

## **Normal or Common?**

**By Dr. Rowen S. Pfeifer**

How many times do we hear people brush off their ailments and pains by saying, “What do you expect, I am getting older, and anyway, everybody my age has similar problems?”

This example illustrates the thinking of most people in the USA. We resign ourselves to the aches and pains, to taking medications and learning to live with it. Why do we think that disease and pain is normal? Why do we so easily give up the things we love to do? It really pains me to hear my patients say, “Oh, I can’t do that anymore!” Or they say, “I guess it is just that I am getting older”. Age is not a cause of disease! Sure, most of our friends and family suffer the same issues. But does that mean its normal? I say an emphatic, NO! It is all too common, but absolutely not normal. Normal is living into our 80’s, 90’s and beyond with a strong body and a sound mind. Common is, well, just look around.

This scenario is all too prevalent in our society today. The good news is that we have a very large measure of control over our environment and, therefore, our health. Over 34 years ago I had a personal health challenge. The diet I was on for my first quarter century was horrible. I was chronically and severely constipated from as young as I can remember. Eventually I began having a lot of blood and mucus in my stools. I was literally at death’s door at one point and was in the hospital for a total of seven days for intravenous fluid and electrolyte replacement. They did a colonoscopy, and I was diagnosed with Ulcerative Colitis (bleeding ulcers in my colon/large intestine). Medically speaking this is an incurable disease and I was told I would have to be on medication for the rest of my life. They put me on numerous medications, and I knew enough to know I didn’t want to be on these medications for the rest of my life. After a year of medical treatment and after much prayer I decided to quit the drugs (I was already tapered off the Prednisone) and do distilled water fasting for 6 days to let my colon rest and heal awhile. I followed this with eating an abundance of live, raw fruits and vegetables and lots of freshly made, great tasting vegetable juices.

Within two months my symptoms were gone! I have not taken any drugs or medications in over 34 years, not even an aspirin, and at age 71 I’m very physically active and feeling great! I still enjoy in-line and ice skating, snow and water skiing, racquetball, springboard diving, playing guitar and drums, singing and working out and jumping on my rebounder (mini-trampoline).

A patient says, “Doctor, my right knee has been killing me. What’s wrong?” The doctor says, “I can give you some pain medication when it gets too bad, but other than that, you are going to have to learn to live with the pain. After all, you are 87 years old you know. What do you expect?” After a moment of reflection, the patient replies, “But doctor, my left knee is 87 years old too and it never bothers me at all! If age was the problem, wouldn’t it cause me pain as well?” Isn’t this the attitude we should have? Shouldn’t we be able to water ski at age 87 if we want to? We should enjoy life and be productive until

the day we go on to be with the Lord and not just watch life from the sidelines. We should be up playing with our great grandkids – actively involved in their lives.

Let's begin to make the daily choices that will lead to a future worth living. We all understand the need to plan for our financial future. The same goes for our health. We must plan for a healthy future. All it takes the discipline to make simple choices daily to ensure lasting health. Don't wake up one morning wondering how you ended up in such bad shape. Commit to living a long and fruitful life! Take the steps necessary to make it happen. Don't let COMMON defeat you. NORMAL is a long and health life!

The best time to start is now!

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