

KIDS FIRST



Dr. Brad Kluver

Raising Healthy Drug-Free Kids...

When referring to drug-free, I'm not speaking of street drugs but rather, over-the-counter and prescription medications. We live in a chemical world. And we teach our children to do the same.

Consider this; as a baby, your teeth hurt, or you had fever or colic, and the people who loved you the most gave you a drug to ease your suffering. In grade school, you fell and the people who loved you gave you a drug to end your pain. In high school, you broke up with your girl/boyfriend and it was painful. The people who loved you the most gave you a drug to ease your agony. In college, you didn't get the grades you wanted and the people who loved you gave you a drug to help.

And then there are the colds, flus, etc., and again the people, who loved you, gave you a vaccine or drug to protect you. Scary isn't it? Unfortunately, the public has been indoctrinated that this is the way it should be, that medications make it "all OK," that drugs are good for you. There's something wrong with that concept! As a matter of fact, latest research indicates that improperly prescribed medications are among the top ten leading causes of death. Not OK!

Recently, however, there has been a new paradigm shift emerging in people's thinking. Most people now are no longer happy taking drugs and are beginning to question their doctor. This is a good thing! The buzzwords that are heard now are WELLNESS and VITALISM. Parents are beginning to realize that the health of their children comes only from a normally functioning body and not from a prescription pad. Most drugs do not correct a problem but simply change your body chemistry and cover up your symptoms. Have you noticed that drug companies are advertising prescription drugs in popular magazines and suggesting that you ask your doctor to prescribe them to you. Drugs are a billion dollar industry. Exactly how much does the pharmaceutical industry spend to push its products? A study in 2008, "The Public Library of Science" endeavored to measure those costs, and the results are staggering. They calculated that pharmaceutical industries spend almost twice as much on promotion as they spend on research and development.

The industry spent \$57.5 billion on marketing and promotion in 2004. The amount spent on research and development pales in comparison, at \$31.5 billion.

Doctors of Chiropractic have been teaching patients that only a well-functioning body heals. In order to have a well-functioning body, the nervous system that controls it also has to function normally. Chiropractors deal with interference to this normal function. We call this interference a Vertebral Subluxation. It can have serious health consequences. It is for this reason that I feel it is imperative for children to be checked for vertebral subluxations.

If you would like additional information on how to raise a healthy drug-free child, you are welcome to give me a call or stop in. I'd be happy to help!

Kluver Chiropractic

Dr. Brad Kluver

"My mission is to help as many people in my lifetime as I possibly can - especially kids!"

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