

# BE the Solution

## **What does “BE the Solution” represent?**

“BE the Solution” refers to being the solution to the number one cause of death in the United States.

## **What is the number one cause of death?**

Medical care.

## **What do you mean?**

Just that, 783,936 deaths per year are caused by conventional medicine. The next two major killers as of 2001 are heart disease at 699,697 deaths and cancer at 553,251.

## **How does conventional medicine result in the death of so many Americans?**

There are several different ways; the most common are fatal drug side-effects, unintentional overdoses, prescription errors, hospital-caused infections, bedsores, and surgical mistakes. I highly recommend that you read a report that appeared in the August 2006 edition of Life Extension magazine titled “Death by Medicine.” It is available at [http://www.lef.org/magazine/mag2006/aug2006\\_report\\_death\\_01.htm](http://www.lef.org/magazine/mag2006/aug2006_report_death_01.htm).

## **Yeah, but isn’t conventional medicine necessary?**

It absolutely is. It’s extremely overused and because it’s used as a substitute for healthy living and addressing the causes of symptoms.

## **How do I “BE the Solution?”**

Start by listening to your body. Symptoms are the language of the body. They are asking to be responded too not repressed. Next, begin doing the things that you know will promote health. The basics are hydration, healthy diet, exercising, taking basic nutritional supplements and sleep. Third, find ways to eliminate, reduce or replace your pharmaceuticals with non-toxic forms of treatment. Chiropractic, nutraceuticals, massage therapy, Rolfing, physical therapy, acupuncture, life coaching, counseling, and TBM are a few of the many options available. Keep in mind that any and all changes in medications should be done with the involvement of pharmacists and the prescribing doctors. Fourth, be patient. Healing takes time and ongoing commitment.

## **Why are the wrist bands violet and why do I need two?**

Violet is the highest color in the visible spectrum, is known as a “cool” color and therefore has a calming effect. The Chinese consider violet to be the “harmony of the universe” because it is a blend of yin (blue) and yang (red). To the ancient Egyptians the violet gem amethyst was believed to offer protection from negative energies. Maybe this is why TBM practitioners have found that wearing violet around both wrists eliminates the nausea, fatigue and sympathy pains that are often triggered while working with patients. Some of our patients have found that wearing violet wristbands has resulted in greater peace of mind and an overall improvement in their symptoms.