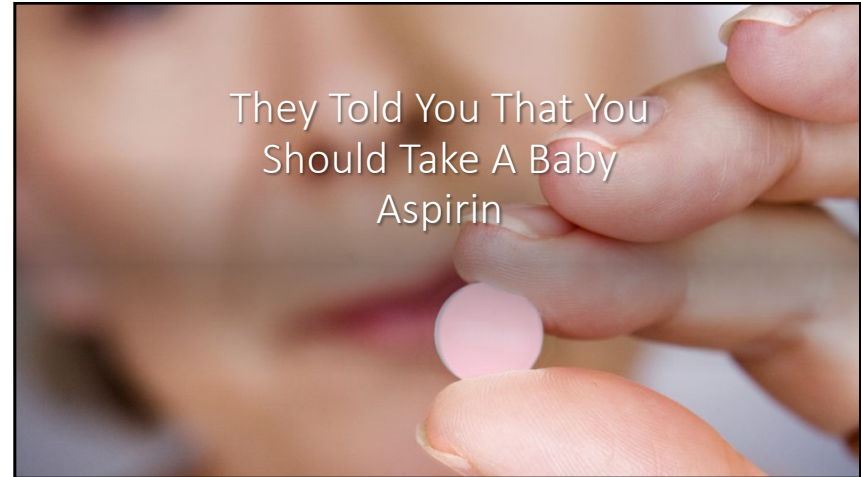


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2

Aspirin Is A Poison

thebmj Research Education News & Views Campaigns Archive

Aspirin, like all other drugs, is a poison

BMJ 2000 ; 321 doi:https://doi.org/10.1136/bmj.321.7270.1170 (Published 11 November 2000)
Cite this as: *BMJ* 2000;321:1170

Article Related content Metrics Responses

We do not know who should be given what dose and for how long

Martin R Tramic, staff anaesthetist (martin.tramer@hcuge.ch)
Author affiliations

Papers p 1183

Aspirin is an old drug. Some 2000 years ago the Greeks used the bark and leaves of the willow tree (which contains salicylic acid) to relieve pain and fever. At the end of the 19th century acetylsalicylic acid started being produced on an industrial scale and aspirin soon became a widely used painkiller. In the late 1960s it was found that a single dose of aspirin irreversibly inhibits the normal aggregation of platelets by suppressing the cyclooxygenase mediated synthesis of thromboxane A2. The effect of aspirin persists until newly formed platelets have been released; their biological lifespan is about nine days.

Sometimes, adverse drug reactions can be turned to advantage, and the antithrombotic effects of aspirin have been widely exploited. Aspirin has been given successfully both to healthy people and to patients with coronary artery disease to prevent myocardial infarction, to patients with acute myocardial infarction to reduce vascular mortality, to patients with atrial fibrillation to prevent stroke and systemic embolism, and to patients with a history of stroke or transient ischaemic attack to prevent further ischaemic events.^{1*}

3

They Told You

4

the NNT Home | Reviews | Log In | Contact Us

Statin Drugs Given for 5 Years for Heart Disease Prevention (Without Known Heart Disease)

IMPORTANT! Updated November 2017
In Summary, for those who took the statin for 5 years

Benefits in NNT	Harms in NNT
<ul style="list-style-type: none"> 100 men helped (no heart) 100 men helped (preventing heart attack) 100 men helped (preventing strokes) 	<ul style="list-style-type: none"> 1 in 26 were harmed (developed diabetes) 1 in 19 were harmed (muscle damage)

Lipitor
reduces risk of heart attack by **36%**

LIPITOR
rosuvastatin calcium

5

1. They Weaken Your Immune System

- They can **damage your immune system** impairing your body's protection against illness and disease.
- Impact the production of an enzyme called **coenzyme Q10**, which is **crucial in maintaining our immune system** among other functions.
- They also weaken the immune system by **stimulating the production of cytokines, spurring inflammation and making it harder for the body to fight off disease and infection.**

6

2. They Raise Diabetes Risk

- This is primarily because of the effect of statins on omega-6 and omega-3.
- Statins **increase the metabolism of omega-6**, which can actually inhibit omega-3.
- This mechanism can **trigger insulin resistance**, in turn upping the risk of developing **diabetes**.

7

3. They Affect Brain Health

- Cholesterol only makes up about **2%** to 3% of our total body weight but **25% of our brain**.
- Statins has been associated with a whole host of neurological problems.
- It's been shown **to cause nerve damage, changes in memory, and even anxiety and depression.**

8

4. They Contribute to Obesity

- Taking in almost **10 percent more calories** and 14 percent more fat.
- BMI had also increased by **triple** when taki
- Your **mitochondria** serve as your cells' power generators and are responsible for breaking down sugar and fat.
- Studies found that exercising while on statins actually **decreased the activity of the mitochondria**.

9

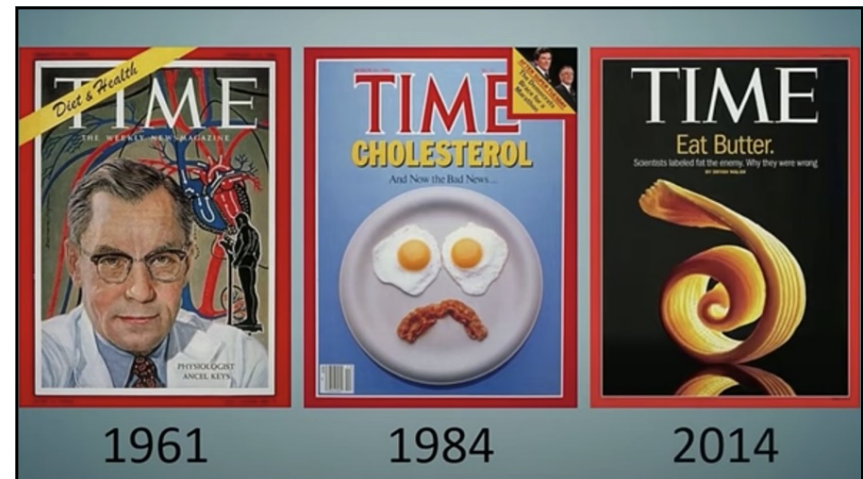
5. They Cause Muscle Damage

- One of the most common side effects of statins is muscle pain, soreness, and weakness. It can even lead to a dangerous condition called rhabdomyolysis, which is a breakdown of muscle tissue.
- Exercising while on statins had 226 percent more muscle damage than not taking statins

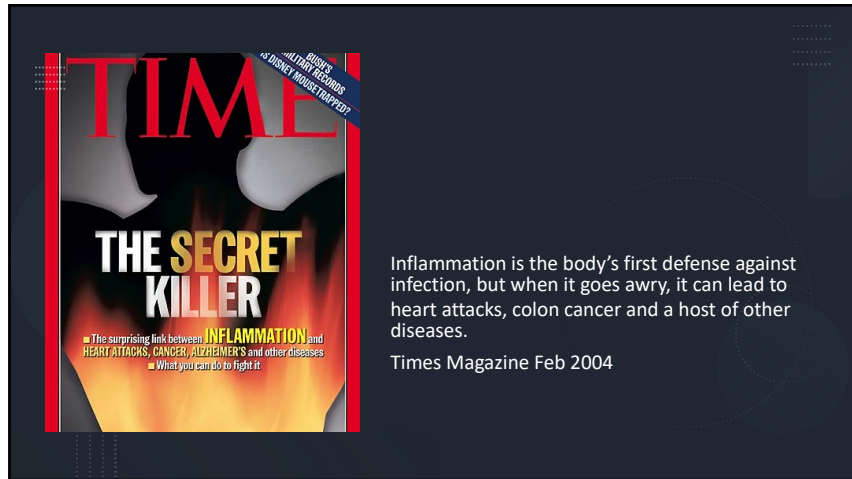
10



11



12



Inflammation is the body's first defense against infection, but when it goes away, it can lead to heart attacks, colon cancer and a host of other diseases.

Times Magazine Feb 2004

13

140,000 Damaged Hearts 61,000 Deaths

1991

Discovery

1999

Approval

2004

Withdrawal

14

National Institutes of Health
National Center for Complementary and Integrative Health

Pain in the U.S.

25.3 million
American adults
suffer from daily pain

23.4 million
American adults
report a lot of pain

Nahata RL. Estimates of Pain Prevalence and Severity in Adults, United States, 2012. *Journal of Pain* 2013; 14(1): 107-113. doi:10.1016/j.jpain.2013.05.002.

National Center for Complementary and Integrative Health
nccih.nih.gov/health/pain

15

GLYCO-HEROIN-(SMITH)

Each ounce contains

Heroin 1/2 grain White Pine Bark 10 grains
 Ammon Hypophos 1/4 grain Robert Toia 1 grain
 Hyposcous 1 grain Glycyrrine 1/4 g.

An elegant preparation and form of Heroin with the addition of valuable expectorants and balsams. Offers superior therapeutical properties over Morphine and Codeine, etc., for the treatment of coughs and respiratory affections, especially bronchitis, laryngitis, phthisis, pneumonia and asthma.

Adult Dose.—One teaspoonful every two hours.

Under the administration of Glyco-Heroin, coughs will often cease within fifteen minutes, frequency of respiration will be reduced, and the pains and dyspnoea relieved without any effect upon the bodily temperature, circulation or digestive organs.

Especially valuable in phthisical cases; one or two teaspoonfuls during the hour before retiring, inducing sleep without cough for the entire night. Its results in Asthma are equally gratifying because of its power to alleviate the dyspnoea.

PRESCRIBE

R GLYCO-HEROIN-(Smith)

Two, three or four ounces

Sig. _____

Supplied by all Retail Druggists in the United States

IN A STUDY OF 133 PATIENTS WITH MODERATE TO SEVERE OSTEOARTHRITIS PAIN*

- OxyContin provided smooth and sustained pain control over a two-week period*
- All patients were dosed q12h*
- 94% of peak pain reduction was achieved by Day 3 of therapy*
- Quality of life benefits—relative to placebo, OxyContin significantly decreased pain and improved quality of life, mood, and sleep*
- Single-entity agent—contains no acetaminophen or aspirin—can be used concomitantly with NSAIDs

*For patients with moderate to severe pain requiring opioid therapy for more than a few days.

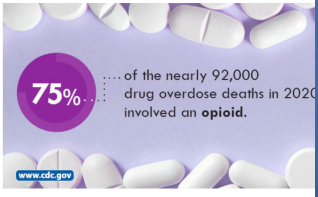
120mg OXYCONTIN® (OXYCODONE HCl CONTROLLED-RELEASE) TABLETS
 OxyContin (120 mg tablets) for oral use only to establish or maintain around-the-clock analgesia in patients requiring doses of 120 mg or more.
Prompt onset, prolonged control
 In non-tolerant patients: A pre-emptive or OxyContin may be appropriate as initial opioid therapy.

16

Drug Overdose Deaths Remain High

More than 932,000 people have died since 1999 from a drug overdose.¹ In 2020, 91,799 drug overdose deaths occurred in the United States. The age-adjusted rate of overdose deaths increased by 31% from 2019 (21.6 per 100,000) to 2020 (28.3 per 100,000).

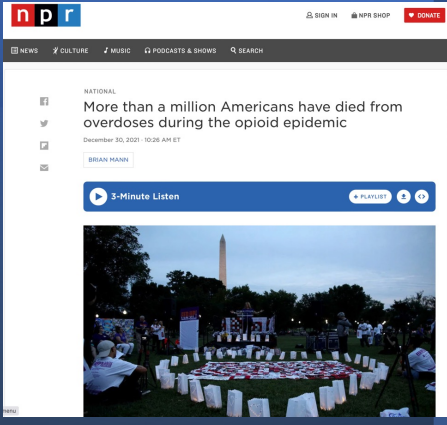
- Opioids—mainly synthetic opioids (other than methadone)—are currently the main driver of drug overdose deaths. 82.3% of opioid-involved overdose deaths involved synthetic opioids.
- Opioids were involved in 68,630 overdose deaths in 2020 (74.8% of all drug overdose deaths).



75% of the nearly 92,000 drug overdose deaths in 2020 involved an opioid.

www.cdc.gov

17



npr

NEWS CULTURE MUSIC PODCASTS & SHOWS SEARCH


NATIONAL

More than a million Americans have died from overdoses during the opioid epidemic

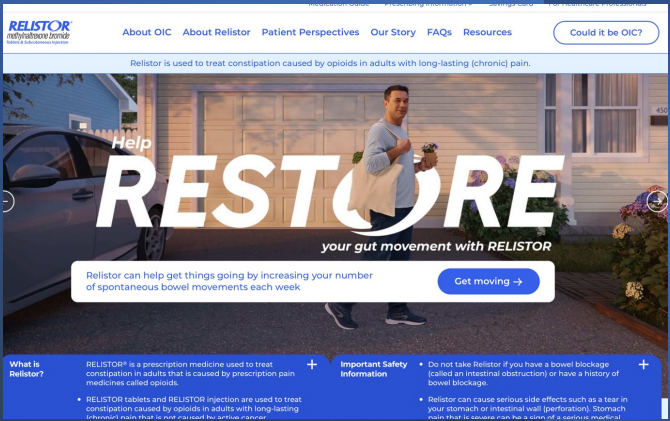
December 30, 2021 10:26 AM ET

BRIAN MANN

3-Minute Listen



18



RELISTOR

About OIC About Relistor Patient Perspectives Our Story FAQs Resources Could it be OIC?

Relistor is used to treat constipation caused by opioids in adults with long-lasting (chronic) pain.

RESTORE

your gut movement with RELISTOR

Relistor can help get things going by increasing your number of spontaneous bowel movements each week

Get moving →


What is Relistor?

- RELISTOR is a prescription medicine used to treat constipation in adults that is caused by prescription pain medicines called opioids.
- RELISTOR tablets and RELISTOR injection are used to treat constipation caused by opioids in adults with long-lasting (chronic) pain that is caused by the use of a narcotic (opioid).

Important Safety Information

- Do not take Relistor if you have a bowel blockage (called an intestinal obstruction) or have a history of bowel blockage.
- Relistor can cause serious side effects such as a tear in your stomach or intestinal wall (perforation), stomach pain that is worse than the pain of a serious medical

19



KQED Inform. Inspire. Involve. Sign In


News Politics Science Education Housing Immigration Criminal Justice Silicon Valley Forum More

For Many, Overcoming Opioid Addiction Means Medication for Life

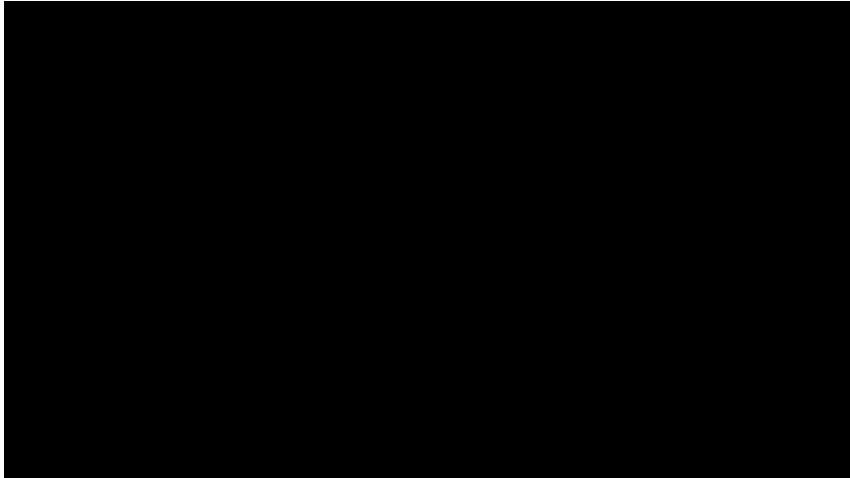
LISTEN 07:15

By Laura Kivans | Jul 15, 2019 Save Article

This article is more than 3 years old.



20



21

Persuasive messaging to increase COVID-19 vaccine uptake intentions

Eric K. James^{1,2}, Scott E. Bakker^{1,2}, Alan S. Gerber^{1,2,3,4}, Saad B. Omer^{1,2,3,4}, Gregory A. Huber^{1,2,3,4,5} & J. M. ⁶

Share Cite

<https://doi.org/10.1016/j.vaccine.2021.10.039> Get rights and content

Treatment Name	Full Text
(1) Baseline Informational Control	To end the COVID-19 outbreak, it is important for people to get vaccinated against COVID-19 whenever a vaccine becomes available. Getting the COVID-19 vaccine means you are much less likely to get COVID-19 or spread it to others. Vaccines are safe and widely used to prevent disease and vaccines are estimated to save millions of lives every year.
(2) Self-Interest	Stopping COVID-19 is important because it reduces the risk that you could get sick and die. COVID-19 kills people of all ages, and even for those who are young and healthy, there is a risk of death or long-term disability. Remember, getting vaccinated against COVID-19 is the single best way to protect yourself from getting sick.
(3) Community Interest	Stopping COVID-19 is important because it reduces the risk that members of your family and community could get sick and die. COVID-19 kills people of all ages, and even for those who are young and healthy, there is a risk of death or long-term disability. Remember, every person who gets vaccinated reduces the risk that people you care about get sick. While you can't do it alone, we can all protect everyone by working together and getting vaccinated.
(4) Community Interest + Guilt	(3) + Imagine how guilty you will feel if you choose not to get vaccinated and spread COVID-19 to someone you care about.
(5) Community Interest + Embarrassment	(3) + Imagine how embarrassed and awkward you will be if you choose not to get vaccinated and spread COVID-19 to someone you care about.
(6) Community Interest + Anger	(3) + Imagine how angry you will be if you choose not to get vaccinated and spread COVID-19 to someone you care about.
(7) Not Brave	Soldiers, fire-fighters, EMS, and doctors are putting their lives on the line to serve others during the COVID-19 outbreak. That's brave. But people who refuse to get vaccinated against COVID-19 when there is a vaccine available because they don't think they will get sick or aren't worried about it aren't brave, they are reckless. By not getting vaccinated, you risk the health of your

22

POLITICS

The White House is set to unveil a wide-reaching, billion-dollar campaign aimed at convincing every American to get vaccinated

By Lex Fischer March 16, 2021 Reprints

President Biden speaks about the Covid-19 pandemic during a press conference address from the East Room of the White House on Thursday.

POLITICS

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President Biden speaks about the Covid-19 pandemic during a press conference address from the East Room of the White House on Thursday.

23

24

6

Review > Immunology. 2022 Apr;165(4):386-401. doi: 10.1111/imm.13443. Epub 2022 Jan 7.

New-onset autoimmune phenomena post-COVID-19 vaccination

Yue Chen ^{1,2}, Zhiwei Xu ³, Peng Wang ⁴, Xiao-Mei Li ⁵, Zong-Wen Shuai ⁶, Dong-Qing Ye ^{1,2}, Hai-Feng Pan ^{1,2}

Affiliations + expand
PMID: 34957554 DOI: 10.1111/imm.13443

Abstract

Coronavirus disease 2019 (COVID-19) pandemic caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) has led to an unprecedented setback for global economy and health. Vaccination is one of the most effective interventions to substantially reduce severe disease and death due to SARS-CoV-2 infection. Vaccination programmes are being rolled out globally, but most of these vaccines have been approved without extensive studies on their side-effects and efficacy. Recently, new-onset autoimmune phenomena after COVID-19 vaccination have been reported increasingly (e.g. immune thrombotic thrombocytopenia, autoimmune liver diseases, Guillain-Barré syndrome, IgA nephropathy, rheumatoid arthritis and systemic lupus erythematosus). Molecular mimicry, the production of particular autoantibodies and the role of certain vaccine

25

Review > Vaccines (Basel). 2022 May 9;10(5):742. doi: 10.3390/vaccines10050742.

New-Onset Acute Kidney Disease Post COVID-19 Vaccination

Yebei Li ¹, Meijing Rao ², Gaosi Xu ¹


Affiliations + expand
PMID: 35632497 PMCID: PMC9147880 DOI: 10.3390/vaccines10050742
Free PMC article

Abstract

The coronavirus disease 2019 (COVID-19) pandemic, caused by the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), has caused an exceptional setback to the global economy and health. Vaccination is one of the most effective interventions to markedly decrease severe illness and death from COVID-19. In recent years, there have been increasingly more reports of new acute kidney injury (AKI) after COVID-19 vaccination. Podocyte injury, IgA nephropathy, vasculitis, tubulointerstitial injury, and thrombotic microangiopathy appear to be the main pathological phenotypes. Nonetheless, whether the link between the COVID-19 vaccine and acute kidney disease (AKD) is causal or coincidental remains to be verified. Here, we generalize some hypotheses for the emergence of AKD and its pathogenesis in response to certain COVID-19 vaccines. In fact, the enormous benefits of mass vaccination against COVID-19 in preventing

26

Gastrointestinal Complications of COVID-19 Vaccines

Kunal Ajmera , Rashika Bansal, Heather Wilkinson, Lokesh Goyal

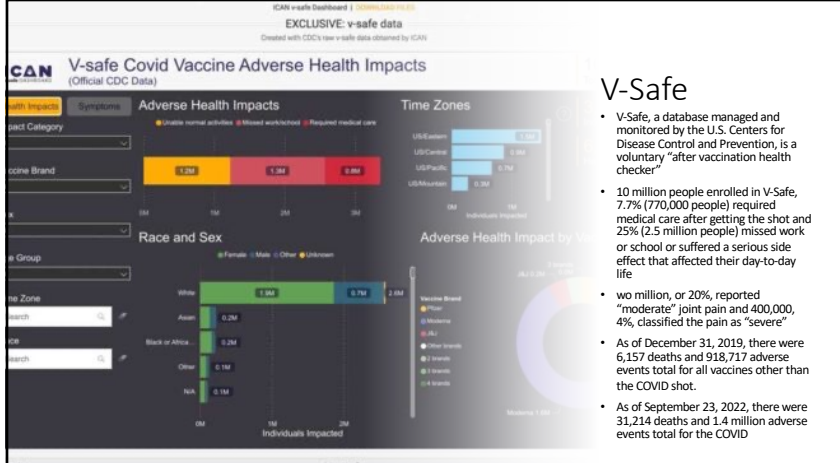
Published: April 12, 2022 (see history)
DOI: 10.7759/cureus.24070
Cite this article as: Ajmera K, Bansal R, Wilkinson H, et al. (April 12, 2022) Gastrointestinal Complications of COVID-19 Vaccines. Cureus 14(4): e24070. doi:10.7759/cureus.24070

Abstract

Much of the control over the coronavirus disease 2019 (COVID-19) pandemic has been achieved by mass vaccination against the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), the etiologic agent that causes COVID-19. The COVID-19 mRNA (messenger RNA) vaccines are relatively newly approved and have been widely used in the US since they first became available. However, with passing time, data regarding adverse events associated with the mRNA vaccines have become clearer. Vaccines are safe in general, and the benefits outweigh the risks of adverse events. In this case report, we present the first documented case report of post-vaccination acute diverticulitis and colon micro-perforation following Moderna booster dose (Moderna Inc, Cambridge, USA) in a young adult. Vaccine recipients should be educated on vaccine-associated gastrointestinal (GI) adverse events in order to reduce morbidity and mortality. We also recommend that vaccine recipients with pre-existing GI disorders should be carefully monitored for the worsening of pre-existing conditions post-COVID-19 vaccination.

Introduction

27



EXCLUSIVE: v-safe data
Created with CDC's new v-safe data obtained by ICAN

V-Safe

- V-Safe, a database managed and monitored by the U.S. Centers for Disease Control and Prevention, is a voluntary "after vaccination health checker"
- 10 million people enrolled in V-Safe, 7.7% (770,000 people) required medical care after getting the shot and 25% (2.5 million people) missed work or school or suffered a serious side effect that affected their day-to-day life
- wo million, or 20%, reported "moderate" joint pain and 400,000, 4%, classified the pain as "severe"
- As of December 31, 2019, there were 6,157 deaths and 918,717 adverse events total for all vaccines other than the COVID shot.
- As of September 23, 2022, there were 31,214 deaths and 1.4 million adverse events total for the COVID

28

THE NEW ENGLAND JOURNAL OF MEDICINE

Covid shots to routine immunization schedules for kids, adults
 Covid vaccines' inclusion on the schedules don't constitute mandates.

Effects of Vaccination and Previous Infection on Omicron Infections in Children

September 22, 2022
 N Engl J Med 2022; 387:1141-1143
 DOI: 10.1056/NEJMc2209371
 Metrics

- Researchers found that for kids in the age group, the effectiveness peaked at 60 percent to 70 percent several weeks after the first dose. It then dropped, nearing zero at week 18 for previously uninfected children and week 20 for previously infected children. After that, the effectiveness was pegged as turning negative, which means the vaccinated children were more likely to contract COVID-19 than unvaccinated children.

29

NIH **MSNBC | July 28, 2021**

> END THE PANDEMIC
DR. FAUCI ON THE UPDATED CDC MASK GUIDANCE **MSNBC**
ALL IN WITH CHRIS HAYES

30

Living in a Culture of Fear

31

Whats the narrative?:

**Fear
 Betrayal
 Blame
 Injustice
 Separation
 isolation..**

In the name of health?

32



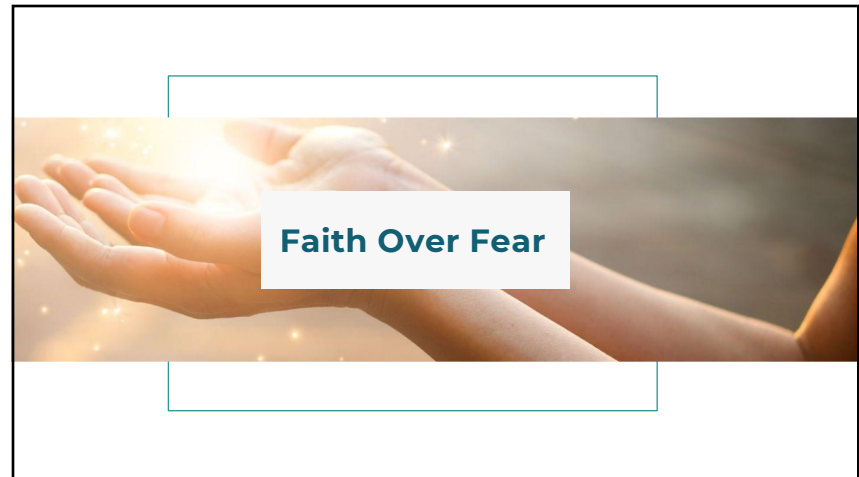
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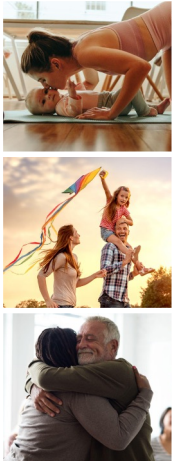


35



36

Focus your mind on the things that bring you peace



The slide features three vertically stacked images. The top image shows a woman in a pink tank top leaning over a baby on a wooden floor. The middle image shows a family of four (a man, a woman, and two children) holding a large, colorful kite against a sunset sky. The bottom image shows an elderly man and woman embracing warmly.

37

Where Does it End?



The slide features a large, circular image of a woman with long blonde hair, wearing a grey sweater, looking down thoughtfully with her hand resting on her chin.

38



Who Do You Trust?

The slide features a large image of a man wearing a black beanie and a plaid shirt, covering his face with his hands in a gesture of distress or despair. To the right of this image is a light blue rectangular area containing the text.

39

Trust the "Experts" vs Follow the Facts



The slide features two images flanking a central text box. On the left is a man in a dark suit reading a newspaper. On the right is a woman with glasses sitting at a desk, working on a laptop.

40

Cardiovascular and immunological implications of social distancing in the context of COVID-19

Fact: Isolation lowers the immune system

Genesis 2:18 cites: 'It is not good for man to be alone', and 'No man is an island' by John Donne states: 'No man is an island entire of itself; every man is a piece of the continent, a part of the main'. These popular cultural references highlight how social interactions are vital for our emotional and psychological well-being. In current times, it is appreciated that social interactions are pivotal for both our mental and physical health.¹ Over the last decade, studies have explored how loneliness, a perception of being isolated, and social isolation, the number of social contacts one has, impacts the cardiovascular and immune systems. The COVID-19 pandemic has made it essential to social distance by use of worldwide lockdowns, dramatically changing social interactions. Whilst social distancing minimizes the spread of COVID-19, such social isolation has the potential to affect the cardiovascular and immune systems.

Limited social interactions, such as in lockdown, will affect the body at three levels, physiological, psychological, and behavioural, and increase traditional risk factors and thus risk of cardiovascular disease (CVD) itself.² For example, such people have an increased likelihood of depression, having a poor diet, being sedentary, and having increased blood pressure.² These effects are liable to be most pronounced in those from poorer socioeconomic backgrounds, who are more likely to lose jobs and less likely to have gardens in which to exercise. Changes in health behaviour are reversible and may improve when lockdown measures are eased, e.g. exercise in groups. However, loneliness, a

41

Fact: Stress lowers the immune system

STRESS

Elevates adrenalin & cortisol levels
Depletes nutrient stores
Compromises immune system

Causes **Damage** to your body's tissue & organs on a cellular level. Triggers further stress response

Leads to low grade chronic **Inflammation** Body struggles to fight infection, repair and recover

42

Truth Over Fear

TRUTH: Your body has innate intelligence

TRUTH: Your body has the power to protect from illness

TRUTH: Your body has a powerful defense system.

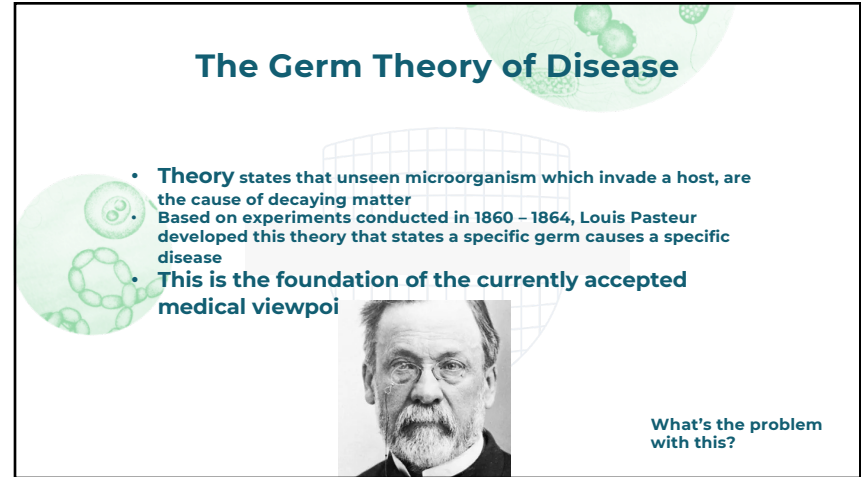
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What is the fear based on?

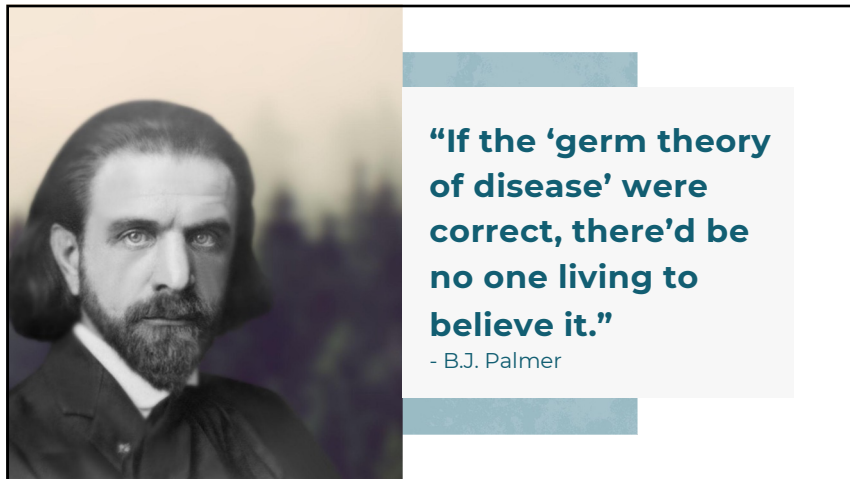
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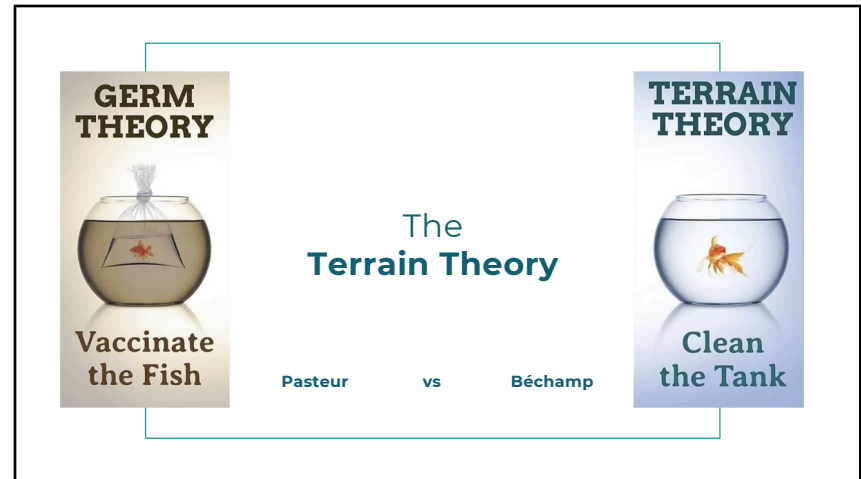
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46




47



48

The Terrain **Host** Theory of Disease




A sick body will create a favorable environment for germs; germs are always present in our environment, but a healthy body can fight harmful invaders.

Getting sick depends on:

- How much of the virus you're exposed to
- How strong the virus impacts your immune system
- The overall strength of your immune system**

49



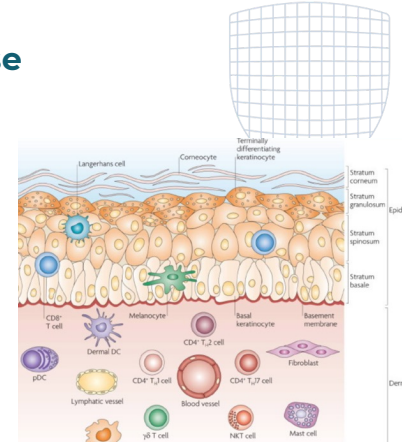
Your Defense system

50

1st line of defense

Our body's physical barrier:

- Skin and the mucosal lining in your respiratory tract is the first line of defense against pathogens.
- The tears, sweat, saliva, and mucous produced by the skin and mucosal lining eliminates some pathogens before they have a chance to reach your tissue or blood!



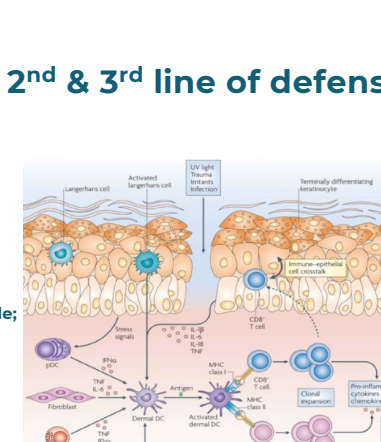
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2nd & 3rd line of defense

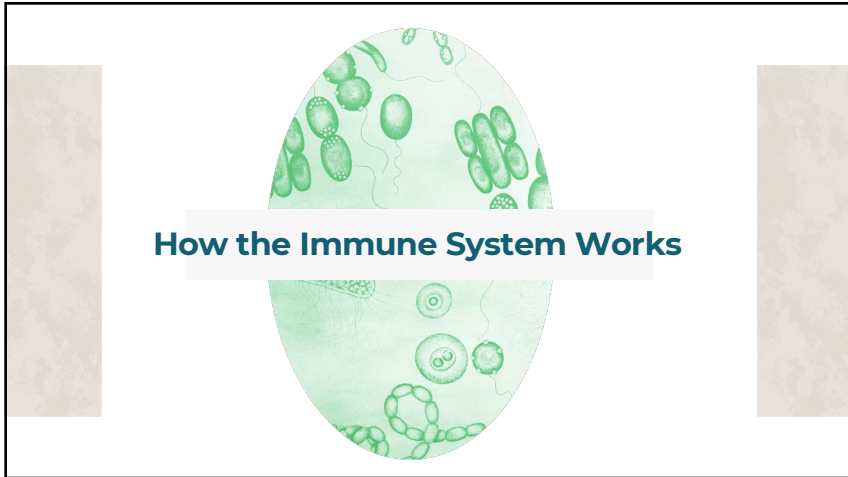
The second line of defense encounters pathogens that successfully pass the physical barriers.

It consists of cells and proteins that attack invaders (antigens).

Often the second line of defense is enough to resolve or limit the spread of infection but there are some situations where the innate immune system cannot handle; this is when your adaptive immune response (3rd line) is activated.



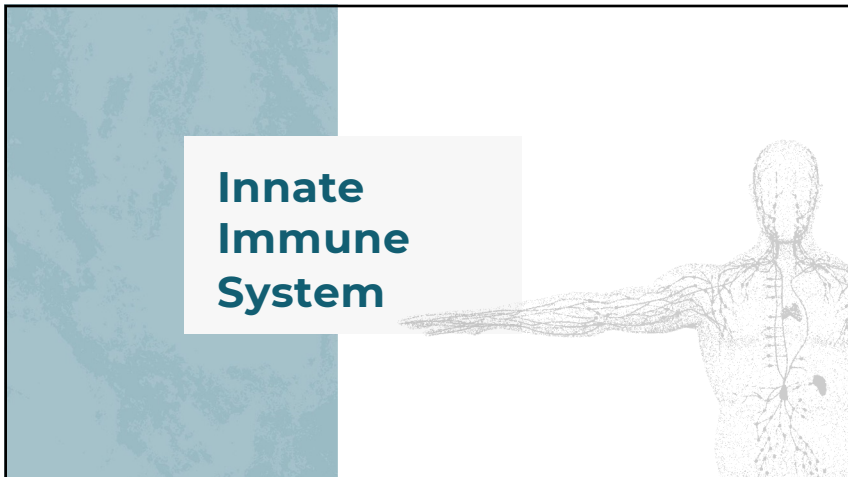
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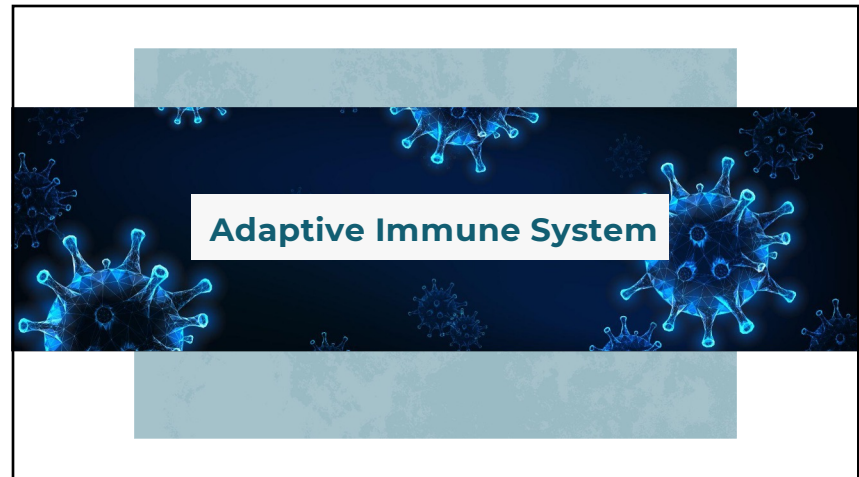
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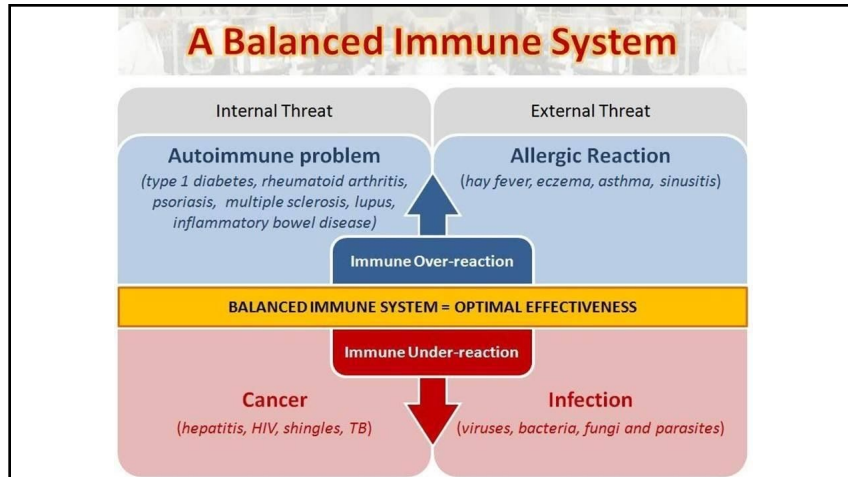
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55



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57



58

The Importance of Your Colon/Bowels

- The gut has over 100 trillion micro-organisms
- The gut flora provides protection from infection, regulates metabolism and comprises more than 80% of our immune system

What destroys this bacteria in the gut?

- Antibiotics and other meds
- Diets high in refined carbs, sugar & processed foods
- Food sensitivities like wheat and dairy
- Chronic stress
- Chronic infections

59

The Problem: bad gut = weak immune system

- Poor Nutritional Status
 - Vitamin Deficiencies
 - High Carb / Low Fat Diet
 - Small Intestine Bacteria Overgrowth
- Inadequate Sleep
- Poor Oxygenation (Exercise)
- Digestive Distress
- Unbalanced Stress Hormones

60

Max GI

- Up to 80% of the immune system is located in the GI tract
- A healthy immune system depends upon gut flora and optimal digestion
- Max GI supports healthy gut flora through probiotics and essential oils
- Max GI also includes lysozyme, a powerful enzyme that provides natural protection against pathogens that disrupt healthy gut flora and cause intestinal disease



61

Symptoms Of A Leaky Gut

- Acne
- Allergies
- Arthritis
- Asthma
- Autism
- Autoimmune diseases
- Celiac disease
- Crohn's disease
- Cystic fibrosis
- Eczema
- Environmental illness
- Food allergies
- Hives
- Inflammatory bowel disease
- Irritable bowel syndrome
- Multiple food and chemical sensitivities
- Psoriasis
- Schizophrenia
- Lupus
- Ulcerative colitis

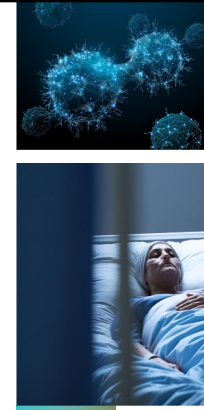
62

Natural Immunity vs. Artificial Immunity

What's the difference?



63



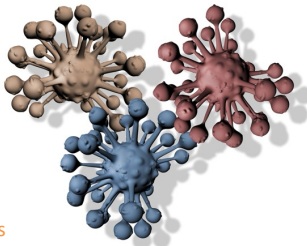
Cancer Rates Rising

64

Undetectable Cancer


Active cancer cells can double every 90 days.

90 days = 2 cells
 1 year = 16 cells
 2 years = 256 cells
 3 years = 4,896 cells
 4 years = 65,536 cells
 5 years = 1,048,576 cells
 6 years = 16,77,216 cells
 7 years = 268,435,456 cells
 8 years = 4,294,967,296 cells (doubled 32 times)
 Cancer cells are normally detectable by mammogram at this stage. At 40 doublings (approximately 10 years), cancer is considered lethal.



65

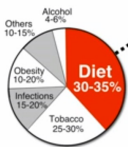
It's Not Genetics!



Cancer

5-10%
Genes

Environment
90-95%



66

What Causes Cancer?

The cause of Cancer and all disease is when the cells **become toxic, deficient, or have a decrease in function.**

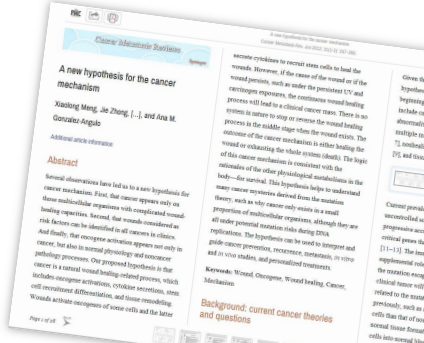
Characteristics of a **healthy cell** and a **cancer cell:**

Healthy Cell	Cancer Cell
1. Uses Oxygen for Fuel	1. Uses Sugar for Fuel
2. Doesn't use Sugar for Fuel	2. Doesn't use Oxygen for Fuel
3. Lives in slightly Alkaline environment	3. Lives in an Acidic environment
4. Needs Proper Nerve Supply	4. Doesn't need proper nerve supply to survive

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Cancer is a Survival Mechanism

New hypothesis:
Cancer is a natural wound healing-related process. If the cause of the wound or if the wound persists, the continuous natural process will lead to a clinical cancer mass.



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Journal of Oncology
Indexed in Science Citation Index Expanded

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Journal of Oncology
Volume 2018, Article ID 1236787, 11 pages
<https://doi.org/10.1155/2018/1236787>

Review Article
The Role of the Vagus Nerve in Cancer Prognosis: A Systematic and a Comprehensive Review

Marijke De Couck^{1,2}, Ralf Caers^{3,4}, David Spiegel⁵, and Yori Gidron^{1,6}

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²Faculty of Health Care, University College Odisee, Aalst, Belgium
³Department of Work and Organization Studies, KU Leuven, Brussels, Belgium
⁴Faculty of Business and Sustainable Development, University of Seychelles, Mahe, Seychelles
⁵Department of Psychiatry & Behavioral Sciences, Stanford University School of Medicine, Stanford, California, USA
⁶SCALab, Lille 3 University & Siric Oncolille, Lille, France

Correspondence should be addressed to [Marijke De Couck](mailto:marijke.de.couck@vub.be); marijke.de.couck@vub.be

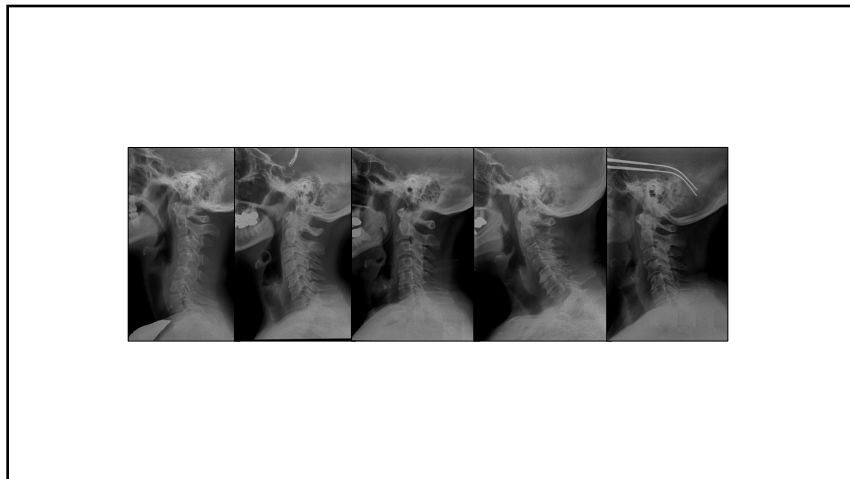
Abstract
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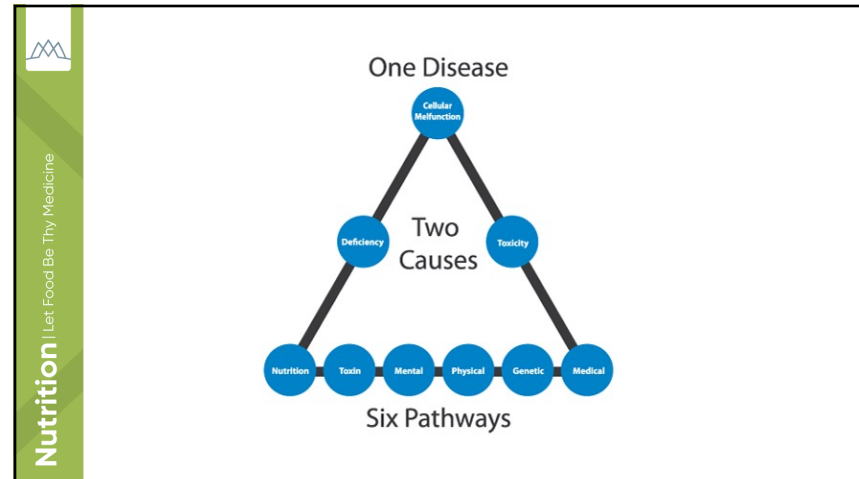
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Lets Play Find The Cancer

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Drugs Cause Toxicity And Deficiency

Nutrient Depletion Caused by Pharmaceutical Drugs

Long term use of certain medications can cause nutrient depletion. Trust your nutritional supplement needs to professionals. It is important that you take your medication as directed by your prescriber.

Drug Class	Name Brand Examples	Nutrients Depleted
ACE Inhibitors	Lotensin, Capoten, Vasotec, Monopril, Prilivil, Univasic, Accupril, Altace, Maxilo, Aceon	Zinc
Antacids	Pepto, Tagamet, Zantac	Vitamin B12, Folate, Vitamin D, Calcium, Iron, Zinc
Antibiotics	General Aminoglycosides, Cephalosporins, Penicillins, Streptom, Nystatin	B Vitamin, Vitamin K, Healthy Intestinal Bacteria, Calcium, Zinc, Magnesium, Iron, Vitamin B6, Zinc
Anti-depressants	Adipin, Aventyl, Elavil, Antidepress, Pamelor	Vitamin B12, Coenzyme Q-10, Folate
Anti-diabetic Drugs	Microsone, Tolname, Glucophage	Coenzyme Q-10, Vitamin B12, Folate
Beta Blockers	Catapres, Aldomet, Coregard, Inderal, Lopressor, Betacore	Coenzyme Q-10
Contraceptives	Norinyl, Ortho-Novum, Triphasil, etc.	Vitamins B2, B3, B6, B12, C, Folate, Healthy Intestinal Bacteria, Magnesium, Zinc
Corticosteroids	Cortone, Hydrocortone, Deltasone, Prednis, Azmacort, Medrol, Decadron, Celestone	Vitamin C, D, Folate, Calcium, Magnesium, Potassium, Selenium, Zinc
Diuretics, Loop	Lasix, Bumex, Edecrin	Vitamins B1, B6, C, Magnesium, Calcium, Potassium, Zinc, Sodium
Diuretics, Thiazide	Hydrofluril, Dauril, Zaroxolyn	Magnesium, Potassium, Zinc, Coenzyme Q-10, Sodium
Estrogen	Premarin, Prempro, Premphasi, Femi-RT, Actiwell, Ortho Prefest, Enovid, Estratab, Menest, Estrace, Climax, Est, Ogen, Estrol	Vitamins B2, B6, C, Folate, Magnesium, Zinc
NSAIDs	Aspirin & Salicylates, Motrin, Naproxen, Celebrex, Feldene, Voltaren, Lidone, Orudis, Toradol, Relafen, Indochin	Vitamin C, Iron, Potassium, Folate
Proton Pump Inhibitors	Aciphex, Nexium, Lozer, Prevacid, Pantoloc, Protonix, Prilosec, CFC	Vitamin B12
Statin Cholesterol Lowering Drugs	Lescol, Lipitor, Mevacor, Zocor, Pravachol, Crestor	Coenzyme Q-10, Magnesium, Potassium
Vasodilators, Direct	Aprovelo, Loniten	Vitamins B6, Magnesium, Calcium, Potassium, Zinc, Coenzyme Q-10

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Daily Defense



- 1. REVERSE the tendency for bad genes to express
- 2. Promotes APOPTOSIS (cancer cell death)
- 3. Reduces the inflammatory cancer microenvironment
- 4. Blocks estrogen mimicking chemicals
- 5. Stops angiogenesis (development of new blood supply for the tumor)
- 6. Increases Immunity (When researchers looked at the lining of the intestine after ingestion of curcumin, they found that CD4+ T-helper and B type immune cells were greater in number.)

.....and one of the most POWERFUL things Curcumin can do that NO chemotherapy or radiation can do is TARGET CANCER stem cells and this is where ALL cancer begins.



75

Strengthen the Host

With the 5 Essentials

⋈
◇
△
○
×®



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Top 5 Immune Destroying Foods



Sugar



Processed Foods



Refined Carbohydrates



Fried Foods



Artificial Sweeteners

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Top 5 Immune Boosting Foods







Quality Fats

Antioxidant-Rich Foods

Citrus Fruits

Garlic

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Break Fast with Protein



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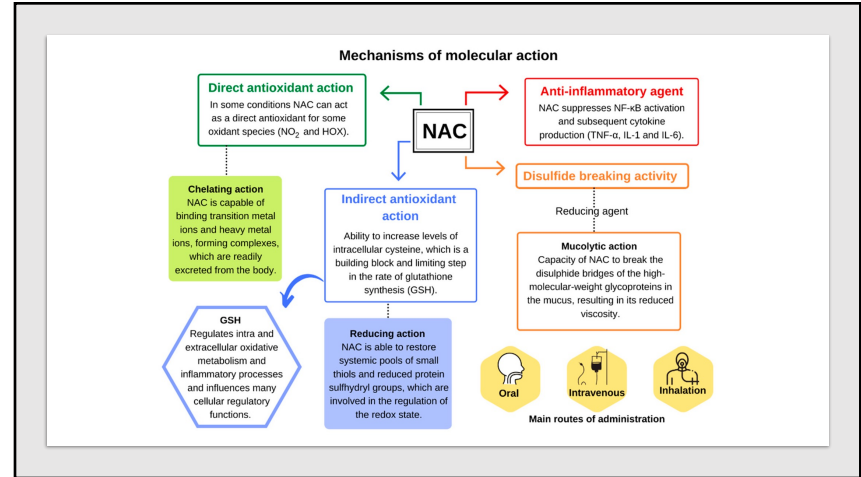
The Immunity Nutrition Plan involves:

- . Choosing organic when possible
- . Consuming higher sugar plant-based foods earlier in the day
- . Eating more healthy fats while eliminating all damaged fats
- . Choosing naturally raised animal proteins
- . Selecting whole over refined carbohydrates (Note: Emphasize ancient grains, pseudograins, and non-gluten grains. Always consume whole, sprouted and stone-ground versions)
- . Opting for fruits and vegetables over refined grains and sugars
- . Most importantly it involves eating and enjoying food until you are full.

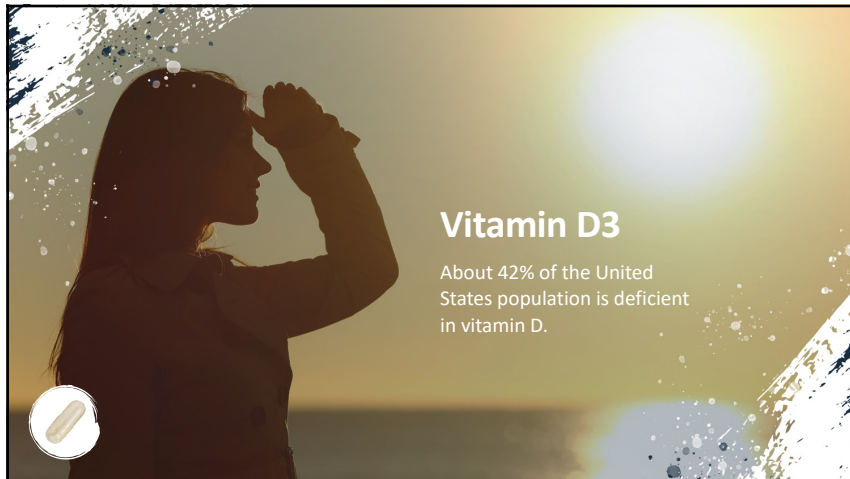
80



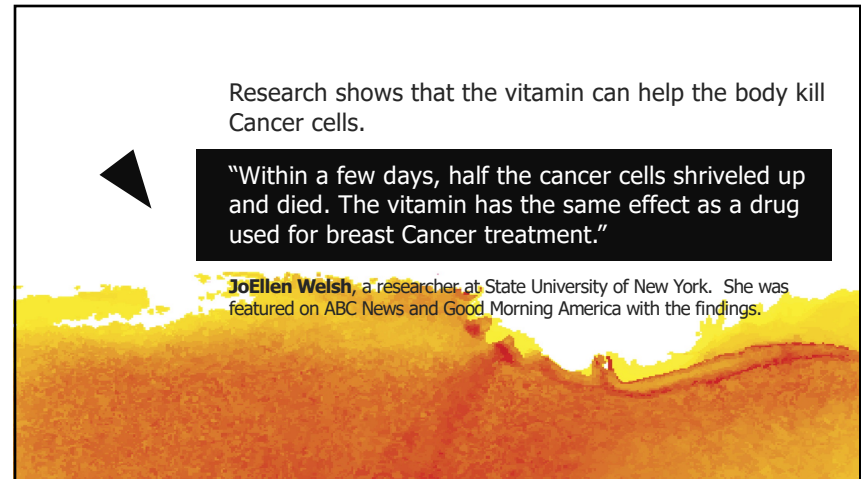
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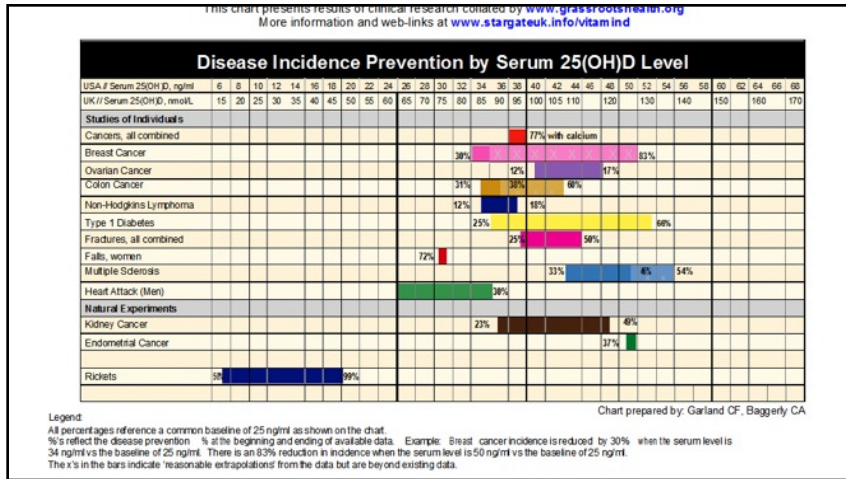
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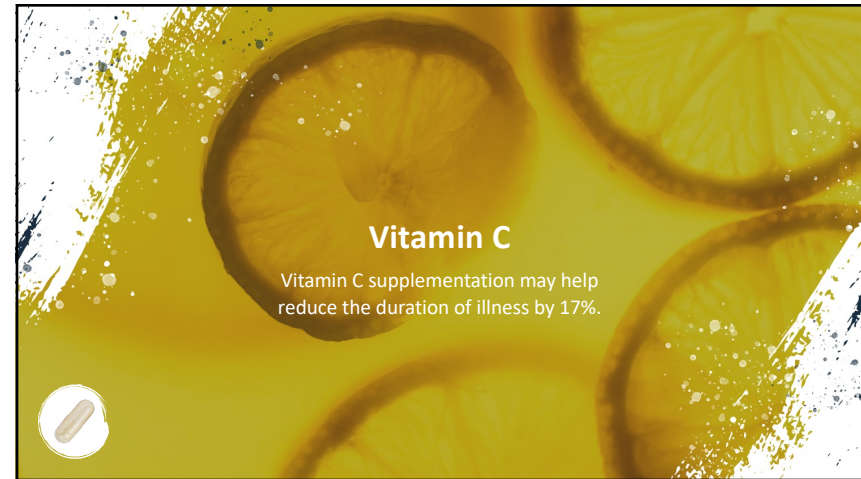
83



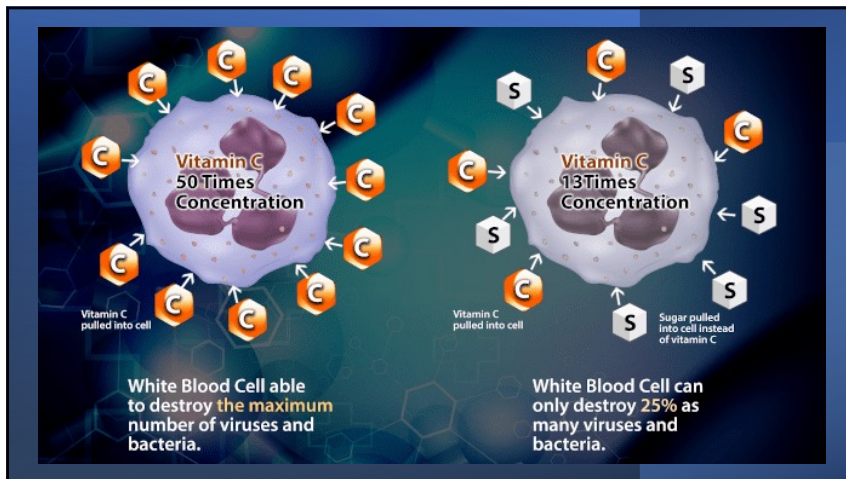
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Zinc may help reduce the duration of sickness by 33%.

Signs Of Zinc Deficiency

- ✓ Lowered Immunity
- ✓ Breast & Prostate Cancer
- ✓ Poor Memory
- ✓ Infertility
- ✓ Loss of Sex Drive
- ✓ Frequent Colds/Flu's
- ✓ Unusual Hair Loss
- ✓ Slow Thinking Processes
- ✓ Spots on Fingernails
- ✓ Loss of Taste or Smell
- ✓ Sinus Problems & Allergies
- ✓ Skin Rashes/Eczema
- ✓ Loss of Appetite
- ✓ Insomnia
- ✓ Low Energy

The deficiency may be involved in the pathogenesis of common and unusual diseases through a variety of mechanisms. OCP, oral contraceptive pills; BMS, bacterial vaginosis; RAS, rheumatoid arthritis; AO, amyloidosis.

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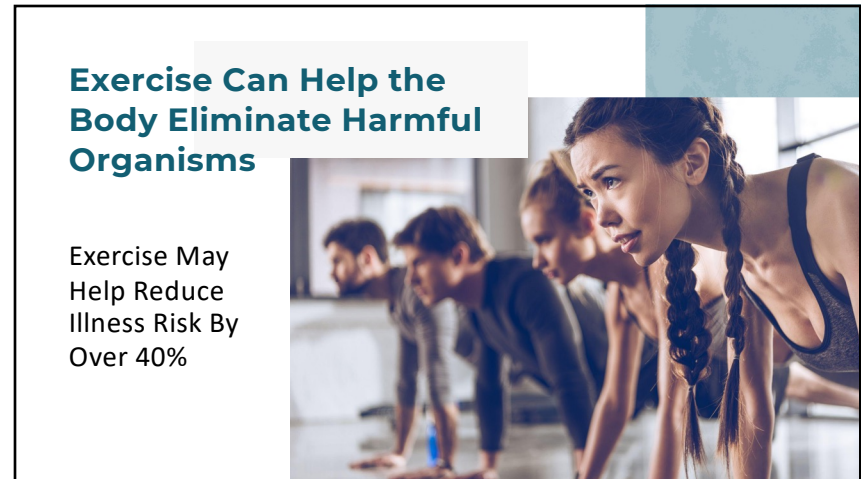
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Exercise can reduce the risk of infection

Moderate to vigorous physical activity and risk of upper-respiratory tract infection

Charles E Matthews¹, Ira S Ockene, Patty S Freedson, Milagros C Rosal, Philip A Merriam, James R Hebert

Affiliations + expand
PMID: 12165677 DOI: 10.1097/00005768-200208000-00003

Abstract

Purpose: A "U"-shaped model has been proposed to describe the relationship between physical activity and risk of upper-respiratory tract infection (URTI). However, little epidemiologic evidence is available to support the contention that moderately active individuals are at lowest risk of URTI. This investigation examined differences in URTI risk between physically inactive and moderately active adults.

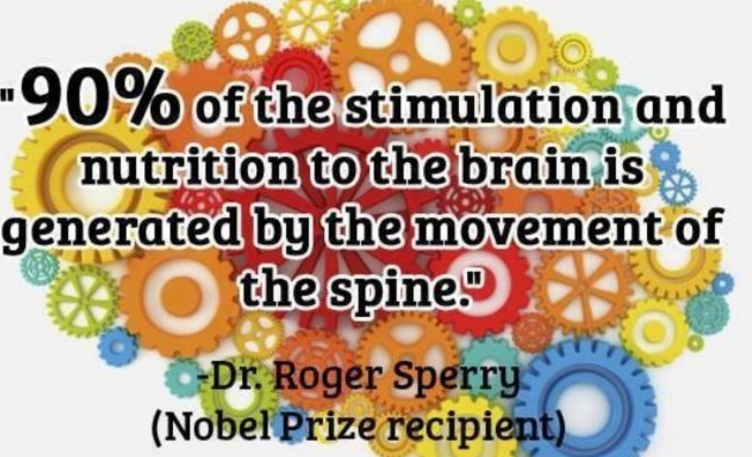
Results: Men and women reported 1.2 (1.4) and 1.2 (1.2) URTI events per year, respectively (mean [SD]). Adjusting for gender and potential confounders, the IRR for less than 3.93, 3.94-7.15, 7.16-11.95, and > or = 11.96 MET-h/d(-1) among men, and less than 2.38, 2.39-4.09, 4.10-6.24, and > or = 6.25 MET-h/d(-1) among women, were 1.00 (reference), 0.87 (95% confidence interval [CI], 0.70-1.07), 0.89 (95% CI, 0.71-1.09), and 0.77 (95% CI, 0.62-0.95), respectively (P(trend) = 0.03). This effect was stronger in men (P(trend) = 0.03) than women (P(trend) = 0.17), although at similar expenditure levels (6-7 MET-h-d-1), risk was reduced by about 20% in men and women. Risk reduction was most pronounced in the fall of the year (P(trend) = 0.02).



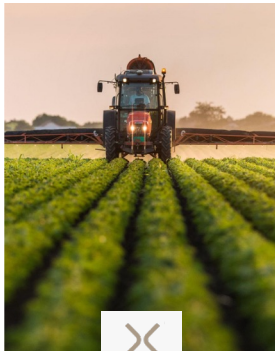
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"90% of the stimulation and nutrition to the brain is generated by the movement of the spine."


-Dr. Roger Sperry
(Nobel Prize recipient)



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Let's Talk About Toxins







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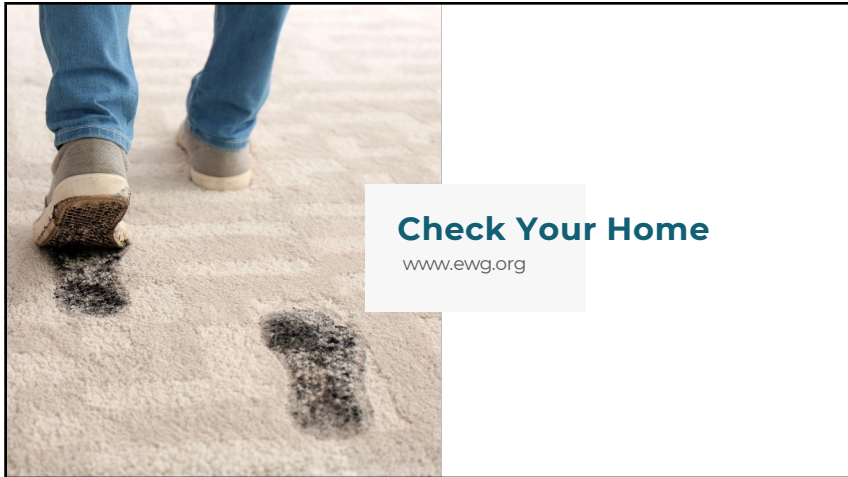
Your Detoxification System

Symptoms of Toxicity

Loss of energy	Nausea	Body Aches & Pains
Memory Loss	Insomnia	Frequent Headaches
Depression	Allergies	Muscle Stiffness
Anxiety	Nervousness	Frequent Colds
Restlessness	Skin Irritation	"Cold Spots" Sensation
Mental Fog	Food Intolerance	Deteriorating Vision

- Liver 
- Pancreas 
- Intestines 
- Kidneys 

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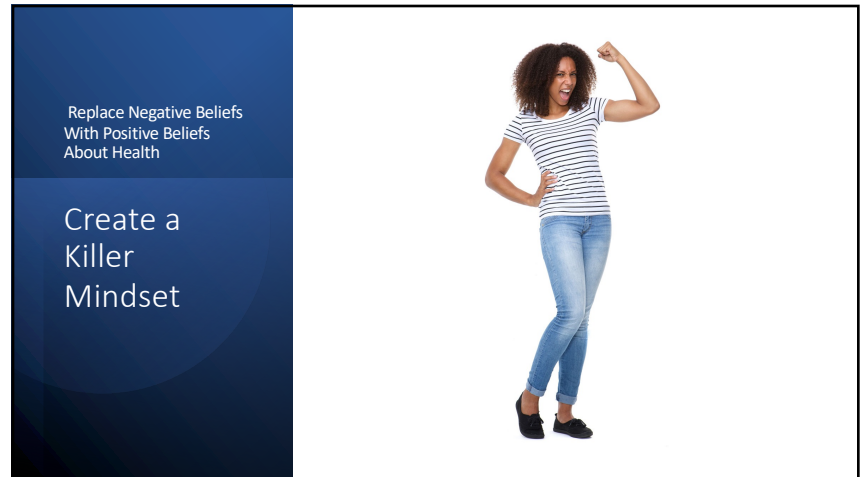
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100

- I have bad genes. The truth is...
- I tried in the past and it did not work. The truth is...
- I am just like that. I am this disease. The truth is...
- I dont not have the time to be healthy. The truth is...
- I do not have the money to invest on my health. The truth is...
- My health is too far gone, and I got use to this condition. The Truth is...
- There are other things that are more important then my health right now. The Truth is...

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Tone

DEVIATION WITH PATHOLOGY

1 0.3 C 18%

2 0.6 C 64%

3 0.9 C 92%

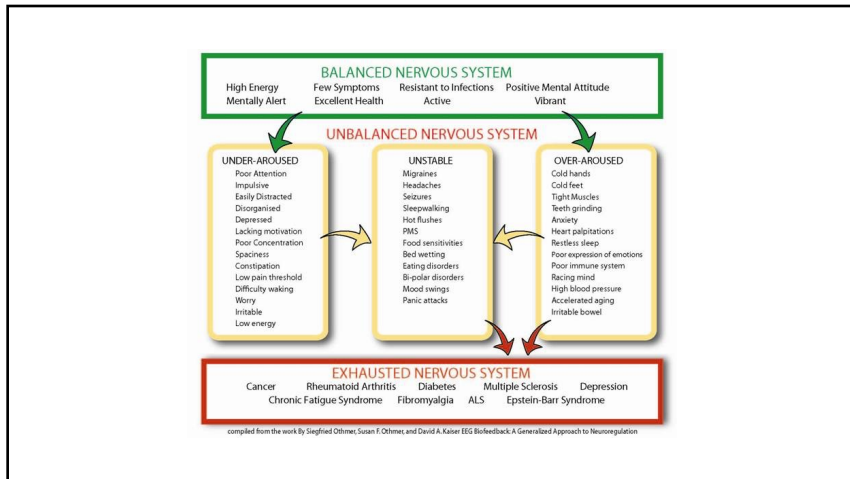
4 1.2 C 96%

When asymmetries exceeded 1 standard deviation from the mean temperature of homologous regions measured in 90 normal control subjects, the positive predictive value of thermometry in detecting root impingement was 94.7% and the specificity was 87.5%.

"should one part of the body be colder or hotter than another disease is present in that part." Hippocrates

- Uematsu S, Edwin DH, Jankel ER et al: "Quantification of thermal asymmetry." J Neurosurg 69:552, 1988.
- BenElYahou D, Silber, BA: Infrared thermography and MRI in patients with cervical disc herniation. AJCM, 3(2):57-62, June 90.
- Green I, Leonbarth CA: Efficacy of neurodiagnostic studies in patients with lumbosacral and single leg pain of sacral distribution. Pain Digest 2:213-217, 1992.
- Douglas G. Richards, Ph.D., David L. McMillin, M.A., Eric A. Meiri, M.D., and Carl D. Nelson, D.C., Correlations Between Paraspinal Temperature Variation And Health Status: From Manual Therapeutic Art To Objective Measurement, Meridian Institute
- Stillwagon G & K, An objective chiropractic model. The American Chiropractor, vol. 15, no. 5, Sept. 1993

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Your Immunity is **directed** by your Nervous System

Nature's Review of Immunology APRIL 6, 2006

2013 "Autonomic Failure"
Textbook of Clinical Disorders of the ANS


Journal of Brain Behavior 2007

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A Chiropractic Adjustment Improves the Function of Your Brain

by removing interference in your nervous system caused by vertebral subluxation.

Research found in Alternative Therapies Health Medicine and Journal of American Osteopathic Association

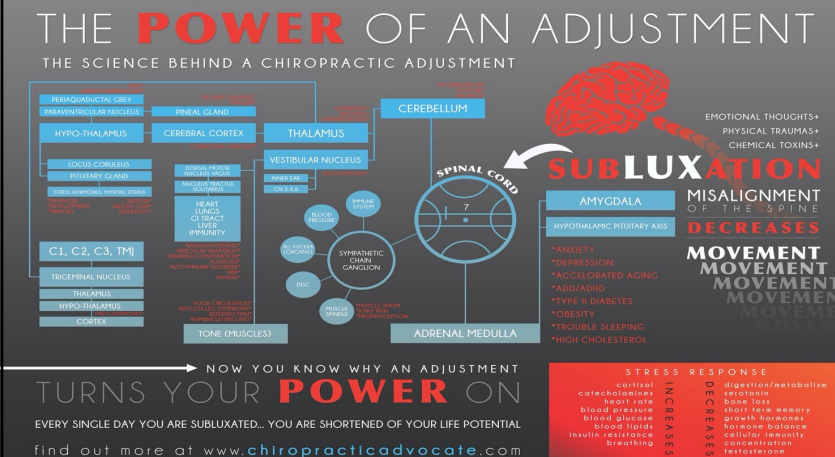


Ogura T, Tachio M, Masui M, Watanaki S, Shibuya K, Yamaguchi K, Itoh M, Fukuda H, Yanai K. (2011 Nov-Dec) "Cerebral metabolic changes in men after chiropractic spinal manipulation for neck pain" *Alternative Therapies Health Medicine* Vol. 17, No. 6, pp.12-17 Korea, I.M. (2016) "The spinal cord as organizer of disease processes: Hypersensitivity of sympathetic innervation as a common factor in disease" *Journal of American Osteopathic Association* 79(6):220-7;Forensic Science International. 2002 Aug; 28(128):3:168-76 "Heart rate changes in response to mild mechanical stimulation of the high cervical spinal cord region in infants" Kozh LE, Kozh H, Ginzburg-Shavit S, Skole D, Ramirez JM, Salemus KS

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THE POWER OF AN ADJUSTMENT

THE SCIENCE BEHIND A CHIROPRACTIC ADJUSTMENT



SUBLUXATION

MISALIGNMENT OF THE SPINE

DECREASES

MOVEMENT
MOVEMENT
MOVEMENT

NOW YOU KNOW WHY AN ADJUSTMENT TURNS YOUR POWER ON

EVERY SINGLE DAY YOU ARE SUBLUXATED... YOU ARE SHORTENED OF YOUR LIFE POTENTIAL

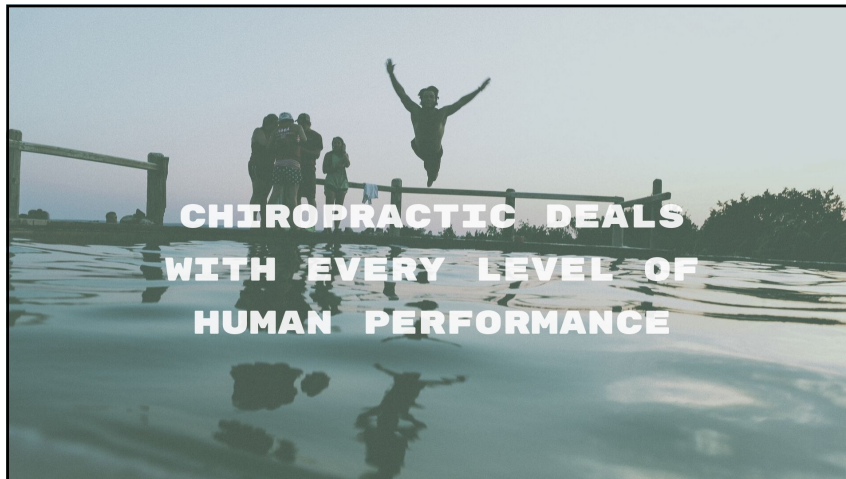
find out more at www.chiropracticadvocate.com

EMOTIONAL THOUGHTS+
PHYSICAL TRAUMAS+
CHEMICAL TOXINS+

AMYGDALA
*ANXIETY
*DEPRESSION
*ACCELERATED AGING
*ADD/ADHD
*TYPE II DIABETES
*OBESITY
*TROUBLE SLEEPING
*HIGH CHOLESTEROL

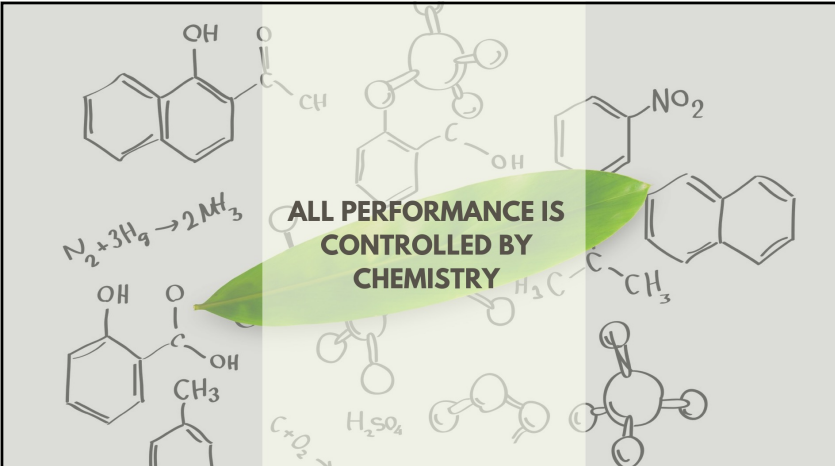
ADRENAL MEDULLA
*STRESS RESPONSE
*CATECHOLAMINES
*HEART RATE
*BLOOD GLUCOSE
*BLOOD SUGAR
*INSULIN RESISTANCE
*BREATHING

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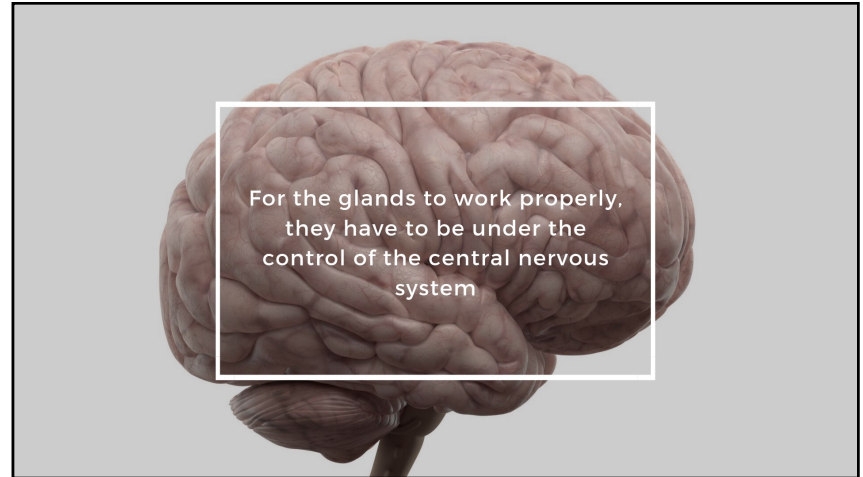
ALL PERFORMANCE IS
CONTROLLED BY
CHEMISTRY



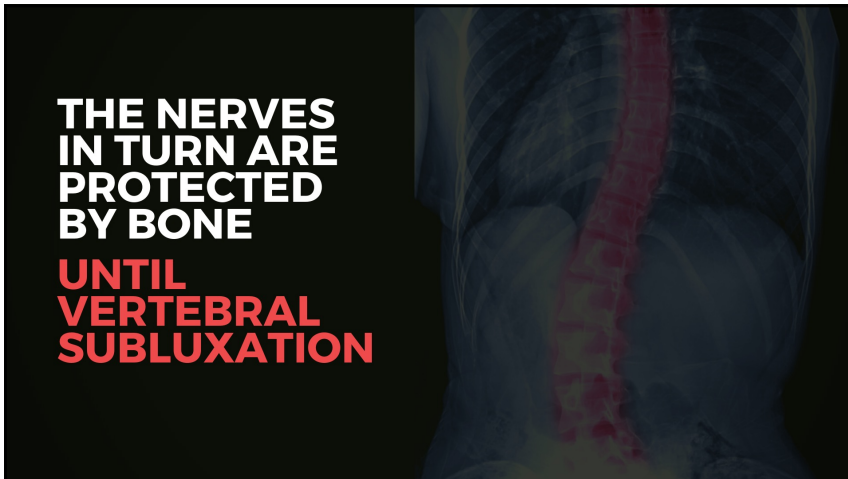
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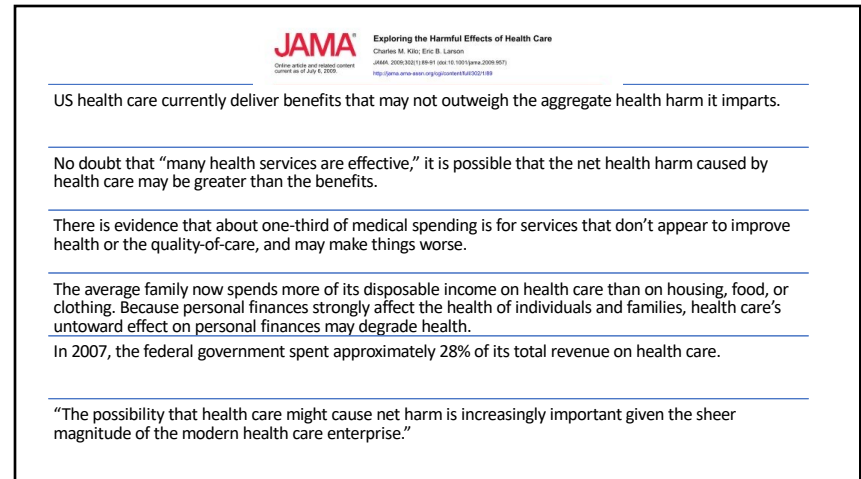
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The next step in your healing journey

1

Get evaluated and know where you are.

2

Become informed on what you CAN DO.

3

Take ACTION.

- Correct the subluxations resulting from the 3 stressors
- Address the emotional connection as it relates to stressors
- Challenge YOURSELF

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Dr. Osborne's 10 Essentials Of Self Healing

Proper Diet - Fuel the cells.	Exercise - Energize the cells.	Self-Awareness - Awareness of your body, emotions, and thoughts.	Knowledge - Knowledge of your body, the role that your cells and beliefs play in the functioning of your body, and ways to bring greater health to all levels of your being.
Motivation - A strong enough desire to have greater health, happiness, and well-being to motivate you to take action.	Self-Love - The ability to love and appreciate yourself.	Courage - The courage to move out of your comfort zone and make the changes in your life that are necessary.	Taking Responsibility - Taking responsibility for your life and your health and being responsible for your decisions regarding your diet and health care as opposed to relying solely on the opinion of authorities.
PMA (Positive Mental Attitude) - You must be positive regardless of the negativity around you. Stress shortens your telomeres and weakens your cells.	Self-Care - Taking practical steps to heal your cells is essential, but without the first nine essentials, you won't be consistently effective.		

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