

Drug Awareness Disclosure Form

I, _____, acknowledge that any and all information, advice and/or feedback regarding prescription medications I receive from Fibro Wellness and any of its affiliated practitioners and physicians is for informational purposes only. I acknowledge that it is not a specific recommendation to alter the dosage, stop altogether, or begin any prescription medication whatsoever.

By signing this I have acknowledged that I am solely responsible for any alterations I make in my medications. I also realize that it is my responsibility to coordinate any such changes with the prescribing physicians, pharmacists or any others in order to safely and properly do so.

Date _____

Signature _____

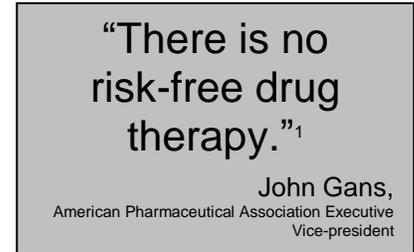
What I'd like you to know about drugs

It's not a secret that I, Dr. Kevin S. Millet, am not a fan of medications. I haven't used any for over 20 years, surgery on my broken ankle excepted. I believe, and there's A LOT of data to back this up, that we would actually be better off if there were NO drugs prescribed in America. That being said, there are three instances where I believe pharmacological intervention is warranted.

The first instance is to buy time. When a person may die, cause injury to others or suffer some permanent damage before a natural healing regimen could run its course, pharmacological and/or surgical intervention is a good idea. One example was when my oldest daughter was diagnosed with leukemia, life-saving antibiotics and chemotherapy were needed to keep her alive until we could address the reason she got sick and support her body to a full recovery.

The second instance is to replace a permanently lost function. When a part of the body has been removed or damaged to the point where it can no longer function, replacing the function makes sense. An example of this would be an individual who had hyperthyroidism and had the thyroid destroyed by irradiation. In this instance, thyroid hormone replacement therapy would be required.

The third instance is to enable a necessary medical procedure. An example of this would be anesthesia for a surgery.



You might wonder if I'm really serious, if I really think that drugs should be restricted to those three exceptions? The answer is yes, I'm dead serious. For three reasons, all medications are dangerous, drug-free healing is available and effective, and symptoms are part of the healing process.

Let me say a word or two about symptoms and the healing process. The body is completely capable of suppressing any process that is causing a symptom like pain, nausea, fatigue, etc... Your body, however, is choosing to have the symptom because it is aiding the healing process. An example of this is a fever. Fevers accelerate the destruction of infectious organisms. Any time symptoms are masked, recovery is delayed, more fibrosis (scarring) occurs, and an opportunity to have suffering result in a renewed commitment to taking better care of the body is missed. Additionally, symptoms guide you and your health care provider in understanding what's wrong and knowing if the therapy provided is working.

Earlier I talked about there being data to support my assertion that even though drugs help in several instances, overall we'd be better off without them. Well here are a few things to consider:

- The average American fills 12 prescriptions each year.²
- For every dollar spent on a drug, a \$1.33 is spent to address adverse drug reactions (ADRs).³
- 1 out of every 5 people admitted to a hospital have to be treated for a drug-related problems (DRPs) caused by a drug they received during their hospital stay.³
- Every day more than 4,000 patients have ADRs that land them in an American hospital.³
- More than 1 in 4 people admitted to a hospital are there because of a DRPs.⁴
- ADRs kill more than 200,000 Americans each year, the same number of deaths as 9/11 every week.⁴
- Most ADRs occur when the right drug is given to the right patient at the right time in the right doses.⁵
- Almost half of the deaths from adverse drug reactions and 61% of hospitalizations from adverse drug reactions are in people younger than 60.⁶

A personal example of the above statistics is my father. He took ibuprofen for knee pain, developed an ulcer from the medication, was admitted to the hospital for treatment of the ulcer and had to take more drugs to treat the ulcer. In other words, the pharmaceutical approach causes its customers to use more of their products in order to survive the effects of the first! I'm suggesting we find a safer option as often as possible.

Information on the web: www.drugawareness.org, www.worstpills.org.

1. Annual cost of Rx Therapy problems placed at \$77 billion – *Drug Topics*, OCT 23, 1995

2. Ukens C. How mail order pharmacy gained in market share in 2003. *Drug Topics* Mar 22, 2004; 148.

3. Drug –related problems pose worsening ‘silent disease’ - *Drug Topics*, MAY 3 1999

4. Arch of Internal Med, Oct 9, 1995 Johnson & Bootman

5. Is standard dosing to blame for adverse drug reactions?, *Drug Topics* JAN 17, 2000

6. Food and Drug Administration. Second Annual Adverse Drug/Biologic Reaction Report: 1986, 1987.

NOTE: The above information is for educational purposes and should not be construed as personal medical advice.