

Lauderdale Wellness News

A Free Monthly Newsletter For The Friends and Patients of Dr. Brian Malzer D.C.

Avoiding the phrase “*I don’t have time...*”, will soon help you to realize that you do have the time needed for just about anything you choose to accomplish in life.

~ Bo Bennett

FDA “Whistle Blower” Warns Of Vioxx And 5 Other Dangerous Drugs – May Lose His Job For Saving Your Life...

Lauderdale, MN – It’s a tragedy. When it comes to choosing between money and your safety... the almighty buck wins way, way, way too often.

And, when enlightened individuals speak out against the status quo, they are chastised and shunned like they have a fresh case of Ebola.

Case in point: Dr. David Graham. Dr. Graham is the associate director in the FDA's Office of Drug Safety. He recently called the FDA's approval of arthritis drug Vioxx, *"The single greatest drug safety catastrophe in the history of this country or the history of this world."* Graham went on to cite the following statistic: A staggering 88,000 to 139,000 Americans suffered heart attacks and strokes as a result of taking Vioxx.

**But that’s not all,
Not by a long shot...**

Dr. Graham has also listed 5 other drugs that, he claims, are putting the public’s health at risk. Those 5 drugs are:

- Meridia
- Crestor
- Accutane
- Serevent
- Bextra

Graham recently stated on a Nightline interview, *"The FDA, as currently configured, is incapable of protecting America against another Vioxx. We're virtually defenseless."*

Graham added later in the interview, *"What happened with Vioxx is really a symptom of something far more dangerous to the safety of the American*

people. Simply put, FDA and the center for drug evaluation and research are broken."

Who is Dr. David Graham and why should you take his words so seriously?

Simply put: he is no “average Joe.” Dr. Graham has a PhD and was educated at one of the leading medical schools in the world, Johns Hopkins University School of Medicine. He also attended Yale and the University of Pennsylvania. He has 20 years experience with the FDA.

Beyond his academic credentials, Dr. Graham demonstrates a man of integrity in his personal life. He is a father of six and an assistant scoutmaster. And most importantly, he does not appear to be risking his reputation and career for money or fame.

That’s why when Dr. Graham says he was pressured by the FDA to change his conclusion that Vioxx was dangerous in high doses (only 6 weeks before the drug was pulled from the market), I came a little closer... and... paid strict attention. I think you should, too.

So, what is the FDA’s response to all this?

ABC News’s Lisa Stark reported, *"In a statement released last week, the FDA insisted Graham changed his conclusions voluntarily. "They painted him as a maverick who has failed to follow agency procedures."*

And even worse, according to Tom Devine, Graham's lawyer, Graham would be exiled from his duties of reviewing drugs and placed in the Office of the Commissioner. Devine described this position as "filling space under the scrutinizing watch of a babysitter."



Now, I don't know for sure what the 100% truth is here. Only Dr. Graham and the FDA know for sure. Kind of like Scott Peterson is the only one who really knows if he is guilty or innocent.

But, just like Scott Peterson, even without a "smoking gun," the evidence against the safety

of many drugs (and the failure of the FDA) in this country is piling up.

When Vioxx was pulled from the market, Celebrex was quickly touted by some as the safe alternative. I can still picture the ads where paid actors (not actual pain sufferers!) jumped around in a field of flowers as the "CELEBRATE! CELEBRATE!" jingle echoed.

Well, the drug's manufacturer, Pfizer said December 19th, 2004, that it would immediately stop advertising Celebrex, its best-selling arthritis pain reliever after a study showed high doses were associated with an increased risk of heart attack.

This decision was reached with a little "help" from the FDA.

Pfizer spent \$71 million advertising Celebrex to American consumers in the first nine months of 2004. It's no wonder I can still hear that darn, "CELEBRATE! CELEBRATE!" jingle in my head!!!

But guess what?

Pfizer plans to continue advertising Celebrex to Doctors!

And here's something even more shocking: On December 21, 2004, the Associated Press (AP) reported Naproxen, an over-the-counter pain reliever in use for 28 years, was found to increase the rate of heart attack or stroke by a whopping 50% in a recent study.

Naproxen has not been taken off the market. Instead, the FDA says more studies are needed. Hmmm. It's only been in use for 28 years!!!

On December 21, 2004, the Associated Press reported that Dr. Sandra Kweder of the FDA said, "patients who regularly take Naproxen should follow the drug package instructions carefully, including the directions to **not take it for more than 10 days**, and to consult a physician if pain persists."

That makes me think. Isn't it a little contradictory to be a "regular user" and "not to take it for more than 10 days?" And the really troubling thing is...

There is plenty of evidence that drugs like Naproxen are not safe!

Naproxen is a non-steroidal anti-inflammatory drug or NSAID. Here are some popular NSAIDs by their brand name: Advil, Motrin, Aleve and Naproxen.

Here's what Dr. Joseph Mercola, a leading alternative health care expert and author of the best selling book, *The No Grain Diet*, says about these drugs, "*Researchers say aspirin and related drugs kill almost as many people every year as AIDS and are responsible for a silent epidemic. About 26 billion over-the-counter tablets are consumed each and every year alone and the number of deaths caused by the medicines is large. Research estimates that approximately 16,500 deaths occur annually in the U.S. from ulcer related complications associated with their use. If those deaths were given their own category, the toxic effects of NSAID drugs would constitute the 15th most common cause of death in the United States. **NSAIDs are probably the most dangerous drugs that medicine uses because of their widespread use. As a group, they probably account for the largest amount of deaths of any drug group.**"*

I think you'll agree – the evidence against these drugs stacks up higher than what got Scott Peterson sentenced to death.

I'd think twice before you popped another one of the "safe" pain relievers out there. Especially when there are all-natural ways that may relieve your pain without this degree of risk. One of those ways is Chiropractic care.

In closing, I'd like to thank "mavericks" such as Dr. David Graham and Dr. Joseph Mercola. It's not easy to stand up and be ostracized for what you believe in. I'm sure they are saving many lives. As Albert Einstein once said, "*Great spirits have always found violent opposition from mediocre minds. The latter cannot understand it when a man does not thoughtlessly submit to hereditary prejudices but honestly and courageously uses his intelligence.*"

Something to think about. ...**And don't forget, if you ever have any questions or concerns about your health, talk to us. Contact us with your questions. We're here to help, and don't enjoy anything more than participating in your life long good health.**

*A Little Love
Just For You
From Lauderdale
Wellness Center!!*



Inspirational Story Of The Month – (Names And Details Have Been Changed To Protect Privacy.) There's Only One Winner...

I recently heard about this true story and was shocked and amazed at two things. First, that I hadn't heard this wonderful and inspirational story before. And, second, I couldn't find anyone else that had heard it either. That, my friend, is a crying shame.

But, before we begin, I have to give you a quick warning. This story is not supporting any specific religion... but... there is a mention of a biblical verse and God is mentioned once in a quote. That's how the story went and I want to keep it "as is." If you are offended by one mention of the word "God," this story is not for you.

For the rest of you, let's begin...

It was time. As he stepped onto the mat to wrestle for the Olympic gold medal, a rush of emotions flowed through his body.

He remembered his grandmother waking him up in the middle of the night to watch the 1984 wrestling finals. He watched in awe as the United States performed beyond all expectations and gold medals were won. That night, as so many young kids do, he told his grandmother he was going to win his own Gold some day. Most never even come close. But Brandon Slay was very different.

Sixteen long, hard years of training had all led to this moment. A magical moment that would only last 6 short minutes... but... would change his life... forever. Brandon wanted the Gold medal more than anything in life. It would *instantly* make him a star. After all, there are only two people after the Olympic games – the Gold medal winners, and, everyone else.

Second place – the silver – is the worst consolation prize ever invented. I bet you can name several gold medalists from past Olympics. I dare you to name one silver. And Brandon knew all about consolation prizes. When he started wrestling as a child, he lost his first match so badly, he ran and hid in the bathroom – crying his eyes out. The pain didn't stop until he notched his first victory...

In his 20th match!

Now, amazingly, there was only man standing between Brandon and his 16-year dream. That man was the 4-time German Olympian – Alexander Leipold.

The two men shook hands, the ref blew his whistle... and... it was on. Both calmly stalked each other. Neither wanting to make the one fatal mistake that can end the match... *instantly*.

The first 3-minute period ended 0-0.

In the beginning of the second period, Leipold complained to the ref that Brandon was breaking the rules. In a shocking move, the ref awarded Leipold 2 points. Brandon couldn't believe what was going on.

When they locked up again, Leipold went for an offensive move. As Brandon blocked it, Leipold screamed as if Brandon had committed a foul. Once again, the ref took the German's word, and awarded another point.

With only seconds left, Brandon was 3 points down and shell-shocked. He attempted a desperation move that was countered by the veteran and Brandon lost the Gold medal... and his dream... 4-0.

Brandon was demoralized. He had failed. How could he go home and face everyone who had supported him. How could he go on. Just before he left Sydney, he got an email from a fan. The email told him to read proverbs 16:16. Brandon did and here's what it said...

"How much better to get wisdom than gold and understanding than silver"

That made Brandon think. Instead of pouting further, Brandon and his best friend decided to start a wrestling camp to help kids reach their athletic and life potential. They got to work and everything was going great. Brandon had found his real calling in life.

Brandon was on his way to give a speech at a local school when he got a shocking call. It was from a USA wrestling official. He told Brandon Leipold had tested positive for steroids. They were stripping him of the gold medal and giving it Brandon!

Brandon gave his speech and told the kids about how he thought he had failed when he didn't win the gold. But there were more important things in life than finishing first. Brandon said, "God, for one. The love of your family and friends. Honesty. Being a good sport and playing fair."

By the time Brandon was done with his speech, reporters were waiting for him. One asked him if this was the best news he had ever gotten. Brandon's reply: "No sir, this isn't the best thing that ever happened to me. Winning the silver was."

Brandon received his gold medal on the *Today Show* in the first medal ceremony ever held outside the Olympics. Brandon founded and directs three youth wrestling clubs across the country and helps children reach their dreams.

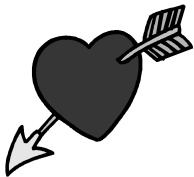
I guess there's more than just one winner. I hope all my great patients give this to your children to read. Small things can make big changes in a child's life.

We love helping our patients and their friends and relatives through their tough times and getting them feeling better! We are here to help you stay feeling better and looking younger! Don't be a stranger. Call us, and we will assist you in putting together a customized maintenance plan. It's not a luxury anymore! With our low monthly payment plan, it's less expensive to maintain your good health! You really can afford Chiropractic care! Don't wait until you can no longer move.

Did You Know?...

1. *People are getting creamed by long term care insurance companies, experiencing rate hikes as high as 40%. Why is this happening? well, it seems that most insurance companies who issued long term care insurance underestimated the benefits they would be paying out when they originally wrote the policies. Unfortunately, most companies are boosting rates for all policy holders, even those in perfect health. If this happens to you, or you're in the market for long term care insurance, shop around, and be sure to get the company's rate history over the last ten years, so you can see if they've held the rates steady, or keep jacking them up. Always remember to NEVER cancel a current insurance policy until the new one is in force!* (Source: Stern, Slavutin – 2, Inc.)
2. *You can sell your house for an average of 5% higher in the summer than in the winter? Yes, according to attorney David Schechner, houses sell for slightly more than 5% higher, on average in the summer months as opposed to the winter months. He reasons that this happens because buyers in the spring and summer want to get into the new house before school starts, and as a result of the increased demand for homes during this time of the year, prices usually go up when compared to the sales prices during winter. So, if you are planning on selling your home, if you can wait until the spring or summer to put it on the market, you'll likely receive a higher price!*
3. *Soccer playing kids are suffering from heel pain in large numbers. Here's why. Soccer cleats put your kid's heels in a negative position, meaning the heel is lower than the rest of the foot. With all the pressure occurring in the heel as a result of this unnatural position, heel pain, especially in kids under 16 years old experiencing growth spurts, is a more and more common problem. If your soccer playing child is complaining of heel pain, please see us to get different treatment options. And, please get your kids to take those cleats off as soon as possible after practice and games.* (Source: Temple University)

Tip of The Month “How To Instantly Put Love Back In Your Life This Valentine’s Day!”



Love is wonderful. It is a magical power that often makes poor people rich, miserable people happy...and even... sick people healthy. Love causes ordinary people to do extraordinary things; smart people act foolish, and sometimes, the sane become completely... **Insane!**

You don't have to be a genius to figure out, without love, there would be no real reason to live.

George Sand put it much better than I ever could way back in 1862, “*There is only one happiness in life, to love and be loved.*”

Let's have a little fun. Think back with me for a moment to the first time you fell in love. Remember how that felt. What you saw. Even what you smelled. I clearly remember an amazing smell to my first love. I also remember not being able to think about ANYTHING else – for weeks! I couldn't eat, sleep or do any school work. It completely consumed my life with pure happiness I had never felt before. Whenever I thought of... or saw that person... nothing else matters. My stomach got butterflies and my whole body instantly became like putty. I said and did foolish things. When we were face-to-face, I couldn't even put a sentence together. I bet that's happened to you at least once, right? And when it did, if you were like me, you did anything and everything in your power to make that person feel the same way about you. But, the REAL trick was, doing it without letting them know how you felt about them *before you knew how they felt about you.*

It was like a lover's game of poker. Funny thing is – the harder you tried to hide your true feelings – the more transparent they became. When you are in love... you ain't fooling nobody! You went completely out of your way to show your good side.

You did very special things for that person. Nothing could stand in your way. And, if all went well, you ended up in a wonderful, loving relationship. That is until...

You Stopped Doing All The Things That Made The Relationship So Great In The First Place!!!

The sad thing about just about all of us (me included) is more effort is put into the chase than into maintaining the relationship. Once we have what we set out to get, we quickly turn it into something we don't want; simply by neglect.

Alfred Lord Tennyson is famous for saying, “*Tis better to have loved and lost than never to have loved at all.*”

I'd like to say, “*Nothing is worse than the haunting feeling you get from losing love and realizing it was because YOU let it slip away.*”

So, how can all this *instantly* put love back in your life this Valentine's Day... and more importantly... keep it there for the rest of your life? **Here's how:** Tear out this page. Reread it. Especially the part about how you felt when you met your love. Relive that moment. Bring back all those wonderful feelings and emotions. Then... **Take Action!**

Start doing all the things you used to do that got that person to fall in love with you in the first place. Treat them special. Take time out of your day to tell them you care about them and how special they are to you. Plan little “events” just for them. And, at least once a week, reread this page and do this: write down exactly what's going through your head. How you feel about that special person in your life. You don't have to be a writer. It doesn't have to be much. It doesn't even have to be good. It just has to be from you and from your heart. To quote one more person just a little smarter than me, Plato said, “*At the touch of love, everyone becomes a poet.*”

Do it once a week for a few months and you'll be surprised what something so simple, quick and easy will do to your relationship and life. And, you never know, you might just become a poet!

Patient of The Month... This month's patient of the month is Michelle Perkins! Michelle's commitment to her health and the health of her family has been awe inspiring! Congratulations! The patient of the month will receive a FREE DINNER for two at Benihanas! We heard from a reliable source that this is Michelle's favorite eating spot! This may require finding a babysitter but promises to be a fun and well deserved night out for Michelle and her guest. Please be on the look out for our next newsletter. The patient of the month may just turn out to be YOU!!