

FROM THE EXPERTS

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Misunderstood

by **Dr. Andrew T. Brady,**
Chiropractic Physician



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I ran into an old friend recently and as we were talking he mentioned that he reads my articles and really enjoys them. However, he has talked to a few people that actually hate them because they think they are “anti-medicine.” This wasn’t the first time I’ve heard these sentiments, so I’ll take this opportunity to explain a few things. I don’t want to be misunderstood.

First and foremost, I am not “anti-medicine.” I have two medical doctors in my family and highly respect what they do. When used properly, medicine can save lives. If I ever get into a car accident and have broken bones and a pole through my leg, you better believe that I will want drugs and surgery. This is what medicine was intended for - emergencies. Drugs and surgery save lives every day when used properly. But when used improperly, they kill hundreds of thousands of people every year in the U.S. alone. Don’t just take my word for it; look up the word “iatrogenesis.”

What I am strongly opposed to is treating symptoms over a long period of time, especially when the treatment used can be more dangerous than the disease itself. This is the case with many of today’s recommended treatments for chronic diseases. Just close your eyes and listen to what the pharmaceutical ads on TV are saying, rather than what they are showing, and let those potential risks sink in. Look up the common side effects of prescription medications you take. Treatments for lifestyle-caused diseases can be dangerous and do nothing to improve health and function. The American Medical Association doesn’t even claim that treating symptoms improves health and function; I have asked them.

My passion in life is to pass along the information I come across in my obsessive search for achieving optimal health and function to as many people as I possibly can. The information I share is the truth. You can read what I write and decide to look away, but I can rest easy knowing I did my part.

For those of you who hate the information and statistics I share, I promise you that I hate them more. The truth isn’t always sunshine and rainbows. If the truth upsets you that much, then please don’t read them. I, however, will continue to share the information I have for as long as I can. I am here to serve you and this community.

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9630 Ravenna Rd. Suite 100
Twinsburg, OH 44087
330-405-2751
www.optimalspineandwellness.com

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