

An Open Letter to the Chiropractic Community

Why one writer feels compelled to rally the troops.

By Andrea Kluge

I'm not a chiropractor, not a doctor of any sort, nor a health care practitioner or any professional practitioner at all. What I am is a big fan of chiropractic, a long-time chiropractic patient and, an opponent of the ever-popular philosophy of "materialism" in the health care industry.

By "materialism," I am not referring to the kind where you are preoccupied with new clothes, expensive cars and big houses—personally, I would be very happy with a closetful of new clothes, an expensive car and a big house. I am referring to this definition of materialism, aptly described in the *Encarta Webster's Dictionary of the English Language*:

"The philosophical theory that physical matter is the only reality and that psychological states such as emotions, reason, thought, and desire will eventually be explained as physical functions."

Really? Am I to believe that every thought, emotion and desire I have is predicated upon some mechanical physical function? That my life, dreams and accomplishments are no more than a coincidence of physical functions—simply matter acting

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upon matter? I'll never forget my 8th grade biology teacher telling the class that if we added up the cost of the chemicals which comprise the human body, the total would be about \$1.80, that we were each worth \$1.80. "Depressing," he said. Depressing, indeed!

While I am not well-versed in chiropractic philosophy or B.J. Palmer's green books, I have been a chiropractic patient for years and with good reason; chiropractors treat me as more than an amalgam of body parts and don't prescribe drugs or surgery for "whatever ails ya."

That's why I am writing an open letter to chiropractors, to tell you and your staff that we need you! Times may be tough and it may be hard to fight the good fight for natural healing, but fight you must; you

must prevail. Frankly, it is as much our responsibility—the patients'—as it is yours. We must prevail.

The Slippery Slope

I feel compelled to make this point early on. When a medical doctor is needed for emergency treatment and he saves a life, he is a hero, no doubt about it. And I have actually had my life saved by medical doctors so I make no token statements here. But my gripe about the mainstream medical community is its utter disregard for the "human spirit." You may see the "human spirit" as life force or life energy or innate intelligence. However we each personally view it, I think we all recognize there is a lot more going on in a human being than an ongoing interaction of chemical substances.

When we look at the ramifications of materialism in mainstream medical, we see it is more than cause for complaint, it's actually time to man our battle stations. Once an authority "officially" and "scientifically" views an individual and his life as no more than a combination of chemicals reactions, you have the basis for justification of all manner of harmful treatment—



harmful to the body and its life force. Let's look at the most obvious example, which is the medical community's ongoing love affair with mood-altering pharmaceuticals.

The August 2011 issue of *Health Affairs* reports that antidepressants are now the third most commonly used medication in the United States. The article also states that much of the drug's growth has been driven by a substantial increase in antidepressant prescriptions by non-psychiatric providers, without an accompanying mental health diagnosis.

Some years ago I went for a routine gynecological exam. Unbeknownst to me, my usual doctor was on vacation; when I arrived I was greeted by a new substitute doctor. She read in my file that I was a smoker and asked me if I wanted to quit smoking. I said no—I didn't want to open a dialogue on this subject with someone I had just met; I wanted the exam and to get back to work. Upon hearing I didn't want to quit, the doctor declared I was suicidal and needed antidepressants. I was stunned; in less than 30 seconds, the woman had made a diagnosis of my mental state and prescribed a "cure." We had an argument and I stalked off without the exam. (I lodged a complaint against the doctor and an inquiry was launched, however, the process was confidential. Not only was I barred from knowing her response to my complaint—she may well have said I was lying—I was not allowed to know the outcome of the inquiry.)

As I say, that was years ago. These days, I glimpse a sign here or there that the pill-pushing medical community may be waking up. Recently, *The New York Times* posted an article on the Health Section of its web site about Dr. Madukar Trivedi, a professor of psychiatry at the University of Texas Southwestern Medical Center, who noticed that several of his patients on antidepressants felt better after taking a walk. The article cited "a growing movement among some physiologists and doctors to study exercise as a formal medicine, with patients given a prescription and their progress monitored, as if prescribed a pill."

What of the other numerous psychotropic drugs on the market today? The Citizens Commission on Human Rights, a non-profit watchdog group, reports that an estimated 50% of all Americans who commit suicide are under the influence of psychotropic drugs. Additionally, once on an antidepressant, the suicide rate jumps from 11 for every 100,000 people to 718, over 65 times more. Maybe that's why GlaxoSmithKline announced it would cease discovery research into antidepressants, pain and depression.

Finally and most sobering, 8 million American children are on psychiatric medication, that's one in every ten children in the United States.

Natural Healing

While I am not trying to ruin your day, I am trying to make a point. Chiropractic must survive to help us out of this mess. I've read articles in SPIZZ that some chiropractors are pushing legislation which would enable them to prescribe drugs; the very idea makes me shudder.

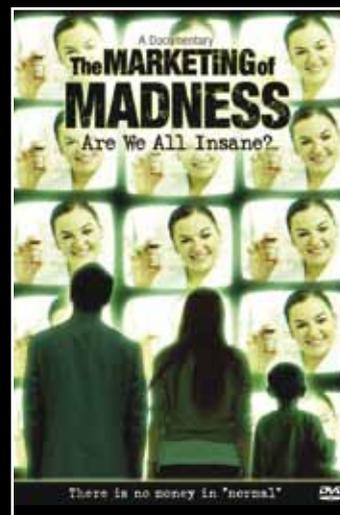
I envision a world where people regularly treated with chiropractic adjustments, nutrition and dietary supplements, exercise and rest. Chiropractors prescribing drugs blurs the line between chiropractic and medical—it's a road into that cold, gray materialistic world of "all is matter." For me, prescription drugs corrupt the basic premise of chiropractic.

And so, I return to my message to chiropractors everywhere. Do what you have to do to survive and prosper. Revitalize your purpose, reignite your passion, go on a crusade. Get some business advice, hire a consultant, surf the web for tips on getting more business. And remember to enlighten your patients and prospective patients on the value of your services. Education is most of the battle.

Above all else, let's not keep our heads in the sand to the world around us lest it bury the profession. Let's fight the good fight—you and I—for all of our sakes.

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ARE WE ALL INSANE?



A multi-award winning documentary, *The Marketing of Madness* pulls no punches in its examination of the immoral and obscenely profitable partnership between big pharma, psychotropic drugs and mental health practitioners. Billions upon billions of dollars of profit are made every year while destroying lives. Loaded with interviews of lawyers, mental health experts, pharmaceutical company whistleblowers and families of victims, this documentary tells the truth and nothing but the documented truth. It's an absolute must for anyone in the health care field. You can view it for free online at the Citizen's Commission on Human Rights web site (www.cchr.org) or buy your own copy at Amazon and other online outlets.

