wrote, “The constitution of this republic should make special provision for medical freedom as well as religious freedom. To restrict the art of healing to one class of men and deny equal privilege to others will constitute the Bastille of medical science. All such laws are un-American and despotic ...”.

It seems the FDA forgot to read that part of the Declaration of Independence.

Don't get me wrong about medicine in the U.S. I know thousands of lives have been saved through modern medicine. I know there have been some incredible breakthroughs in recent years. It is my opinion that most all of the medical breakthroughs have come in the fields of technology and emergency surgery, not pharmaceuticals.

I also realize that some—although very few—pharmaceuticals are needed to survive, but that is not what I'm talking about here. My point is that we don't need prescription drugs to be healthy. Actually, there is no way to be healthy and take prescription drugs at the same time. It cannot happen. Even the drug companies would agree with me on that one. Have you ever thought about the fact that prescription drugs are illegal for healthy people to take? Medicine makes healthy people sick. That's why you have to have a prescription to get it.

When it comes to crisis care, our nation is number one in the world.⁽¹²⁾ If you are involved in a major accident and you are badly broken, you are in the greatest nation in the world when it comes to putting you back together. I am thankful for that. The problem is that most Americans aren't dying from accidents; they are dying from chronic diseases and the medicines used to treat those diseases.

Let us consider some situations we've probably all been in. If you go to your medical doctor and begin describing the symptom of pain, he or she will probably recommend an over-the-counter pain reliever. If that doesn't work, you'll be given a prescription for a pain reliever. If you describe inflammation, you will get an anti-inflammatory. If you have high blood pressure, you will be given medicine to lower it. If you have acid reflux, you'll get an antacid. High cholesterol? There's a pill for that too. Seeing a pattern yet?

These so-called remedies are known as *allopathic*, which means "opposite the suffering". They aren't getting you healthy; they are making you feel better. Prescriptions' purpose is to do the opposite of whatever your symptoms are. They don't find the problem or fix it. They cover up symptoms rather than curing the cause of those symptoms. They don't answer the million-dollar question: Why did my symptoms start in the first place? Pills just aren't the answer.

The real problem, the one causing your pain or your high blood pressure or your acid reflux, must be corrected by improving the overall health of your body. Very few health problems can ever be fixed any other way.

The second, and usually the least desired, option after pills is surgery. I'm a chiropractor, so I know a little about the spine. Let's use spinal surgery as our example. Did you know that 40 percent of back surgeries end in failure?⁽²⁾ One study showed that an average of 53 percent of low back surgeries fails⁽¹⁰⁾, and I would venture to say that number is low. Are you comfortable with your odds of a successful surgery being no better than the flip of a coin? I'm not.

Other types of surgery might have higher success rates, but there is always a large measure of risk when you allow your body to be cut open, especially when under a powerful

anesthetic. Even the most “simple” surgeries, such as tonsillectomies or appendectomies, often end with complications, infection, and sometimes death.

We cannot put all the blame on the health care system, drug companies, and drugs for America’s health crisis; nor can we rely on them to be the answer. They are simply misguided when it comes to real health and maintenance of health. They are really not even trying to get you healthy; they’re trying to make you “feel better”.

Maintaining our health is the only way to be sure we don’t have to worry about the complications and risks of surgery. You must understand it is ultimately your responsibility to take care of your own health. Our nation’s health depends on us learning how to do that for ourselves. There are too many people in our nation that depend on “sick care” for their health.

Chapter 3: Outcome Measures

When it comes to health, doctors use outcome measures. Outcome measures are kind of like road signs; they help us determine the direction your health is headed. Are you getting better or worse? Are you getting healthier or sicker? These questions are answered by watching the road signs or outcome measures to make sure you are going toward the desired destination.

Medicine looks for signs to indicate an improvement in symptoms. That’s great if your destination is to cover up symptoms; however if your destination is health, you will never arrive because you were following the wrong road signs (outcome measures). You must start looking for road signs that point you toward health, not just the alleviation of your symptoms

Medical doctors use standards, such as normal blood pressure or a weight/height ratio, to measure health or lack of health. When the standard is met, you are considered “healthy”. For example, blood pressure can be measured and used as an outcome measure. If your blood pressure is above “medically normal”, it is used as an outcome measure to determine a lack of health.

Medical doctors use many different outcome measures such as blood pressure, heart rate, blood sugar, hormone levels, and more. These are terrible outcome measures because those symptoms are not your real problem. High blood sugar isn’t a problem; it’s just one symptom of a potentially serious underlying problem. When those outcome measures are out of the “normal” range, it can definitely be an indication of sickness; however, high blood pressure or abnormal hormone levels are not the cause of sickness. They are simply signs that something bigger or deeper may be wrong.

Changing one of those outcome measures, such a blood pressure, to reflect “medically normal” doesn’t mean anything was really fixed. A pill can easily be prescribed which will lower high blood pressure, but did that pill cure the reason for the high blood pressure? No, it didn’t.

That pill simply did an override on your body's mechanisms and caused the high blood pressure to fall back into "normal" range.

The drugs make high blood pressure go down and doctors say, "Your outcome measure is in normal range now, and if you'll take these drugs for the rest of your life, you can be healthy". You trust the doctor, so you continue taking blood pressure medication. Your blood pressure will be normal, but you'll get sicker and sicker. You feel terrible and go back for more drugs. If you eventually die from all this, your death will become one more statistic for the growing number of deaths caused by heart disease; when in fact, the cause of death on your death certificate should say "death caused by medicine".

Do you want to know the real truth? Your blood pressure changes a thousand times a day. Stress, exercise, even walking up a flight of stairs causes blood pressure to rise. Sleep or relaxation makes it go down. Our bodies are amazingly created to raise and lower blood pressure based on what's happening in them at a given time.

Blood pressure isn't the only thing changing, however. Your heart rate, blood sugar, and hormones adjust throughout the day as well. High cholesterol is another one of those "outcome measures" for which doctors like to pull out their prescription pads. Cholesterol is a vital part of hormone production. When your body is under stress, it makes more cholesterol so that it can also produce more stress hormones. Many other hormones are made from cholesterol as well.

Statin drugs are very popular for treating high cholesterol. Many studies on statin drugs reveal that they will, in fact, lower cholesterol; however a person taking these drugs are more likely to die than someone with high cholesterol. In other words, you will die sooner, but at least you'll die with low cholesterol.

By taking real examples and real symptoms, we have learned that health cannot be judged solely on how we feel. Health cannot be determined on symptoms alone. We have all had friends or loved ones who've passed away from a heart attack or stroke unexpectedly because they were perfectly fine, right up until the end. There were no symptoms, no warnings; tragedy struck, and they were gone. Were they healthy?

It's so important to understand that symptoms do not determine health or lack thereof. Our bodies regulate our symptoms, which change constantly. Some symptoms appear and can actually save your life. If your blood pressure goes up, your body may be trying to supply more blood to another part of the body. If your cholesterol is high, it could be because you're stressed and your body is trying to produce much-needed stress hormones. High cholesterol can even indicate something as simple as your body's need for more fiber. If your blood sugar is high, it could be that you need to give your pancreas a break from a high-sugar diet.

Symptoms (outcome measures) change for a reason. Our bodies don't just malfunction and send the numbers on the blood pressure cuff up for no reason. It makes no sense to change

these numbers artificially with medication and assume the problem is solved. Symptoms are very much like the warning lights in your car. If your “Check Engine” light came on, would you put a piece of black tape over it and keep driving? Or, would you take your car in to the mechanic as soon as you could? Medications serve as the little piece of black tape—they cover up symptoms. You can’t see the light anymore, but your problem is no more fixed than the engine in your car.

God gave our bodies the wonderful ability to adjust and regulate itself. We have billions of chemical reactions happening every day, all over our bodies, and they’re all controlled by the brain and nervous system. Pills can never take the place of our wonderfully designed bodies.

The only way your outcome measures will prove if you’re healthy is to first determine which actions make us healthy and then do those things. Then, you must determine what makes you unhealthy and stop doing those things. If we know what makes us healthy and follow through, we can become healthy: that is a great outcome measure.

Chapter 4: Measuring Your Health

We now understand that the outcome measures used in the medical industry will not make us healthier. That also means that the treatments used in the medical industry will not make us healthier. Not only will they not make us healthier, but they will make us sicker most of the time.

If the goal is to become as healthy as we can, we have to discover what outcome measures we can observe that will show us if we are getting healthier or sicker.

First of all, outcome measures cannot be based on how we feel. Basing our health on how we feel is how and why healthcare in this country has reached its current place.

I give many health seminars in the Houston Area where I live. I almost always begin my lectures by asking the audience how they know if they’re healthy. Almost 100 percent of the time, I get the answer, “If you feel good”. I then ask how they know if they’re sick, and the response is the equally opposite, “If you feel bad.”

This couldn’t be further from the truth. For example, bodily functions such as vomiting, diarrhea, and fever are actually very healthy responses. Sure, you feel horrible, but does that make you sick? Let me explain. If you accidentally drank some poison, your body would automatically begin throwing up. Is that healthy or sick? If that poison got past your stomach and into your intestines, your body would eliminate it in the form of diarrhea. Would that be healthy or sick? If you have dangerous bacteria in your body, you may get a fever. Most bacteria can thrive at 98 degrees (the same as your body temperature), so if your body raised its temperature to 102 degrees to kill the bacteria, would that be healthy or sick? In each of those scenarios, you would feel really awful, but your body would be having a very smart (healthy) response. You would feel bad, but you would still be healthy.

Conversely, I have heard of many people who dropped dead from a heart attack with no previous symptoms. I have seen people diagnosed with stage-4 cancer who were feeling just fine the day or week before the diagnosis. Those people felt alright, but they were not healthy. Basing health on feelings is a great mistake. People feel great lying on the couch, eating greasy potato chips. Does that mean they're healthy?

Therefore, we must determine which actions or choices make a human body healthy and then assess if we are making more of those choices. Likewise, we must determine which actions or choices make a human body unhealthy and then assess if we are making less of those choices. More healthy choices and less unhealthy choices mean we are moving our bodies toward optimal health. We can also say that, if we are making more unhealthy choices than healthy choices, we are moving toward sickness.

You will notice that I refer to "actions" and "choices". To me, they are one and the same. You choose what actions you take every single day. You may say "I have to do it" or "I don't have a choice", but the fact is everyone has a choice; we just might not like the consequences. Everyone's life is full of choices, and the sum of those choices equals where we are in our health today (with the exception of only a few people who really may not have had a choice, such as, a person with a birth defect or someone who has had a major accident, etc.).

We are never standing still when it comes to our health. We are always becoming healthier or sicker. Remember, health is a journey, not a destination.

So many people in America are becoming sicker and sicker each day. Sadly, they may not even know why. They don't think about what impact their daily choices have on their health. I remember speaking to an audience of about 70 people once. The topic of discussion was exercise, and I explained the same things to this crowd that I will point out later in this book. I asked these people how many of them believed they were physically able to do at least 10 push-ups and 10 sit-ups a day. No one raised their hand. Friend, there are small steps we can take toward better health. Doing 10 push-ups and 10 sit-ups a day may seem like it wouldn't be beneficial at all, but it is! It shows effort. It shows you that you can do small things to make a big impact in your body's overall well-being. It will get you excited and motivated to take even more small steps in the right direction.

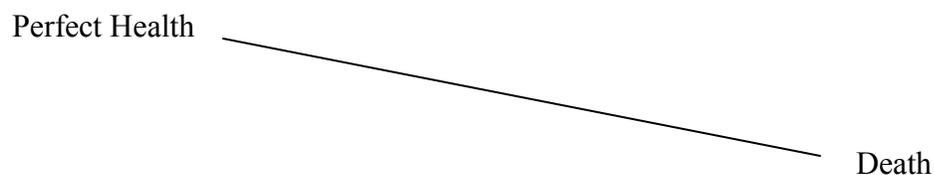
Each of us possesses a free will, and we can decide to do whatever we want. Even if you don't put any thought in to your choice, ultimately you are still making a choice. You may even make an unconscious choice to do nothing at all. The fact is you still made that choice to do nothing. The most tragic thing is that many people are uneducated or falsely educated about health. For example, you may think it is healthy to eat margarine instead of butter. Many people have been told this by friends, margarine companies, and even doctors. (Margarine is extremely unhealthy, by the way.) Even though they are falsely educated, people are still making a choice when they choose to eat margarine. In order for you to get healthy, you must make a choice, not

only to make healthy choices, but also get educated about what healthy choices are. Your health really depends on your choices. I even have a formula to help you see the significance of choices and actions. HC = Healthy Choices, UC = Unhealthy Choices, and YOU means YOU!

$$HC - UC = YOU!$$

Healthy choices minus Unhealthy choices equal how healthy you are. Every choice that you have made (or your parents made for you) from when you were born until right now determined the state of your health today. Some people don't like to hear that they are responsible for their own health. They want to blame it on their genes or random chance (some accidents may qualify here), but the fact is you and only you can make choices to change your health, for good or bad. When you plug the numbers for HC and UC into the formula, YOU! either becomes a positive or a negative number. If YOU! is a positive number, you can know without a shadow of a doubt that you are getting healthier. If YOU! is a negative number then you can know that you are not getting healthier, which means you are getting sicker. I have included a worksheet with instructions on how to apply this formula to your body and track your progress in chapter 7.

Friend, this is the only way you can know if you are moving toward health or away from it. If we were to draw a continuum of health, we would see a long straight line with perfect health on one side and death on the other. The line would be slanted downward; health on the upper side and death on the lower side.



It's slanted because we're all sliding downhill to the end of our lives. None of us will live forever in our earthly bodies. The key is to get as much quantity, and more importantly, quality out of our lives while we are here. The climb toward the goal of perfect health is an uphill climb, away from death. Unfortunately, perfect health is a state none of us will ever attain. We will climb this mountain for our entire lives, but it's a mountain well worth climbing. It can be wonderful and exciting, a journey full of joy, success, and love.

Now that you know your health depends solely on the choices that you make in your life, it is very important that you learn what healthy choices are and which ones you should make. Making more healthy choices than unhealthy choices will insure that you have your cleats dug in and are moving up that mountain of good health. In the next chapter we will learn exactly what we need to be healthy, no more, no less.

Chapter 5: No More, No Less

If you have ever tried to get healthy by going on a fad diet or starting a get-thin-quick exercise program only to fail and give up, you're not alone. So many people go about getting healthy the wrong way. Health is never going to be found in a quick fix. You can't find it in a bottle or a vitamin or a colon cleanse. You can't become healthy by eating all organic foods (although that certainly doesn't hurt). Drugs or surgery won't get you there either.

Health is a journey, not a destination. Health is determined by the choices you make over the span of your life. Living in a state of good health requires you making good, healthy choices over a long period of time. If you're living in a constant state of poor health, you've probably been making some imprudent decisions for quite some time.

The purpose of this chapter is to discuss all the components your body requires to be healthy and all the junk you should steer clear of in order to stay healthy.

There are three components to determine if the choices you are making are keeping you healthy or making you sick. The first component is focus. How focused on health are you? Some people go their whole lives and never really focus on their health at all. They never consider their choices and how those choices are impacting their health. Those people are generally very unhealthy. Others give their health a small amount of focus. They know that vegetables are healthy and candy bars aren't, but they don't always put their knowledge into action. Then there are those who are really conscious of their health. They know the choices they need to make to keep themselves in a state of constant health, and they experience the benefits of good health.

Focus can be illustrated in two scenarios:

Imagine you and your 12-year-old son go out to the baseball field so you can teach him how to pitch. He steps on the mound; you go to home plate with your glove on. Then you tell your boy to throw the ball to you. A certain amount of focus is required on your part in order for you to catch the ball, but you're not too worried about it because he's 12. At this point you're more concerned about your son's ability to throw hard enough to make it to your glove than you are about catching the ball. As your son begins to warm up, your glove is still at your knee. You notice some birds landing in right field. A woman pushing a stroller outside the park catches your eye. There are many different levels of focus that you can put into it. Where your focus goes, your energy follows. The more energy you put into something the more you get out of it. When you see your boy release the ball is in the air, your eyes find the ball; you raise your glove and catch it. Easy as pie. Your emotions never changed. You weren't anxious about catching the ball. You had a low amount of focus, but it was just enough to get the job done.

Now imagine you are at the exact same baseball field, squatting at the same home plate. Except this time, it is not your 12-year-old son on the mound; it is the one and only Randy Johnson, a.k.a. "The Unit". This 6 foot, 8 inch monster of a man can hurl the baseball at speeds over 100 miles per hour. Just seeing him on that mound makes your heart pound and your adrenaline pump. As you see him start to wind up, you realize you're not wearing any pads and

you don't have a helmet on. He brings his arm back, and you know that if you don't catch this ball in the right spot, you could have some serious injuries to your hand or wrist. If the ball were to miss your glove and hit your body, you would be badly bruised, perhaps even bleeding internally. At this moment you aren't thinking about the birds in right field or the lady with the stroller. It's just you and Randy Johnson. You are so focused that you can see the red laces on the baseball as it flies at you at 100 miles an hour. That is extreme focus.

You can put as much focus on your health as you want, but you have to realize that getting healthy requires some focus. The more focus you put into it, the more results you get out of it.

Your strategy is the second component that determines your health. If you're running east and looking for a sunset, you will never find it. Whatever strategy you're counting on to improve your health must be one that works. As we discussed earlier, drugs and surgery are never a working strategy. People who rely on drugs and/or surgery to keep them healthy will never be healthy. I'm not saying that drugs and surgery are never necessary, but I am saying they should not be included in your health strategy. If you are taking a medication, you should continue to improve your health and work with your medical doctor toward getting off those medicines as soon as you can. If your strategy is to change the way you eat, then you must stop eating candy bars and potato chips and start eating fresh vegetables and fruits.

The third component to good health is execution. Once you know what to do, you have to do it. So how does one get healthy? There are six keys, all important, that will tell you exactly what your body needs to get healthy and stay that way. You must work these 6 keys into your life and continue to improve on them as you can. The better you incorporate these 6 keys into your life, the healthier you and your family will be. That's focusing, strategizing, and executing.

The six keys to health are:

1. Spirituality
2. Positive Thinking
3. Eliminating Toxins
4. Spine and Nervous System
5. Exercise
6. Nutrition

The Key of Spirituality

The first key to health is the most vital. After this one, the other five can be adjusted in order of importance depending on your specific needs. The Key of Spirituality is most important

because you have to know that you are not only a physical being. You are a spiritual being, and you will spend eternity somewhere. What could be more important than eternity? If Jesus Christ isn't the Lord and Savior of your life, then you don't know where you are going to be once your life on this earth is finished. Without knowing that you're going to spend eternity in a heavenly place, you don't have the purpose and well-being needed to be physically healthy or even care about physical health. I get a lot of slack for saying this, but your health should be second to having a real, growing relationship with God. People say, "God is first in my life, and then my family, and then my health." That is the wrong order. It is very noble to put your family above your health, but I know personally that it doesn't work. My mother passed away when she was only 47 years old. She would have done anything for me and my little brother, and she was a great mom while she was here, but now she is gone. You can't help your family if you're dead. You can't provide for them, protect them, or enjoy them if you're not here. Please put your health above your family because you love them.

If you have never made the decision to ask Jesus into your heart to be your Lord and Savior, I encourage you to talk to a Christian friend or pastor. They can pray with you and help you get on the right track spiritually. The next five keys to health and wellness can be arranged in order of areas that you are most deficient in. You may need to work on one area more than another.

The Key of Positive Thinking

You may be wondering how these non-tangible keys to wellness are going to help you in your physical health. Most of the time the reason people fail in an area of their life is not because they didn't have the right mechanics. They failed because they had a wrong way of thinking. When a challenge is in front of you, you're either positive or negative about it. In general, optimists are healthier than pessimists. Keeping a positive outlook, even when things seem negative, is necessary to good health.

There was a study conducted on women at the University of Pittsburg that showed optimists live longer, healthier lives than pessimists do. Both groups were put through several tests. The results showed that optimists (defined as someone who expected good rather than bad things to happen) are 30% less likely to die from heart disease and 14% less likely to die from any other cause of early death.⁽⁵⁾ I have found optimism is a key component in achieving the goals you set for yourself.

When you are trying to be healthy, resilience is a must. You are not always going to make the healthy choice. You have to be willing to tell yourself, "It's alright. I know what I ate or what I did was not healthy for me. Now I will get back on track and start making even more healthy choices to make up for that one." You may have to tell yourself this several times a week for a while. The point is that you don't give up. You keep encouraging yourself until you reach your

goals. The world can be a dark place, so it can be a tough chore to stay positive. However, it will pay off in the long run if you do.

The Key of Eliminating Toxins

As part of trying to become healthy, it makes sense that we would steer clear of the junk that makes us sick. One of the major toxins we have already discussed is medication. Street drugs, alcohol, and tobacco are also worth sticking in this category. As far as I am concerned, a drug is a drug whether pushed or prescribed. This is one reason I do not vaccinate my children. Vaccines are full of chemical toxins that are being injected directly into the body with no chance of filtration.

Toxins take many forms, however; and they're not all found in pharmacies. Pesticides, cleaning products, pool chemicals, some cosmetics, and even hair care products are chock-full of bad stuff. It's important to know what is in those types of things before you buy them. Read labels. A good rule of thumb is, if you can't spell or pronounce something on an ingredient list, don't buy that product.

Food is another place where toxins are abundant. This is especially true for the United States and other industrialized countries. Fast food has become a staple in the American diet. These foods are loaded with processed chemicals. Junk foods such as soda pops and candy bars are also full of toxins.

Toxins act as a barrier to health. They interfere with our bodies' healing abilities. We could be doing everything else correctly, but we will never be healthy if we are loaded with toxins. Dr. James Chestnut once said, "A plant needs three things to survive. It needs soil, water and sun light. A plant must have all three of those things to be healthy. If it is missing any of them it will be sick."⁽⁴⁾ What if your plant does have all three of those things but it is still sick? What could be the problem? What if someone was dumping diesel fuel on your plant? Even though it has water, soil, and sunlight, it will still become sick and die. Once toxins are introduced to a plant, it has no chance of survival. Our bodies are no different. We must be free of toxins, or at least have a decreased amount of them, for a long enough period of time to allow our bodies to heal.

The Key of the Spine and Nervous System

As a chiropractor, I understand this key very well. This particular key to wellness is probably the least understood key of all for everyone else. Most people try to take great care of every other part of their body, but totally neglect their spines. Allow me to use this illustration:

Why do we brush our teeth? That's a pretty dumb question, isn't it? Prevention of cavities, getting rid of bad breath, because our moms told us to; those are all reasons why we brush, every day, twice a day. We go to the dentist for regular cleanings. Any time we have a

cavity filled, we get a lecture on how we need to be taking better care of our teeth. I think it's ironic that we take such precautions with our teeth but neglect to take care of our spines.

I ask people all the time when the last time was that they had their spine checked. Almost universally, the response is, "What? I've never had my spine checked." Your spine and nervous system (including your brain) is the most important part of your entire body. You can live just fine without a couple of teeth. You can even get fake teeth if you need to, but you cannot live one second without your nervous system. You can't get a fake spine.

Your nervous system consists of your brain, spinal cord, and all the nerves that branch off your spinal cord to every cell in your body. Your brain communicates with all your cells via your nerves. If your spine is in poor shape, there can be interference with the messages that are being sent to and from your brain. If these messages being sent to and from your brain are not getting where they need to go, there is no way you can be healthy. Countless people come into my office, confused. They don't understand why they're not healthy if they're eating right and exercising. When I check their spine and discover that it's a wreck, I can give them the answer as to why they're sick and in pain.

What causes the spine and nervous system to be unhealthy? There are three stresses that can cause damage to your spine and nervous system. Those three stresses are also known as the three T's: trauma, toxins, and thoughts.

Physical traumas are the most common. They include slips and falls, car accidents, and work or sports injuries. There is not a single person on this planet that hasn't experienced a trauma like this. Think about all the times you fell down while roller skating or riding your bike. Traumas happen to everyone. They affect everyone's spine. That is why it is so important to have your spine checked by a wellness chiropractor.

If your spine isn't healthy, your nervous system is not healthy. It is as easy as that. If you do everything right, but your nervous system—the master system of the body—isn't functioning properly, you will never achieve great health. The bottom line: you must have a healthy spine and a functioning nervous system to be healthy.

The second type of stressor is chemical, or toxic, stress. We covered this in the Key to Eliminating Toxins. Chemicals we ingest, breathe, or have other contact with can reside in our tissues and joints, causing problems and degeneration.

The third type of stress that will cause problems to any part of the body and sometimes even the spine is emotional stress—our thoughts. It may be hard to understand how emotional stress (bad thoughts, worry, and anxiety) can cause problems in the spine, but truthfully, emotional stress causes problems to the entire body. Even though emotional stress seems so intangible, it can cause very tangible problems. When we're under mounds of stress and our thoughts are running wild with all the worst possible outcomes, our muscles become tense. That

tension forces the muscles in and around the spine to tighten up. Those muscles pull and strain the bones that run up and down your spine. Since the spine houses the spinal cord, many problems arise when the nerves exiting the spinal cord are interfered with. This is why chiropractors have such great results with many different health conditions, including the more common back and neck pains.

The Key of Exercise

Exercise is a vital nutrient. Your body must have some kind of regular exercise or movement in order to stay healthy. Unfortunately, the walking that we do from the couch to the refrigerator and back is not enough. We must have real exercise in order to be healthy. Real exercise is at least 15-30 minutes of exercise three to five times per week.

Many people don't enjoy exercising. You have to make yourself exercise if you want to be healthy. Find something you like to do. Exercise is not defined by running on a treadmill or lifting weights. Tennis, golf, speed walking, swimming, basketball—all these activities are great ways to get your blood pumping and your spine moving. The more you make yourself exercise, the easier it will get and the more enjoyable it will become.

There are three categories to implement into every workout. The first is cardio. Fifteen to 20 minutes of walking or jogging on the treadmill or riding a bike are excellent ways to begin a workout and get your heart pumping. Strength training or weight training is the second category. So many people simply don't understand the importance of strength training. For starters, the more muscle you have, the higher your metabolism. If you have more muscles, you can burn more fat, and it will be much easier to stay fit.

I recently had a test done that showed I burn almost 2000 calories a day even if I stay in bed all day long and never move! My muscle is eating up my fat every day. This is why it is so hard for overweight people to lose weight. They do not have enough muscle to burn excess fat.

Think of the fat as gas in a gas tank and your muscle is the car. Someone with a lot of muscles could be compared to a large SUV that gets poor gas mileage. That person would burn up a small tank of gas very quickly (burns fat quickly). Oppositely, someone who is really overweight and doesn't have much muscle could be compared to a small, hybrid car with a 100-gallon gas tank. They will never burn up all the gas (never burn up all the fat).

If we were cars, of course we would all want to be the hybrid with the great gas mileage; but we're not cars. It is unhealthy for our bodies to carry around so much gas (fat) that it doesn't use up. We must increase muscle if we want to burn more fat.

The Key of Nutrition

I will admit that this is the key I struggle with most. If we were really honest with ourselves, we could probably say that nutrition is something our entire nation struggles with. We

struggle because our society has made it so hard to get healthy meals in our diet. At the same time, it is so easy to grab a quick, cheap, unhealthy meal.

As I write this I am on a three-week Standard Process Cleanse. For three weeks I eat only raw fruits and vegetables and drink water. There are also fiber-filled shakes to drink that contain herbs to help me detox even more. I will admit it is not an easy three weeks. It has made me realize how many processed foods I ingest in my own diet.

It is easy for me to tell you what foods are healthy and what foods are not. In fact, you probably know everything I am about to say. The hard part is choosing the right foods and restraining from the bad foods as much as possible.

Allow me to be honest here. If you have been eating tons of processed foods for, say 10 or more years, it will be almost impossible for you to quit cold turkey. This doesn't mean you shouldn't try to improve your eating habits, but our bodies become addicted to processed carbohydrates, sugars, and the like, and stopping all of a sudden can be extremely challenging. You might find it helpful to begin a short "cleanse" from the unhealthy foods. I find that it is easier to implement healthy things into my lifestyle if I start with a time period in mind. For instance, I can tell myself I will not eat anything but a raw fruits or vegetables for three weeks. Knowing an end is in sight helps me not cheat on my goal. After doing this several times, you feel better overall, causing you to want to continue eating healthier. Your overall lifestyle will be much better, and your body will thank you for it.

Knowing what is and isn't good for you is easy. If it was made by the earth and is in its natural form, it is healthy. Examples of these types of foods are fruits, vegetables, and natural meats. If the food has been processed, changed, or messed with by man, it is not healthy for you. There are literally hundreds of thousands of foods that fit into this category, but a few examples include candy bars, fast food, soda pops, hot dogs, boxed dinners, lunch meat, and anything which is produced conventionally rather than organically.

I once had a conversation with a very smart chiropractor who specializes in nutrition. I made the comment that no one could be healthy who didn't eat fruits and vegetables. He contradicted me and said, "What about the Eskimos? They were very healthy, and they never ate any vegetables." Interestingly, he was absolutely right! Vegetables don't grow in that cold climate. They may not have had vegetables but one thing is for sure; Eskimos didn't eat any processed foods. Their diets consisted mainly of fish. Fish is very healthy, and the types of fish Eskimos ate were consuming plankton and other creatures that were eating sea vegetables.

Processed foods are not real foods. I recommend that you eat as many natural fruits and vegetables and meats as you can and stay away from as much processed, man-made foods as possible.

Now that you know what it takes to be healthy, what are you going to do about it? What are some real ways you can change your lifestyle, your diet, your relationship with God, or anything else that is standing in the way between you and a healthier you?

Chapter 6: Using the Worksheet

“If it is to be, it is up to me.” - William H. Johnsen

There is only one way to tell if you are getting healthier or sicker: take a closer look at the choices you’re making each and every day. It may seem monotonous or pointless, but we should keep track of what we’re doing to our bodies. What are we putting in them? How many days per week are we exercising? Did we really need that extra slice of cake or that second scoop of ice cream?

Keeping a written record of your choices is an easy way to judge whether or not you’re making healthy or unhealthy choices. Remember the formula?

HC-UC=YOU!

The difference between your healthy choices and your unhealthy choices is who you are.

I have a friend in his early 50s named Bill. He has been diagnosed with cardiovascular disease. He knows he is overweight, but he never felt like he needed to keep an eye on his health until recently. Now that he’s been told he’s developing type-2 diabetes, he really wants to get things under control and start taking better care of himself. That has all changed now since he was told he is developing type-2 diabetes. He’s more afraid of the diabetes than he was of the plaque that was discovered in his arteries a couple of years ago.

Bill knows that his health is in his own hands. He also knows that he is in this tough spot solely because of the unwise and unhealthy decisions he’s made in the past. There are no healthy pills he can take or plastic surgeons who can give him a quick fat-reducing surgery to bring his weight down. Bill wants to start making the right choices.

He doesn’t only want to maintain what health he has left; he wants to improve his entire well-being as quickly as he can. Bill has some bad habits to break, and he wants to keep track of every decision he makes so he can right all the wrongs.

Every day, he records what he eats, if he exercises or not, if he is affirming himself daily, how much water he’s drinking, how often he visits his chiropractor, and any other details that have to do with his health. At the same time, Bill records all the bad choices he makes. He writes down every soda pop, every fast food meal, every ice cream cone, all the days he skips the gym, every time he gets less than seven to eight hours of sleep, and so on.

As he continues to practice this ritual of recording his choices, he learns more and more about health and fitness overall, in addition to discovering his own habits. Each month, Bill looks

back over his choices and adds them up. He gives each healthy choice a plus sign (+) and each unhealthy choice receives a minus sign (-). If there are more plus signs than minus signs, Bill had a healthy month. If not, he has to up the ante and change a few things.

Since Bill wants to become really healthy quickly, he tries to increase his plus signs each month. Bill is on the right track. Each month he is heading toward his destination at a quicker pace than the month before. It won't take him long to reach his goals because he is so focused.

It's that simple.

So what's the easiest way to start recording your choices? Split a sheet of paper down the middle. Write the date at the top, then write "Healthy" on the top left side and "Unhealthy" on the top right side. You're ready! Start making plus signs (+) for every healthy choice you make and minus signs (-) for every unhealthy choice. At the end of the day (or week or month, it's up to you), total each column. The difference between them is the sum total of your choices. Hopefully, you're "Healthy" column is full!

Here's what a typical day looks like for me. I get up in the morning, shower, and say some daily affirmations to myself, which I write on a Post-It and stick to my mirror. I believe affirming myself is very healthy, so I write a plus sign in the "Healthy" column. Then I have a breakfast of two hard-boiled eggs, a banana, and a cup of coffee. I think eggs and bananas are healthy, but I don't think a cup of coffee is healthy. So I put two plus signs for my breakfast food under "Healthy" and a minus sign for my cup of coffee under "Unhealthy". Once I get to work, I fill up my half gallon jug of water. If I finish the entire jug, I get another plus sign because drinking plenty of water is very healthy. On the days that I don't drink my half gallon of water, I give myself a minus sign. Mid-morning, I have a protein bar for a snack. This is a healthy protein bar, not a candy bar, so it's another plus.

For lunch, my co-workers ask me to go out with them to the local diner. I agree to go and order a very unhealthy meal: a burger, fries, and sweet tea. For that, I must give myself three minus signs. See how eating one really unhealthy meal can slow you down on your quest to get healthy? Prior to that lunch, I was having a pretty healthy day. At this point, my plus signs and minus signs are tied at four and four.

I decide to go to the gym for a 30-minute workout after work. For each 15 minutes I exercise, I give myself one plus sign; therefore a 30-minute workout constitutes two more for the "Healthy" column. After I get home, my wife and I fix a very healthy supper: chicken breast with steamed carrots, green beans, and salad. Everything is good for me, so I give myself four more plus signs.

At the end of the day I tally up my score. I've got nine plus signs and four minus signs. I have a positive wellness score of +5. It is important to have a slightly positive score to stay even because we're all headed downhill to death anyway. If all we did was stay even with our score

we would still fall far behind on our health. I will count all my daily scores at the end of the week and again at the end of the month. The larger my score in the “Healthy” column, the faster I’m heading toward health and wellness.

This quick, simple activity can completely change the way you look at your health. It will help you to realize that your choices are responsible for your health.

Example Worksheet

Date: 8/11/2010

Healthy

+

+

+

+

+

+

+

+

+

Unhealthy

-

-

-

-

Day's Score: **+5**

Health Worksheet

Date: _____

Healthy Choices

Unhealthy Choices

Day's Score: _____

Feel free to make copies of this worksheet or make your own version in a notebook.

Chapter 7: Work Out, Eat Right, and Affirm Yourself

In previous chapters, I have touched on the importance of exercise and eating nutrient-rich foods. I will elaborate on those aspects in this chapter, as well as introduce the very simple concept of affirmation.

We've already established the fact that exercise is a vital nutrient. How you exercise is as unique as you are. I am going to share with you the basics of what I do from week to week. Sometimes I change it up a little, but I always try to workout at least three times a week. All you need is some weights to lift and you can do it from the comfort of your own home.

The following is a good workout to do from week to week. It is always a good thing to go for a walk or a light jog before you start your exercise routine so that your body can get warmed up. Walking or jogging before your workout will also allow you to get a little more cardio in. I also recommend adding a light stretch at the end of the workout for a cool down. Here is the workout I do each week:

Since there are only three main workouts I just keep rotating the workouts. I put them together like this - Day 1 = Chest and Triceps, Day 2 = Biceps and Back and Day 3 = Legs and Shoulders. By working these major muscle groups, I am working my abs and core muscles just by default. On some weeks I add some extra abs to one of the workouts as I feel the need. You can find the actual workouts that I do every week in the "Helpful Resources" section at the end of the book.

Now that you're on your way to being fit and in shape, let's talk more about eating right.

Following a healthy eating plan is a very hard thing to do these days. Buying all-natural, unprocessed foods and eating at home more than in restaurants and drive-thrus are two ways to almost guarantee healthy eating. Do your best, and don't give up just because you have a "bad" day every once in a while.

Let's talk turkey. My meal recommendations are all based on the fact that it is vital to stay away from man-made, processed foods and get as many natural, God-made foods as possible.

Example Healthy Breakfasts:

Omelet with veggies and a side of fruit – This is one of the healthiest breakfasts you can have. Contrary to what you may have heard, eggs are very good for you and are a great source of protein for extra morning energy. Red and green bell peppers, onions, broccoli, and raw spinach are all great veggies to throw in your omelet. A banana, orange, or apple completes the meal.

Oatmeal mixed with fruit and scrambled eggs on the side – Oatmeal can be a very healthy breakfast as well; however, it does turn to sugar during digestion. Mixing in frozen or fresh blueberries or strawberries (or both!) can really add flavor and sweetness, thereby making the addition of extra sugar unnecessary. Again, the eggs provide you with protein for lasting energy.

Hard-boiled eggs with fruit – This is a healthy breakfast that can be made on the fly for those mornings when you're in a hurry. I like to boil a dozen or so eggs at the beginning of the week and store them in a container in the fridge. It is so easy to grab two eggs and an apple or a banana on my way out the door.

Breakfast protein shake – There are many different varieties of breakfast shakes you can make that are very healthy for you. Remember to read the labels and stay away from ingredients like sucralose and high fructose corn syrup. Combine the protein shake powder, some whey powder, an all-natural fruit juice, frozen, mixed fruit, a banana, and a little bit of water in your blender and blend well. This is a sweet and easy breakfast that sticks with you.

Example Healthy Lunches:

Lunch can be tough for people, especially if you have to eat quickly. Planning ahead pays off in the long run. The best lunch you can have is a nice, big salad. This may be your only chance to get a good helping of vegetables in your diet for the day. If you have a large salad for lunch, you don't have to worry as much about loading up on the veggies for dinner. Here are two of my favorite salads that I often eat for lunch:

Spring mix salad with carrots, broccoli, and cauliflower and grilled chicken – This is probably my favorite salad. I like to use an organic Italian dressing because then I know I'm not going to get any unwanted ingredients. To make your own healthy dressing, put about a tablespoon of olive oil on your salad. Then squeeze fresh lemon juice over your salad, and finish off with cracked pepper and sea salt. Toss and enjoy!

Grilled chicken Caesar Salad with baby carrots – Most everyone already knows what a chicken Caesar salad is and how to make it. Caesar salad dressing is not the healthiest option, but you are still getting some good fiber, protein, and veggies with it.

Example Healthy Suppers:

A good protein with two or three sides of veggies defines a healthy evening meal. There are so many different meats and vegetables that you can mix it up and not repeat yourself for a long time. Chicken and fish are the two best protein choices. Most of your dinners should include those two types of meat, but it is also perfectly fine to have healthy cuts of beef one or two nights a week. And, it's always a good idea to begin your dinner with a small salad.

Grilled chicken breast with asparagus and baked sweet potato – This is one of my favorite suppers. I absolutely love sweet potatoes, and they are better for you than baked potatoes.

Grilled salmon with green beans and carrots – Just the thought of this meal makes me hungry. Adding a little butter and mushrooms to your green beans is a nice change. You should try to eat fish often. It is full of Omega 3 fatty acids and is very beneficial to your brain, nerves, and arteries. Just remember that wild salmon is preferred over “farm-raised” because of the mercury.

8 oz. sirloin steak with broccoli and brown rice – There is nothing like a good steak. Red meat is not really bad for you, but you do have to be careful what type of beef you buy. If it is full of hormones and chemicals, you’re not really doing yourself any good. Organic, free-range, or grass-fed beef is best. And, in case you didn’t know, fast food “beef” isn’t real beef. It is extremely processed and very bad for you.

Recommended Supplements

Whole Food Multi-vitamins – Whole food is very important. “Whole food” means the nutrients in the vitamin were taken straight from fruits and vegetables.

Omega 3 – This is good fat derived from fish and is great for your veins, arteries, brain, and nervous system. As long as it’s mercury-free, I highly recommend this supplement for everyone.

Pro-biotic – A pro-biotic is full of good bacteria that your intestines need to help you digest your food and keep the bad bacteria in check. There are many benefits to taking a good pro-biotic. If you haven’t taken a pro-biotic in a while or have ever taken an antibiotic, you definitely need to replenish the good bacteria in your body. The best pro-biotics contain the most variety of bacteria.

Vitamin D – This vitamin has so many valuable properties that almost everyone should be supplementing it. You probably don’t need a vitamin D supplement if you are in the sun quite a bit, but this is one I definitely take during the winter months when I’m not outside as much.

So, you’re working out and eating right. That’s great! There’s just one more item, however, that you must add to your list. Affirmation.

Do you start your day everyday with an affirming word just for you? Your attitude is basically subject to whatever is thrown your way from the moment you get out of bed. If you begin each day by stating your goals and affirming yourself out loud, you are setting a positive tone for the day. This doesn’t mean that every day will be magical, but it does mean that you’re getting off on the right foot.

It is also beneficial to write down your short and long term goals. Read them aloud each morning and then affirm yourself. Your day will flow toward the achievement of those goals.

Here is an example affirmation from The Masters Circle:

(<http://www.themasterscircle.com>)

“Today is a great day and I have the opportunity to show up as the best me ever! I am an irresistible magnet with the absolute power to attract into my life everything that I desire. My life is a huge success!”

“I am committed to constant and never-ending personal improvement and I take massive action steps to create the future as I want it. I will do whatever it takes to become the winner I know I can be.”

“My beliefs create my reality! I choose robust health, abundant wealth, constant happiness, and eternal love. I attract, heal, and positively influence the lives of people in my community. I think big thoughts, relish small pleasures, and handle all setbacks gracefully.”

“I give thanks for the opportunity to serve humanity and I willingly accept the rewards being sent to me by an abundant universe. I am deeply grateful for all I create and receive. My life is now in total balance and I am a master!

I have adapted the following affirmation to suit my own beliefs and goals. Feel free to do the same. This is what I read out loud every morning:

“Today is the day that the Lord has made. I will rejoice and be glad in it. Lord, thank You for giving me the opportunity to serve You today! Thank You for the opportunity to serve humanity. I willingly accept the rewards that You are sending me today. I love my life and I ask You to guide my steps today.

“I understand my faith creates my reality, and I have 100 percent faith in you, God! I choose robust health, abundant wealth, constant happiness, and the eternal love of Jesus Christ. I attract, heal, and positively influence the lives of people in my community. I think big thoughts, relish small pleasures, and handle all setbacks gracefully. I am committed to constant and never-ending personal improvement and I take massive action steps to create the future I want it. I will do whatever it takes to become the winner I know I can be. I know I am overflowing with the favor of God, and I attract into my life everything that I desire.

“My life is a huge success!”

Saying a few positive, encouraging, and simple words to yourself is a great way to start your day. Believe in yourself. Speak life over yourself. It just might make all the difference in the world!

Chapter 8: It's Your Choice

Now that you've read everything in this book, the question is, what are you going to do about it? You are on a never-ending journey toward health. Thankfully, you have the correct map in-hand. I hope the information I have presented has shown you where you're at and where you're going. Perhaps what you have just read can be a compass to point you in the right direction.

I know the journey toward health is not always an easy road. I find myself making poor choices every day, but I continue to strive to out-number the bad choices with good, healthy ones. Just like every other stumbling block in life, we must pick ourselves up after an unwise choice and keep pressing onward.

You cannot find health in a pill or at the end of a scalpel. Unfortunately, those procedures are sometimes necessary, but you will never find me reaching for either without having completely exhausted all my resources for a natural means to health. I fully believe if we follow the laws of health we can prevent those problems that are so often associated with poor health. We can lead a full life of feeling great, looking great, and functioning great.

If you continue to improve your choices, you will continue to improve your health. This is the law of health. It has been around for thousands of years. Just as the law of gravity is true every single time, this law of health can be trusted as well.

You were born to be healthy. When the body gets what it needs, and all interference is removed, it can function how it was meant to—in 100 percent health. Your body has no other option but to improve in health if you follow what I have outlined in this book. Aren't you glad I didn't advise you to become a vegetarian or train like an Olympic athlete or spend all your time reading health journals?

From the bottom of my heart, I thank you, dear reader, for caring enough about your health and the health of your family to read this book. I pray it serves you well. I wish you the best in health!

Chapter 9: Vaccines—What Every Parent Should Know

It may be a little random to stick a chapter on vaccines at the end of a book about health, but let's see what we can discover here. Vaccines are a very important health topic, which is why I'm including them in this book.

If you're a parent and reading this, you're probably thinking, "My kids are caught up on their shots, so what's the big deal?" Well, I hate to be the bearer of bad news, but vaccines aren't all they're cracked up to be. It is my belief that we are injecting some of the most ridiculous and dangerous substances into our children. I would never tell you whether or not to vaccinate your children; that decision is 100 percent yours to make. What I want to do is give you the information you need to make an educated decision regarding vaccines.

First of all, as I stated in the previous paragraph, the decision to vaccinate or not is solely up to you. Currently, vaccines are legally required in all 50 states, but all 50 states have one or more exemptions to that requirement. Your beliefs, religion, or kids' health issues are all qualifiers to be exempt from vaccines. The point is, you have a choice. You must have information from all sides in order to make the best decision for your family.

My purpose in including this chapter is not to convince you too keep your children vaccine-free. My decision to keep my children unvaccinated was made after countless hours of research and accumulating my findings as evidence for my decision. Along the way, I have discovered many myths involving vaccines.

One of the most common beliefs is that vaccines are safe. Reading the ingredient list for a vaccine is proof enough that they are far from safe. There are toxic chemicals in virtually every vaccine on the market.

Thimerosal is one of the most common vaccine ingredients. It contains mercury, a very dangerous neurotoxin which should not even be handled, much less injected into the human body. Unfortunately, if you're old enough to be reading this chapter, you've been injected with vaccines containing this deadly ingredient. Thankfully, several vaccine manufacturers have recently admitted to how dangerous thimerosal is and have stopped putting it in their vaccines. Other ingredients in vaccine recipes include, but are not limited to: aluminum, phosphates, formaldehyde (embalming fluid), and phenoxyethanol (anti-freeze). According to the National Research Council, fewer than 20% but perhaps more than 10% of the general population may be susceptible to extreme formaldehyde toxicity, and may react to exposure at any level. Formaldehyde is ranked as one of the most hazardous compounds on ecosystems and human health, according to the Environmental Defense Fund.⁽³⁾

And yet, doctors across the world are shooting syringes full of these deadly ingredients into babies' bodies each and every day.

There has been a suggested correlation between vaccines and SIDS (Sudden Infant Death Syndrome) for many years. SIDS is a terrible condition in which a baby dies for no apparent reason. Many SIDS deaths occur at two months and four months of age. Those happen to be the same ages when routine vaccines are given. In the 1970s, Japan changed its required vaccination age from two months to two years old. SIDS cases dropped dramatically. Japan's ranking for infant mortalities went from 17th to first—meaning that country has the fewest infant mortalities of any country in the world.⁽⁸⁾

Vaccines in every doctor's office in America contain known gastrointestinal toxins, liver toxins, respiratory toxins, neurotoxins, and blood toxins. Most of these ingredients are so heavily regulated that a normal person can't even get their hands on them.

There have been so many reports of injuries and deaths caused from vaccines that our government has set up a system to record them called the Vaccine Adverse Event Reporting System. Every year, they receive an average of 11,000 reports of serious vaccine injuries. The definition of a serious vaccine injury is “an event causing an emergency room visit, hospitalization, a life threatening event, permanent injury, or death”.⁽¹¹⁾ I only hope that what the FDA has to say isn't true: “Only one percent of vaccine injuries are reported.”⁽⁷⁾

Our federal government also implemented the National Vaccine Injury Compensation Program in 1988. Since then, it has paid out almost two billion dollars in compensation to families who could prove their children were injured by vaccines. If vaccines are so safe, why do we need these kinds of programs in our country?

What's even more disturbing is that our government is paying these families for injuries caused by the makers of the vaccines. When are the drug companies going to be held responsible instead of taxpayers?

Another common misconception is that vaccines must be working because disease rates in America are so low. Unfortunately, that is simply not true. Happily, America's disease rates are much lower than they were 100 years ago; however, vaccines cannot be credited for that.

Between 1911 and 1935, the leading causes of childhood death from infectious disease were from diphtheria, pertussis, scarlet fever, and measles. By 1945, the combined death rate for all four of those diseases had dropped 95 percent. Disease rates dropped 90 percent from 1850 to 1940. During that same time, improvements were being made in sanitation and hygiene. Refrigerators were invented to keep food from rotting before consumption. People stopped urinating and defecating in and around their sources of drinking water. Mandatory vaccinations weren't required during any of this. Even the World Health Organization recently released a report stating, “Disease rates and death rates in third-world countries have no direct correlation with vaccinations or medical treatment, but are closely related to their standard of hygiene and diet”.⁽⁸⁾

Today's American society is even more conscious of personal hygiene. Most of us take baths on a regular basis. We wash our hands more than ever. Our sewage systems and waste water treatment facilities are some of the best in the world. Proper hygiene, food storage, and sanitation have gone a long way to eradicate much of the disease that used to spread like wildfire in America.

What about polio? Contrary to popular belief, the Salk vaccine has not stopped the spread of the polio virus. In fact, six New England states reported an increase in polio just one year after the introduction of the vaccine. In Vermont, documented cases of polio doubled. Massachusetts experienced a 642 percent increase in reported polio cases. Idaho and Utah stopped giving the Salk vaccine due to the massive increases in polio cases and deaths caused by the virus. Jonas

Salk, the inventor of the polio vaccine, testified in front of a Senate subcommittee that nearly all polio cases after 1961 were caused by the oral polio vaccine.⁽⁸⁾

So how can vaccines *not* work? Aren't they founded on scientific proof? Sadly, vaccines are founded on theories, not scientific evidence. You've probably heard the most popular theory: when a vaccine is injected, it causes the body to produce antibodies for that particular disease, thus producing immunity. How can this theory be true when people are still contracting diseases for which they have been vaccinated? It is not clear if the production of antibodies actually means the body will develop immunity. The idea that antibody production alone could produce total immunity is absurd. Many studies have even shown people who were completely resistant to a disease with very low antibody counts, while there were also people with a disease and very high antibody counts.

Another deception is that vaccines prevent disease. I have found a mountain of evidence to suggest otherwise. Contrary to what most people are taught, vaccines have never been proven to prevent disease. This myth comes from a theory known as *herd immunity*. The theory of herd immunity operates on the assumption that an entire population is safe against a disease if the majority of that population is vaccinated against it. There are many documented cases of diseases that have occurred in almost 100 percent-vaccinated populations. Disease outbreaks from measles, mumps, small pox, pertussis, polio, and the Hib virus have all been verified to have occurred when 98-100 percent of the people who got sick were vaccinated.

When Japan experienced an outbreak of the small pox virus, they documented 29,979 deaths of people who had received the small pox vaccine. America has experienced several pertussis (whooping cough) outbreaks. In a Kansas outbreak, 90 percent of the 1300 people suffering from whooping cough had already been injected with the pertussis vaccine. In Chicago in 1993, there was a large outbreak of pertussis. It is documented that 72 percent of victims were completely current with their vaccines.⁽⁸⁾ Did these vaccines really do their job and prevent disease? I guess not.

Vaccines are administered based on another theory: one size fits all. The vaccine dosage is never changed from one person to another because it is expected to have the same effect, no matter how large or small a person is. A six-pound newborn receives the same dosage as me, a 200-pound man. Supposedly, this is safe. Vaccines are supposed to produce the same reaction, regardless of race, gender, weight, genetic makeup, culture, geographic location, or any other difference.

When vaccines were introduced to the Aborigines in Northern Australia, their infant death rate increased 50 percent. Romanian children who were given the polio vaccine were infected with polio. If the children were given antibiotics after receiving the polio vaccine, their chances of getting polio went up as much as 182 times.⁽⁸⁾

Every person is different. From age, to size, to geographic location, there is no such thing as a “one size fits all” cure to disease prevention.

The Hepatitis B vaccine is, in my opinion and in most cases, one of the most misunderstood vaccines administered. Fifty percent of reported injuries from this vaccine are labeled serious.⁽⁸⁾ This vaccine is given to new born babies on the same day or the day after they are born. If you know how Hepatitis B is spread, you will understand how insane it is to inject a newborn with this virus. There are four ways to contract Hepatitis B: 1.) having intercourse with an infected person, 2.) injecting drugs with an infected needle, 3.) getting a tattoo or piercing with tools that were not properly cleaned, and 4.) sharing personal items like razors or toothbrushes with an infected person.

Now, I don't know how many of the newborns out there are practicing one of those four things, but I'm guessing the number is close to zero. How could it be worth the risk of injury to vaccinate my child against a disease which he will likely never contract as a child?

I know that was a lot of information. You're probably wondering about yourself. You probably received shots as a child, and you're fine, right? Your children have probably had their vaccines, so there's nothing to worry about. Or is there?

There are many long-term problems associated with vaccines. Some of these problems include: chronic immune problems such as lupus, neurological disorders such as autism, hyperactivity, A.D.D or A.D.H.D., and dyslexia, allergies, and even some cancers. Many of these problems barely existed before mass vaccination programs.⁽⁸⁾ This is one reason why it is so important for us who have been vaccinated to make good, healthy choices and keep our bodies in top shape.

When weighing the risks to vaccinate or not, it is important to note that some of the long-term problems are worse than the diseases for which vaccines are given. In fact, I believe that sometimes the dangers of childhood diseases are greatly exaggerated to scare parents into vaccinating or buying products that are not necessary. If we allowed our children to contract those diseases and get over them on their own, their immune systems could be even stronger. The likelihood of your child contracting chicken pox or measles is smaller in comparison to their risk of contracting the disease from the vaccine itself.

It was once very common for British parents to have “measles parties”. When one child got the caught the measles, all the parents in the neighborhood would bring their children to play with that child and hope their children would get the measles too. Parents used to do the same thing in America for chicken pox. Now there is a vaccine for chicken pox, and adult onset chicken pox has become more dangerous. Some medical doctors (although very few) now only recommend the tetanus vaccine (or no vaccines at all) because they agree that the childhood diseases are very treatable and will make children's immune systems stronger.

There are other ways to strengthen your entire family's immune system, stay healthy, and prevent disease. Eating right is one of the most obvious, but often one of the most overlooked. You and your family need plenty of fresh fruits and vegetables, good protein, and lots of water. It is also vital that you exercise regularly.

Another way to stay healthy and prevent illness may come as a surprise to you. Wellness chiropractic care can be the best way to get healthy and stay healthy. Chiropractic is not just for neck and back pain. Regular chiropractic checkups and adjustments will improve the health of your nervous system, the master system of your body. The nervous system controls the number one disease-preventing system: your immune system. If your immune system is functioning at its full capacity, it is virtually impossible for you to be harmed by disease. There are stacks of research on how chiropractic adjustments can increase the functionality of the immune system. The good news is that children can be adjusted from birth by well-trained chiropractors. (It is important to note that the adjustments given to infants and young children are not the same as those given to adults. It is a very, very gentle process—so gentle that a sleeping baby may not waken during the adjustment.)

Currently, children make up about 25 percent of my own patient base at Pure Life Family Wellness Center in Houston, Texas. Some are just a few weeks old. Many of our families have opted not to vaccinate their children, and these kids are some of the healthiest in the Houston area. Whether you choose to vaccinate or not, making an appointment with a wellness chiropractor is one of the best things you can do for your kids and yourself.

Chapter 10: Helpful Resources

Contact Information for Drs. Tabor and Gina Smith:

Pure Life Family Wellness

12850 Jones Rd. Ste. 101

Houston, TX 77070

Phone: 1.281.664.2250

Website: <http://www.HoustonTxChiropractor.com>

Helpful Vaccine Information:

If the information I have given on vaccines has changed your mind about vaccinating your children, here are five steps to keeping your child vaccine-free (this information is current for the state of Texas as of 2009):

1. Obtain a Conscience Affidavit Form from your own state. The state of Texas exemption in PDF-form can be found here:
http://www.dshs.state.tx.us/immunize/docs/faq_exemption.pdf
2. Once you receive your affidavits in the mail (up to five at a time), keep them to use whenever your child enrolls in school or any other activity requiring up-to-date immunizations.
3. Fill the affidavit out in the presence of a notary public (or whomever your state requires). The document is valid for two years and, by law, must be accepted at daycares, schools, colleges, and churches.
4. Schedule an appointment with a wellness chiropractor near you to have your child's spine and nervous system checked.

Helpful Exercise Information:

Here are my workouts:

Day 1 Workout: Chest and Triceps

- Lay on your back and bench press the dumbbells up. 3 sets of 10
- Lay on your back and extend arms out to the side, butterfly the dumbbells up and touch them together at the top. 3 sets of 10
- Push ups. 3 sets of 20 (If you can't get 20, just do what you can.)
- Triceps extension, bending forward extend dumbbell backwards. 3 sets of 10

Day 2 Workout: Bicep and back

- Standing alternating bicep curls. 3 sets of 10
- Seated concentration curls. 3 sets of 10
- Bent over reverse fly's. (Touch dumbbells together between your legs and fly your arms back) 3 sets of 10
- Kneeling one armed dumbbell pulls. (get on your hands and knees and put the dumbbell in one hand then pick it up as far as you can pull it back) 3 sets of 10
- Push ups. 3 sets of 10

Day 3 Workout: Legs and shoulders

- Squats with dumbbells in your hands. 3 sets of 10
- lunges with dumbbells in your hands. 3 sets of 10

- Calf raises with dumbbells in your hands. 3 sets of 20
- Military press with your dumbbells. 3 sets of 10
- Lateral side raises. 3 sets of 10
- Forward raises with your dumbbells. 3 sets of 10

Bonus exercises: Throw these in every once in a while

- Crunches. 3 sets of 20
- Lateral side bends with dumbbell in one hand. 3 sets of 10
- Forearm curls. 3 sets of 10

If you can afford a gym membership, by all means get one. You can't put a price on your health. Many gyms offer fun classes, personal trainers, and help on any equipment you don't know how to use. Go to www.HoustonWellnessClub.com if you would like some direction on which exercises to do at the gym. I have a video on that site called *Workout With the Doc*, which will show you an entire body workout at the gym.

If you are unable to afford a gym membership or if you just prefer to exercise in the privacy of your home, that's easy too. Review the sample, three-day exercise program from above. I also have some specific workouts that I use when I travel and can't make it to the gym. Please visit my new Website, www.WorkoutWithTheDoc.com or contact my office (281-664-2250) to order my own workout DVD. This inexpensive DVD comes with exercise bands, so you don't have to buy weights; and you can start adding resistance to all your workouts.

Affirmations:

Here is a helpful Website for affirming yourself:

<http://www.daily-affirmations.com>

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WARNING: Reading this book could cause a long healthy life without the use of drugs and surgery.

Health care in this nation could be better referred to as sick care. If you don't believe me, try walking up to the front desk of any hospital in America and saying "Make me healthy!" They will probably admit you, but you may have to wear one of those funny jackets when you get to your room! The purpose of hospitals is not to make you healthy. It is to treat sick people's symptoms. The choice to be healthy is in your hands alone. In this book you will find all the information you need to help you and your family live the life you desire. Choose to be different. Choose to be healthy!

INSIDE YOU WILL DISCOVER

- 6 keys to maximize your life, find your best and live your highest potential
- The top 3 causes of death in America and how to make sure you and your family avoid them.
- Are you healthy? You might be surprised.
- A simple method to track your health.
- Healthy meal ideas, exercise plans, and a daily affirmation guide.
- What every parent should know - bonus chapter.



Dr. Tabor Smith is a chiropractor who currently runs a full-time family practice in northwest Houston, with his wife Gina, also a successful chiropractor. He graduated from Parker College of Chiropractic in Dallas. After graduating he worked for a small period of time in Clovis, NM, before accepting a job in Amarillo, TX at one of the largest chiropractic offices in the state. He has treated thousands of people including several professional athletes.

A BETTER WAY

HEALTH CARE *OR* SICK CARE IT'S YOUR CHOICE



TABOR SMITH D.C.

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