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Healthy Choices from Dr. Charlton

Avoid Medicine If At All Possible— Medication Errors Injure 1.5 Million People

A new report on the extent of medication errors came out recently. It shows that medication errors (including prescription drugs, over-the-counter drugs, vitamins and supplements) lead to injuries in 1.5 million people each year, with a price tag of billions of dollars. There are more errors than this, as many errors do not lead to reportable injury.

The study indicates that 400,000 preventable drug-related injuries occur each year in hospitals and 800,000 injuries in long-term care facilities. There are 530,000

injuries among Medicare recipients in out-patient facilities.

This report does not take into consideration the number of injuries and deaths occurring from prescribed medications taken as directed. Over-the-counter and prescription medications can and do cause many problems, even when they are taken in the correct dosages.

NUCCA upper cervical care will improve blood flow to the brain, allowing brain function to improve, which assists the immune system and helps all other organ systems in the body to function better.

This can decrease the need

for pain killers and other medications, allowing people to live full and vibrant lives, without risk of injury and death from unnecessary medications.

The National Academies, Institute of Medicine, July 20, 2006



NUCCA care can decrease the need for pain killers and other medications.

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Special points of interest:

- NUCCA increases energy levels and metabolism, thus reducing body fat
- NUCCA reduces pain and reliance on medications
- NUCCA boosts your immune system
- Nutrition is vital to health

Exercise and Chiropractic Reduce Your Risk of Cancer

Two new studies on mice show that exercise reduces risk of skin and bowel cancer. This may be because of reduced body fat or because exercise causes the cancer cells to die.

NUCCA increases energy levels, allowing you to

exercise better and longer, as well as improving your metabolism, which will more quickly reduce body fat. In addition to that, chiropractic can relieve pain and discomfort and improve range of motion, enabling you to exercise more freely.

Chiropractic also boosts your immune system, thus enabling you to better fight off the cancer and pre-cancer cells.

Carcinogenesis, May 12, 2006

Carcinogenesis, May 13, 2006

Alternative & Organic Grocery Stores are the Future

The profits of conventional grocery stores is at a standstill, showing that people more often shop at specialty and health food stores. To change the tide, many grocery stores are adding an organic section.

Conventional grocery stores may not be a healthy or economical way to purchase your food. There are sometimes roaches, rats, or other critters in the stores, which can make you sick. Supermarket employees can cause cross-contamination by unsanitary practices.

As you've probably noticed, the freshness of the produce and meats is sometimes sub-par. Thus, you may be paying for vegetables and meats which are only edible for a couple of days.

Also, many scanners do not function properly, leading to higher charges than what is advertised.

Coupons and other sales gimmicks will cause people to buy more expensive



Conventional grocery stores may not be healthy or economical.

products.

Alternatively, you can compare prices of items in bulk and in smaller quantities, as well as avoiding certain snacks and prepared foods, thus saving money and allowing you to afford to buy more organic foods, which do not have the pesticides, antibiotics, hormones and MSG that other foods contain.

USA Today, June 28, 2006

Bird Flu Vaccines are Useless and Costly

Despite fears about the bird flu epidemic, it looks like it will almost only be costly to those who react negatively to the vaccine, not to those who actually come down with the bird flu.

Birds have been widely tested with only a few in Europe containing the virus and none at all in Africa. Also, in the Netherlands, part of a major bird migration route, none of the 13,000 birds tested contain the virus.

Birds have been widely tested, and almost none have the bird flu virus.

Thus, the drug companies (and other individuals) were able to make money on the fears of the people for an epidemic which never occurred. Furthermore, along with the makers of other vaccines, the makers of the bird flu vaccine are

protected from liability from damages and personal harm. Anyone harmed from the use of the bird flu vaccine is not able to successfully sue the drug company.

New York Times, May 11, 2006

Grilled Ratatouille Salad

1/4 cup extra virgin olive oil
1/2 lb eggplant, cut into 1/2 inch slices
1/4 lb zucchini, cut into 1/2 inch slices
1/4 lb yellow squash, cut into quarters
1 med red pepper, seeded and cut into quarters
1 small red onion, trimmed, cut into rings
1/4 lb Roma or plum tomatoes, halved
4 med Portabella mushrooms, cut into halves

4 whole garlic cloves
1 4 oz can black olives, drained
1 Tbsp dried oregano

1. Brush eggplant, zucchini, yellow squash, peppers and onion rings, tomatoes and mushrooms with olive oil.
2. Grill vegetables over gas grill, charcoal, or even under your broiler, 3-5 minutes on a side until translucent and partially blackened. Cool

slightly. Cut into large chunks and arrange on large platter or shallow serving bowl.

3. Cut garlic and olives lengthwise into slices and then slivers. Mix with oregano leaves and sprinkle over arranged salad. Serve slightly warm or at room temperature.

Serves 4

Dr. Mercola's Total Health Cookbook