

Ten Lies About Health Your Medical Doctor Taught You

Lie #1: Prescription drugs will make you healthier.

Truth #1: Prescription drugs only mask symptoms. They do nothing to correct the underlying biochemical causes of disease. Simultaneously, most prescription drugs cause nutritional deficiencies which lead to further progression of chronic disease.

Lie #2: You should actively treat the swelling of sprains, strains and other injuries.

Truth #2: Swelling is your body's natural strategy for enhancing the flow of blood and nutrients to the injured area. If drugs or hormones are used to prevent swelling, the injured tissues won't heal correctly, greatly increasing the likelihood of repeat injuries to the same area.

Lie #3: Mammograms prevent cancer.

Truth #3: Mammograms actually cause cancer. They dose the breast tissues with harmful radiation. Even when they spot breast cancer tumors, they aren't "preventing" breast cancer; they're merely detecting breast cancer. True prevention requires changes in lifestyle - food choices, regular exercise, chiropractic adjustments...

Lie #4: Vitamins give you "expensive urine."

Truth #4: The most expensive urine in the world is created by taking multiple overpriced prescription drugs, not vitamins. With more than 40% of the U.S. population now on prescription drugs, the drug content in human urine is now so high that trace amounts of antidepressant drugs can be found in public water supplies.

Lie #5: The sun will give you cancer.

Truth #5: The sun will prevent cancer due to the production of vitamin D by the skin. Most Americans are deficient in vitamin D. As a result, tumor cell growth in the breast and prostate is unregulated. Sensible exposure to natural sunlight generates cancer-preventing vitamin D... at no charge! Sunburns are actually caused by nutritional deficiencies (lack of antioxidants in the skin), not by sensible sun exposure.

Lie #6: CT scans (CAT scans) are perfectly safe.

Truth #6: CT scans expose patients to 1000 times the radiation of chest X-rays. Repeated exposure to CT scans raises a patient's cumulative radiation to levels experienced by many hydrogen bomb victims in Hiroshima. In addition, rigorous studies have concluded that CT scans offer no medical benefit whatsoever.

Lie #7: The U.S. health care system is the best in the world.

Truth #7: The health of U.S. citizens is actually the worst of any industrialized nation. We pay double, triple, and even quadruple the price for prescription drugs as any other country. We also have the highest rates of obesity, Alzheimer's, cancer and diabetes, plus the highest health insurance costs in the world. The U.S. health care system ("sickness care system") is so bad that people are fleeing the country to seek medical services in Asia. It's a trend called "medical tourism," and it's flourishing.

Lie #8: All surgical procedures have been proven safe and effective.

Truth #8: There is currently NO requirement whatsoever that surgical procedures must be either safe or effective in order to be practiced. Hundreds of thousands of medically unnecessary surgical procedures are performed each year in the U.S. alone, including hysterectomies and prostate cancer surgeries.

Lie #9: You can get all the nutrition you need from three balanced meals a day.

Truth #9: Today's foods are nutrient depleted, and they come from depleted soils. Processed and manufactured foods would have to be eaten at the rate of 10,000 calories a day just to meet minimum RDA requirements for basic nutrition. The only way to get adequate nutrition is to supplement with superfoods or whole food concentrates (vitamins, whole food powders, supplement capsules, etc.) along with eating healthy meals. Organizations like the AHA, however insist that nutrient supplementation is actually bad for your health.

Lie #10: All these lab tests are for your own good.

Truth #10: At least half of all diagnostic tests ordered by doctors are medically unnecessary. They're often conducted merely to generate revenues for the hospital or medical group that owns the doctor's clinic. Some doctors are actually required to generate a certain dollar amount of lab test revenues in order to keep their jobs.