

“THE DOCTOR OF THE FUTURE” – *TODAY!*

By: Dr. Rowen S. Pfeifer

“The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.”

~Thomas A. Edison~

This statement was made by one of the most inventive geniuses of all time. Was he onto something? Did he know something we should know? Let's examine the facts. The medical profession claims, and most people believe, that Hippocrates is the “Father of Medicine”, but is he? Let's examine a few of his prominent teachings. The most important of all the teachings of Hippocrates was, “**First, do no harm!**” Does this describe the practice of medicine today? Let's have a look at some of the medical research to see if it does.

- Only 15% of medical treatments are backed by solid scientific evidence: partly because only 1% of medical journal articles are medically sound and partly because many treatments have never been assessed at all. ***Source: *British Medical Journal (BMJ)*, October 5, 1999, Vol. 303:798**
- The fourth leading cause of death in the industrialized world is side effects of prescription drugs (surpassed only by heart attacks, cancer and strokes!). ***Source: *Journal of the American Medical Association (JAMA)*, April 15, 1998**
- “**Errors in Medicine**”: ***Source: *JAMA* – 12/21/94, V. 272, N. 23, p.1851**
 - a.) Schimmel – 20% of patients admitted to a university teaching hospital suffered iatrogenic (doctor-caused) injury.
 - b.) Steel – 36% of those admitted to a teaching hospital suffered an iatrogenic (doctor caused) event, of which 25% were serious or life threatening.
 - c.) Bedell – 64% of cardiac arrests at a teaching hospital were preventable, most due to use of medication. “180,000 die yearly partly as a result of iatrogenic injury, equal to three (3) jumbo jet crashes every two days.”
- “**Annual Toll of Drug-Related Problems**”:
 - a.) Medications cost as much as \$182 BILLION per year, b.) Drugs kill as many as 198,815 people each year, c.) Medications put 8.8 MILLION people in the hospital annually, d.) Drugs account for up to 28% of all hospital admissions. ***Source: *American Medical News*, 1/15/96, p. 11**
- In 1994, Americans spent over \$73 BILLION on prescription drugs and another \$76 BILLION in extra medical costs dealing with the side effects of taking those drugs!
- According to an article in the British Medical Journal: Preventable medical mistakes account for 100,000 American deaths each year. ***Source: *U.S. News and World Report*, April 2000**
- **Causes of preventative death in U.S.:**
 - 1.) Smoking cigarettes
 - 2.) Alcohol
 - 3.) **Medical malpractice (80,000 deaths each year or one every seven minutes)**

- 4.) Traffic fatalities
- 5.) Firearm death

Another of Hippocrates' important teachings was, **"Look well to the spine for the cause of disease."** Another reference to the spine (See Edison Quote above)! These two prominent historical figures thought the spine was important to overall health. Maybe we would do well to learn more about it? Both knew of the importance of the spine in maintaining optimal health – as millions of Chiropractic patients today can testify. The reason the spine is important is because the spinal nerves pass from the spinal cord and exit between each pair of vertebrae (bones) on either side of the spine. The brain through the spinal cord and spinal nerves control and coordinate all function of the human body. When there is a mechanical fault, it can affect the electric-like signal the nerve is carrying to properly regulate the muscle, gland, organ, tissue or cell. This can cause an increased or decreased level of function in that area. This creates an imbalance and disharmony between interacting areas of the body. Chiropractors use gentle realignment techniques to correct the position and mechanics of the joints of the spine so that proper function can return.

The final teaching of Hippocrates I'd like to address is, **"Let food be thy medicine, let medicine be thy food."** Are these principles followed in today's medical practice? Have you ever asked your doctor whether you should see a chiropractor to make sure your spine and nervous system was working properly to ensure proper function of all your muscles, glands, organs and tissues? Did they refer you to a chiropractor? Did you ever ask your medical doctor about reversing or preventing chronic degenerative disease through major diet and lifestyle changes? Most medical physicians in the U.S. believe (and are taught in medical school) that chiropractic (looking "well to the spine for the cause of disease") is quackery. The overwhelming majority of physicians also believe that what you eat has virtually no effect on disease (just look at what they eat and what is served in their hospital cafeterias, or the school lunch programs – all must be approved by medically trained dieticians!). In fact, that's what I was told 34 years ago when I was diagnosed with Ulcerative Colitis (bleeding ulcers in the colon), an incurable disease, medically speaking.

I think it will be helpful if I share a bit about my journey and how it has brought me to the point where I want to help as many people as possible understand that there are choices beyond what medical doctors have to offer. Medical physicians are great for acute, emergency, traumatic treatment but have fallen short when it comes to chronic degenerative disease and true health care.

I had suffered with severe constipation my whole life. Then, in my late 20's, I began to experience lots of blood in my stool for several years. Eventually, there was blood and mucus in my stools. Finally, at age 37, I developed explosive diarrhea. This was obviously very embarrassing as I couldn't be more than a minute or two from a bathroom. (At the time I thought I was the only one experiencing these types of problems. But after I was asked to write a forward to a book by Rev. George Malkmus called, "God's Way to Ultimate Health", many people have called me to say they have

had the same experiences and wanted to know more about how they too could get off their medications and heal their body naturally.)

I was diagnosed by one M.D. as having a yeast infection and was sent home with a prescription for Nystatin. I stayed home and rested while taking this prescription and got so sick that I didn't realize how bad I was getting. My wife could see I was in bad shape and immediately took me to the emergency room. I was literally at death's door. I spent four days being fed intravenous fluids and electrolytes that had been lost to the bleeding and diarrhea and was then sent home. Within a couple of days, I was back in the hospital for three more days to continue the I.V. fluid and electrolyte replacement (they had sent me home too soon).

It was at that time I was given a colonoscopy and was diagnosed with Ulcerative Colitis, a serious auto-immune degenerative disease. My internist was a very intelligent young doctor with the latest in medical education and years of experience (he later taught at Vanderbilt Medical School). I told him I had been a serious student of nutrition and I asked him what I could do nutritionally to help him get me well; he told me what I ate wouldn't affect this disease.

Since I was on death's door, I went the medical route for more than a year. I took the Prednisone, Azulfadine, Dipentum, and Asacol the doctors prescribed. The Prednisone would settle things down for a while, but when I was put on the maintenance drugs the colitis would return. After much prayer and soul searching, I threw the drugs away (I had already tapered off the Prednisone), fasted for six days on distilled water and then began eating an all raw fruit and vegetable diet, along with drinking one to two quarts of freshly-extracted vegetable juice each day. Within two months, the colitis was gone! Now, it wasn't quite as easy as this makes it sound. Going this route required strong faith that this was the way I should proceed and that, with persistence and dedication, it would bring success. There were times that tested my resolve and times my family and friends questioned my sanity. In the final analysis though, this proved to be the only sane path to take. The alternative was to have a lifetime of exacerbations and remissions, to be a slave to drugs and the related "experimentation," and the embarrassment associated with the colitis itself. It may also have led to colon cancer eventually.

All this was occurring at the same time we were in the process of adopting our daughter, Lindsey, who joined our family when she was just three days old. I obviously wanted to be healthy, so I'd be energetic enough to enjoy her and be active with her, not to mention live long enough to see her grow up! Not only that, but I would like to see her children and grand children grow up. (By the way, I'd like to mention another proud parental note: We also adopted a little boy who we had in foster care for over 1-½ years. He was five years old when he came into our family and just turned twenty five years old in May. He chosen new name – Jonathan Rowen Pfeifer).

Today, it's been over 34 years since I've had any colitis issues. I am completing my 71st year and feel young and healthy. I still take up new interests and hobbies and like to go snow and water skiing, ice skating, in-line skating, enjoy play racquetball and spring

board diving. I have been on a relentless pursuit for truth in the area of diet, exercise, health and lifestyle since 1975, which was heightened due to my personal health challenges. I want to share what I've learned with others. You have the right to know the truth. You have the right to know that other options exist, choices that can radically change your life for the better. Choices that will give control of your life back to YOU!

Most of allopathic (drug-based) medicine and even most alternative or complimentary care providers operate with the “quick fix” mentality. It's a “this for that” paradigm. This means that even most alternative health providers still deal mainly with symptoms, but rather than give you prescription drugs that can have many serious side effects, they give you vitamins, minerals, herbs, tonics, etc., etc. These are all generally less toxic than drugs, but isn't it better to address the cause? Why not learn how to get and stay healthy by implementing some fundamental principles of health? Most people find their symptoms and “diseases” simply disappear within six months – usually less! Then, you don't have to spend a lifetime chasing symptoms and searching for the latest potion or newly discovered nutrient that will “cure” your malady (this just means it covers up your symptoms). It is always more prudent to live by the “causes of health” rather than wait for symptoms or disease to develop and then search for a so-called “cure” for the disease. The cause of disease generally falls into two categories – toxicity or deficiency. Toxicity is a condition in which there are substances in your body that don't belong there and can damage your health. Deficiencies occur when we don't provide enough nutrients in our daily diet to handle all the necessary processes of life.

I take the role of doctor (teacher) seriously. Please understand that your health is your responsibility. No one can breathe for you, or exercise for you, or think positive thoughts for you, eat healthy foods for you, or take your body in to have your spinal alignment corrected for you. That's your God-given responsibility. Let me ask you a question. If you want to be financially stable by retirement age, does it take care and thought and planning and investing? Of course! It takes that same type of planning and investing and care and thought to stay healthy into your 60's, 70's, or 90's and beyond! Some of you fear living to be that old because you can't imagine feeling progressively worse each year until then. But what if you felt good? What if you still had a sound mind and body and could continue as a productive, happy, energetic member of our society? Jack LaLanne did it and so can you! Just begin making a few better choices every day that will ultimately lead you to the goal you want to reach!

If you think about the times we are facing with **cancer** on the rise (it has recently reached 50% of all deaths), the **threat of biological warfare** (happening as we speak), ever-increasing **daily stresses, antibiotic use and abuse** (beginning in infancy), etc., do you think having an increased resistance to disease and a powerful immune system would be beneficial? The answer must be a definite, YES! **Then, doesn't it make sense to do those things that build up and support your immune system?** Some of those things include a diet rich in raw fruits, vegetables, nuts and seeds, clean water and air, exercise, right thinking, a positive spiritual relationship, and a nervous system (brain, spinal cord and nerves) that is functioning without distortion. Falls and other traumas early in life, including the birth trauma, can result in a weakened immune response. This can lead to

antibiotic abuse and overuse due to damage done to spinal alignment. **Ear infections, colic, coordination problems, feeding difficulties, asthma, allergies, sinus infections,** etc. can be caused from early spinal trauma. When these problems are corrected through safe, gentle, and specific chiropractic adjustments, the body can heal itself and the problems resolve. Couple this with the other healthy lifestyle factors listed above and you get a synergistic effect that can be almost miraculous.

I know this may sound outrageous, but the cure for many, if not most, of the chronic degenerative diseases (cancer, multiple sclerosis, diabetes, lupus (SLE), heart disease, colon and digestive diseases, etc.) is KNOWN! It is scandalous that more people don't know this – and even worse that this knowledge is being kept from you. I know of many, many cases of long-standing diseases being reversed, even after years of failed medical treatments; see the works of Dr.'s Dean Ornish, John McDougall, Andrew Weil, Neal Bernard, Joel Fuhrman, Joel Robbins and many others who are daily proving these principles of health and healing.

There may be some that will tell you that I'm crazy; you may believe that yourself. After all, don't we have the best minds and multiplied billions of dollars looking for "cures" for all the major diseases? A key point to understand here is that the research being conducted isn't really aimed at finding cures; rather, they are looking for treatments. There is a vast difference between the two. This is much like the issue related to medical prevention of disease. What is their idea of prevention? It is to periodically do some blood and/or urine analysis, mammograms, pap smears, ECG's, prostate check-ups, etc. What is the purpose of all these tests? Not prevention! It's to discover problems in the early stages. That's not prevention; it's finding disease in the early stages, which gives them a longer window of treatment opportunity. But true prevention is teaching patients how to never develop disease in the first place!

So, who are the doctors of the future"? If we use the quote from Thomas Edison as our guide, the Doctor of the Future would be a provider who doesn't give drugs, who also takes care of the human frame (spine), and who educates the patients on healthy diet as well as on the cause and prevention of disease. The combination of two well-chosen health care providers that best fits these guidelines would be a good Nutritionist and a good Chiropractor.

Medical researchers haven't found the "cures" for our myriad of diseases with the latest in pharmacological and technological advances or the billions of dollars we have poured into medical research – so what can something as simple as making diet and lifestyle changes or getting adjustments do? The short answer is you must create the conditions for health in your life rather than the conditions for disease. It's that simple. You reap what you sow. Place a seed in poor soil, without sunlight or water or nourishment and what kind of a plant will you end up with? Right, if the plant grows at all, it will be weak, small, shriveled, and susceptible to disease. But provide that same seed with proper amounts of water, sunlight and good quality nourishment in a rich soil base, and you'll have a strong, healthy, productive plant growing in your garden. How are you tending

your seeds (cells)? How will you care for them in the future now that you understand these principles? You are responsible for what you know – your health is your choice!

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