

STRONG BODY STRONG MIND

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THE MONTHLY NEWSLETTER FOR PATIENTS AND CLIENTS OF GENUINE CARE PHYSICAL THERAPY.
LEARN SECRETS TO KEEP STRONG AND ACTIVE, MAINTAIN INDEPENDENCE AND LIVE FREE FROM MEDICATION

Medical Marijuana: Spotlight



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It comes as no surprise anymore that so many of my patients have had an uncle, a grandparent, or even parent who has had, or has, cancer. In our world today the spread of cancer is rampant and the ways in which we are trying to manage all the pain associated with the deadly disease are, unfortunately, falling short. I'm also no longer surprised that people aren't interested in taking morphine on a daily basis – its effects are disorienting and frightening. Nor am I surprised that those suffering from chronic pain turning to alternate avenues for pain management. It is in this atmosphere of confusion that we have come face to face with one of the most contested topics in modern history: medical marijuana.

Over the last few years we have seen a **tremendous rise in the use of medical marijuana**. Notwithstanding the fact that marijuana itself is historically a hugely contested substance, we are now seeing its use infiltrate the medical world. With 29 states already legalizing medicinal herbal cannabis use, the question is why? What changed?

This is not an easy question to answer. The first reason is, as many of my previous posts have highlighted, the unprecedented rise of opioid addiction. As America wakes up to the deadly effects of opioid and opiate abuse, citizens are looking for alternate ways of controlling chronic pain. Another reason altogether may well be financial gain. Unfortunately,

as with most medical trends, the government has seen a window of economic growth and has, as such, given the all

clear for medical marijuana use. Be that as it may, when looked at alongside opioid use, herbal cannabis for medical reasons may well make sense. Take a look:

Pain Relief: Unlike synthetic medications such as opioids, medical marijuana is from natural origins. It has been proven to relieve back pain and alleviate the symptoms of chronic pain. Because of this does, it does offer a less harmful alternative to opioids for those seeking pain relief in the short term. It is also less addictive and dangerous than opioids, albeit that it, too, carries risks. Seeing that medical marijuana is less addictive than opioids, it may well enable the patient to control pain a little more safely, at least in the short term.

Alcoholism: Medical marijuana has also been found to help alleviate alcohol cravings in patients suffering from addiction. The same is true for addiction to drugs such as cocaine, heroin, and yes... even painkillers.

Eating Disorders: Herbal, medicinal cannabis has similarly shown to subdue anxiety in those suffering from eating disorders. Studies have shown that this more natural alternative to psychotropic drugs dramatically improves the patient's mental state.

Depression and Psychosis: Research indicates, too, that medical marijuana may indeed alleviate the symptoms

of depression and even psychosis. Whilst antidepressants and psychotropic drugs may lead to disastrous side-effects, medical marijuana seems to act as a natural stabilizer.

Joycelyn Elders, a leading MD, pediatrician, and Public Health Administrator has stated that

The evidence is overwhelming that Marijuana can relieve certain types of pain, nausea, vomiting and other symptoms caused by such illnesses as multiple sclerosis, cancer and AIDS or by the harsh drugs sometimes used to treat them. And it can do so with remarkable safety. Indeed, Marijuana is less toxic than many of the drugs that physicians prescribe every day.

But please remember that there are always risks. Whilst medical marijuana can be helpful, its abuse will lead to some serious side effects and health issues:

Overdose: As with all medications, medical marijuana poses a risk of overdose. An excess of THC (the most dominant active ingredient in marijuana)

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could lead to an adverse effect on your system. Be careful and always adhere to the advisory dosages.

Chemical Inhalation: Because medical marijuana is smoked it is, consequently, dangerous for your lungs. Though less harmful than the tar and tobacco found in cigarettes, the mere fact that smoke is being breathed into the body does pose a risk.

Sedation: As medicinal marijuana is used to decrease anxiety and promote a more relaxed state of mind in patients suffering from mental distress, the overuse of it can lead to sedation which could alter the function of the brain. Learning inability or tardy responses may be the result of constant and/or overuse of medical marijuana.

Addiction: Whilst medical marijuana may seem harmless, its prolonged use can lead to addiction. It is incredibly important to monitor its use and intake.

As with everything in life, medical marijuana needs to be approached with a thorough understanding of its usefulness and pitfalls. This post is written with the patient already taking opioids in mind; I do not recommend medical marijuana for first time users. Always consult a doctor and never overdose on it.

Please remember that medical marijuana is used, primarily, for the control of pain, the management of chronic pain, or even for nausea in cancer patients. It is predominantly used as a more natural alternative to opioids. Marijuana cannot cure an ailment or ensure the recovery of the patient. ALWAYS see a professional. And when it comes to pain, be that back pain, knee pain, or even shoulder or neck pain, make sure you see a qualified Physical Therapist for assessment and treatment. Medical marijuana should never be the first option. Never rely on any form of drug, natural or otherwise – remember, your health is in your hands. Make the right choice!

It is clear that there is an unnecessary stigma around the idea of medical marijuana use. The benefits are significant when compared to opioids. As a professional, I believe that a life hooked on opioids is dangerous; for patients pinned under the weight of opioid addiction, medical marijuana may be a potential recourse. I do not condone the long-term use of medical marijuana, rather I can see the benefits of it as a way to step away from the misuse of opioids. When looked at from this perspective, the use of medical marijuana to replace potentially lethal opioid dependence may be beneficial in the short term.

I Don't Want To Be A Burden To My Children

From time to time I hear my elderly customers exclaim that they **“don't want to be burdensome to [their] kids”**, and no matter how many times I hear this, it always touches my heart.

I want to tell you something important: you've done more than enough for your kids and you deserve their help. Remember that. And yet, despite this, you don't want to be a burden. This is what we call unconditional love.

Aging is a sign of wisdom and experience and it is such a beautiful part of who you are. Throughout my personal journey I have learnt so much from the silver haired souls I have encountered. So much so that I believe the older generation has a wealth of knowledge to share and impart to the younger generation: stories of success, of failure, of happiness, and of sadness. These stories lay the foundation for the future and it is the younger generation who needs to hear them now more than ever.

But it is true that with wisdom comes great responsibility. It is not only your wealth of experience that increases; your body also feels the strains of the accumulative years. As your body ages it needs to adapt. All too often I see that the lack of independence and mobility, which is prompted by aging, leads people to worry and be anxious about the future. Troublesome questions arise, such as 'how long can I function and take care of myself?', or 'for how much longer will I be able to walk on a beach and enjoy a beautiful sunset?', or even, 'what is the secret to a long and strong life?'. This last question has been asked since time began and I'm here to give you a little insight into the answer.

I've dedicated the last 15 years of my life to healthcare and I've spent the majority of that time in a hospital environment. And today I feel it is my duty to tell you that something is seriously wrong in our healthcare

system. I've noticed that people are dying earlier, leading lives filled with worry and anxiety, and that they are falling prey to illness and weakness. Why? In a world filled with technological advances in medicine, why are people not strong and healthy for longer?

Here are a few facts to make the answer clearer:

- One in three Medicare beneficiaries receive an opioid prescription, and one in four of them became long term abusers of the drug. And what's more, did you know that strong pain killers, such as opioids and opiates, triple your chances of feeling depressed?
- Whilst the United States makes-up 5% of the world's population we consume more than 80% of all the opioids prescribed worldwide.
- More than 100 people a day die due to opioid abuse in America alone. This is such a crisis that the life expectancy in America has consistently decreased for two years.

So what is affecting the realization of long, strong lives? Opioids. Given this, how did America get to this point? How have the last two decades born a rapid rise in disability claims and a horrendous shortening of overall life expectancy? Opioid addiction has now been classed as an epidemic. But, it's no wonder, really, since these tablets rob individuals of their independence, mobility, and ultimately, lives.

I do NOT want you to be a statistic. Your life is worth so much more than an addiction to tablets. Let me help you.

I know the best ways to help elderly people become more active, mobile, and independent without the use of painkillers. Doctors do not have enough time to spend with patients in order to make a lasting difference.

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The 10 minutes they usually allot just aren't enough. No personal relationship is forged, no medical history is properly recorded, and, perhaps most importantly, the patient isn't educated in his/her condition and is therefore incapable of making an informed decision.

As we near the end of the post, I want you to think about who is in charge of your health. When you let the modern medical

industrial complex – pharmaceutical companies, medical insurance companies, surgical instrument companies, governmental organizations, and giant healthcare systems – influence your decision making, you allow your health and well-being to take a back seat to their financial gain. You're heading for a crises. Don't let this be you. Act now.

Never feel as though you are a burden on

your children again. Come talk to us today.

Please keep following my blog for more information and healthcare tips on how to stay mobile and active. Learn how to take your health back into your own hands.

Age is just a number – I know you can do it.

For more information visit www.genuinecarept.com

Back Pain



Back pain is so prevalent in today's society that it is now one of the main reasons people transition into long-term disability. But surely this cannot be happening? Not when in this past year alone:

- Two times more opioids were prescribed for the management of back pain.
- Four times more MRI tests were prescribed.
- Three times more injections were administered.
- Four times more fusion surgeries were done.

With all these measures being taken to 'treat' or 'cure' back pain, surely the issue is solved? Wrong. More and more people are becoming disabled due to back pain. And the reason is because, according to Dr. Tim Flynn, one of leading researchers and experts in back pain, **"the modern U.S medical industrial complex has created, promoted, and sustained an epidemic in back pain"**. That's right – the healthcare systems exploits back pain in order to pursue financial gain.

It gets worse. The old adage 'no pain, no gain' implies that pain is, generally,

an unavoidable part of life at times. Our basic human instinct is to deal with pain when it arises so as to become stronger. And yet, what pharmaceutical companies successfully campaigned and lobbied for over the last two decades (spending billions of dollars per year) was to change the general concept of pain. On the back of the idea that 'there is no reason to suffer', they have taken infrequent, common pain and made it a plague. They have brainwashed patients into believing that pain, no matter how slight, is not normal and needs to be treated with a tablet. Shockingly, they've actually successfully campaigned to make pain 'the fifth vital sign' in the Medicare system.

I believe **this is the biggest medical hoax of the 21st century**. By definition, vital signs are those things by which we monitor 'life' – blood pressure, temperature, heart rate, and respiratory rate. Fluctuations in these critical functions may put our lives in danger. Tell me, when did you last hear of anyone dying due to an increased pain-level? Never. And yet, the medical industry has been so successful at manipulating the patient that, now, pain is as much a commodity as blood pressure is. People believe that pain requires a pain killer in the same way blood pressure calls for

certain drugs. As a result, people are intentionally taking painkillers such as opioids as a way to 'cure' pain – the truth is, those painkillers increase the risk of an early grave.

We need to go back to the way it was; we need to bring back the concept that pain is a normal part of our lives and that it can happen. In most cases, pain doesn't mean that something is seriously wrong. More than 90% of people suffer from back pain in their lifetime. Instead of overwhelming those patients with painkillers, hire an expert who specializes in natural healthcare. Help the patient overcome pain the natural way by boosting his/her instinctive healing powers created by God. Don't get distracted by pain – **don't let pain rule you, rule it.**

Do not take strong medications as an escape, but, if you have to, take medications as a short-term bridge to moving forward with less pain. If you are taking medications to control pain, please remember to follow your doctor's directives closely – do not take more today just because the pain feels worse than it did yesterday.

Back pain can be overcome naturally.

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Driving, Anger, and the Importance of Breathing

Even though I only drive to work for 10 minutes a day I am still astounded by how many fellow drivers act as though they are Formula 1 racers! I used to believe that the drivers in Los Angeles were terrible, but San Diego makes them look tame. In LA, young male drivers tend to dominate the driving scene with their souped-up Honda's, yet in San Diego it isn't uncommon to see both male and female drivers racing their Porches down the highway to get their kids to school on time. **It seems that in San Diego everyone is a Michael Schumacher!** But then again, it comes as no surprise, really, because America's Plymouth of the West is all about speed and maneuverability. That having been said, the **incidences of violence directly involving road rage have escalated dramatically** over the last few years, and San Diego is no exception. Whilst we may think we value communication more than in the City of Angels, we fall prey to the same irritation and anger that our neighbors feel on a daily basis.

I am not totally innocent in this, either. According to my wife, I too suffer from road rage at times. The truth is I do try to calm down and be mindful when I drive, but doing that became a lot harder when I opened my own business and started juggling so many different responsibilities.

I had to start thinking of ways to manage my stress and reduce my irritation; if I didn't, I could have ended up hurting myself, or worse still, hurting someone else out on the roads.

One of the best ways I managed to control my anger in the car was 'breathing'. Yes, that's right. I started experimenting with breathing techniques whilst I was a waiter in a very busy restaurant years ago. During that time the restaurant was extremely popular and the customers often ended up standing in a que while they were waiting to be seated. Ultimately, hunger set in and their agitation levels rose dramatically; I had to move fast, think fast, be patient, and most importantly, I had to smile. This was not easy, especially when my feet ached and my head was pounding. Of course, the faster I moved, the less agile and alert I became; I often ended up dropping bottles and plates at an alarming rate. Humiliated, embarrassed, and angry, I used to ask God to help me calm down. He did, of course, but I realized I need to make the effort to create a better frame of mind for myself. Hence, I started using useful breathing techniques.

Here's how you can do it too:

- Begin by closing your eyes; sit so that the back of the chair supports your

body and your feet touch the ground.

- Breathe in and out and consciously feel the air move around your body. Feel it entering through your nostrils and filling your belly and chest. Be aware of the air as it shifts within you, understand the rhythm of it, and be grateful for the life God has given you today.
- Without altering your breathing, quietly observe the gap between your inhalation and exhalation.
- Repeat the process until you feel relaxed and aware of your peace of mind returning.

Research has consistently proven the benefits of relaxation, meditation, and breathing. Not only does regulated breathing lower your blood pressure, combat stress, reduce the risk of heart attack and strokes, and even fight depression, it can also **REDUCE PAIN** and give you peace of mind. That's right. Breathing techniques can decrease your pain.

So, take a few minutes out of your busy day to relax, breathe, and thank God for this moment. Creating a healthy habit focused on breathing exercises will give you a healthier, fuller life with reduced pain and increased fulfillment.

OFFER OF THE MONTH

Get To The Bottom Of Your Back Pain... In Under 30 Minutes – For Free!

This month, we're able to offer you a **FREE DISCOVERY CONSULTATION** With a physical therapist- It's only for people with back pain who want to discover what's going wrong to cause their back pain. It takes just 30 minutes – and there's **NO** referral or payment needed. Offer limited to just the first 7 readers who responded by calling this number now (quote, "newsletter offer"!)

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THIS MONTH'S SUCCESS STORIES

The care you receive is phenomenal. I am so grateful for the healing that has occurred and will be forever in awe of how much my life has improved. Thank you.

D KEYS

Excellent care! My spine went out of joint, and I was in agony and couldn't move. Dr. Kim fixed me! I would highly recommend Dr. Kim.

E. SAMMONS