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## Blue Pill or Red Pill

I commonly reference the movie the Matrix, hence the title. The blue pill symbolizes accepting advertisements you see and hear and the red pill symbolizes critical thinking. When pharmaceutical companies make on average three times what fortune 500 companies make, I question their motives. We can't watch television, listen to the radio or read magazines without being alarmed by the excessive urging for us and our children to take drugs. Health spending in BC is expected to reach 45 cents of every tax dollar next year. We live in paradise yet we are getting sicker, **why?** Do we need more drug research? Are we deficient in pharmaceuticals? Have we lost faith in our bodies' innate ability to heal and put it in chemicals?

Are you waiting for that magic drug to cure you? I used to be that person, but synthetic chemicals cannot produce health. They do not belong in your body to begin with, and your body will always try to protect itself from foreign substances.

The "medicalisation of society," is the medical industry's practice of turning commonly found symptoms into a "disease" so they can prescribe a medication for it. **Take the red pill!**

Millions of people are suffering and dying preventatively right here in North America. The drug industry is spending massive amounts to have you think you need drugs. Most of the time symptoms are the body's intelligent response to a stressor. For example, heart disease, cancer, diabetes, high cholesterol, fatigue, depression, etc. are all natural consequences of the body being in a prolonged stress state. *2005 Journal of Applied Physiology 98: 3-30., 2002 93:3-30.*

You are genetically designed to constantly strive for homeostasis. Start giving your body what it needs and watch the miracle of life blossom from within you.

## Your Perspective

At the age of 25 I ended up in hospital in critical condition. I was struck by a car while riding my bicycle for my shift as an RN. I was depressed. I felt like I had lost it all. I was broken, weak, sick, constipated, nauseated, and foggy. I needed several surgeries, could barely move and at least three tubes were coming in and out of me. I was alive though. None of my loved ones were harmed. I had the use of my mind and all limbs. It was a miracle I survived. A miracle my helmet absorbed the impact. A miracle that I had access to world-class emergency care. But I didn't see it that way; my perspective was sick.

I hope that when you or I face adversity that our perspective is one of the magic and wonder not lack and strife. *"When you change the way you look at things, the things you look at change"* - Anonymous

### Thoughts to Brighten Your New Year

1. At least one person loves you so much that they would die for you.
2. Every night someone thinks about you before they go to sleep.
3. Without you someone wouldn't be living right now.
4. When you make the biggest mistake ever, something good will come of it.
5. Let your loved ones know how great they are.
6. Consciously say positive things about yourself and others as much as possible.

The Eat Well, Move Well, Think Well™ advanced seminar series starts again in February. Please sign up if you wish to attend, it is free and the information may save a life.

**WISHING YOU  
and YOUR  
FAMILY  
HEALTH, JOY,  
PEACE, LOVE &  
GENEROSITY  
FOR THE  
HOLIDAYS &  
2008**



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