

Are the health insurance companies, pharmaceutical companies, and food corporations conspiring to keep us sick, drugged and completely dependent upon them... robbing us of our health, wealth and freedom?

Sound like a conspiracy theory? Who doesn't love one?

I know this may sound a little far fetched at first but let's think about this for a moment. Our insurance is twice the cost as it was twenty years ago and our nation is twice as sick. Medication is handed out like candy. When was the last time you saw a commercial to buy fresh whole foods? Ads for sugary cereals, processed and fast foods (whose ingredients list everything but actual food) saturate our media daily. I am not here to convince you that there are five men sitting around a board room conspiring directly to keep us ill, but as we have seen in the corporate world profits are more important than people. It is time to take back our lives, our health, and our money!

I became a natural healthcare provider with the objective of helping guide people towards becoming healthy, happy and educated about their general well being. Insurance companies are now making this increasingly more difficult. We have been misled into believing the insurance companies provide "health care" when what they are really providing is "disease management." What insurance company do you know of that pays for you to get healthy and stay healthy? **The majority of insurance companies do not pay for true preventative care or natural solutions.** Their "so-called" preventative care is merely early detection of disease in which most often the solution is for you to become more dependent upon drugs. Acupuncture (which has been around for 3,000 years) is still considered "investigational" by most insurance companies, which again means they won't pay for the treatment. Nor will they pay for nutritional supplements that are proven to have better results than many pharmaceuticals. They will, however, gladly pay for your three minute doctor visit. Not to mention your prescription that you have been instructed to stay on for the rest of your life to "control your symptoms." Your symptoms are just your body's way of telling you that something is wrong. You don't need a prescription to mask the symptom you need a solution to the underlying cause!

Big pharmaceutical companies spend twelve billion dollars a year in advertising, telling you what drug you should tell your doctor you need...hmmm, who's the doctor here? Most often the drugs frightening side effects are far worse than the original symptoms you are experiencing, causing new symptoms, which are then suppressed by more drugs. It's a never ending cycle. The more drugs we take the more money they make! Conspiracy? Hmmmmm....

The "so-called" foods we eat, laden with chemicals, preservatives and artificial flavorings just confuse our bodies. We can only run on them so long before things begin to go terribly wrong. A correct diet of "real foods" allows you to properly fuel your body. Proper fuel creates the replacement cells and detoxifies the waste products to keep you operating at near 100% health. We see commercials for the processed foods and fast foods all day long. They are quick, convenient and inexpensive, but what's the true cost of consuming all of these unhealthy foods? Eat unhealthy, be unhealthy. See the doctor, receive a prescription. Fight the illness, fight the disease. The fight goes on and on until you ultimately lose the battle. Asthma, allergies, Alzheimer's, arthritis, ADD, autism... and that's just the A's.

So what can we do? We can take charge of our health, take charge of our lives and choose how we spend our money! Since it seems the overall purpose of the big three companies is to make money not make you well, isn't it time we change things? Think about it, if we all become well, and stay well, insurance costs go down, fewer pharmaceuticals are purchased, and less refined foods are consumed.

The money they lose is the money we save. We can reach our retirement years, happy, healthy and productive or we can spend our years withering away in a nursing home. The choice is ours.

Now that you have an idea of what you can do, let me explain how I can help. I will assist you in reaching your health goals. I believe that since we are individuals and we are at different health levels, we should each be treated as such. I will sit down with you and devise a plan that suits your personal health needs. Lifestyle changes you can live with including an eating and exercise plan that is right for you at each stage of your progress. **No one can diet forever, and really, who wants to?** I will keep your structure in proper alignment. This will remove nerve interference allowing your body to run pain free. I will keep your energy and hormonal systems well balanced, leaving you healthy, alert and energized. I will respect your input in your healthcare, no more three-minute, impersonal visits. Together we can build a healthier and happier you!

I know there is nothing we Americans love more than a quick-fix solution, but unfortunately that's just not reality. Taking a multi-vitamin each day is not going to fix all of the damage that has been done by years of poor diet choices, sedentary lifestyles and prescription drug dependency. What I am proposing is a multi-step process. In order to rebuild the body we must resolve the five underlying conditions which often times include low grade infections (yeast, fungus, bacteria, virus, etc.) and chronic inflammations. Detoxifying the body of the many unnatural chemicals we ingest as well as balancing the hormonal system and restoring the structure are also a part of the process. It's amazing how any combinations of these five core issues can be the root cause of hundreds of illnesses. It really is that simple. If you resolve the cause, you resolve the symptom, which ultimately resolves the need for drugs. By working together with you and your medical doctor we can often times reduce or eliminate the need for prescription drugs. Less drug interference in the body allows you to achieve better health. I understand this may seem overwhelming, but it is a path worth taking. Isn't living a long, healthy, productive life worth making a few changes? These are not all-at-once, radical changes, it is a step-by-step process. Healing the body through proper nourishment is a science. Individual health issues as well as individual health goals means that these steps will be different for each person. Fad diets and diet supplements rarely work, we are not "one-size-fits-all;" therefore, a "one-size-fits-all" solution isn't a reality. Through my expertise I will explain to you the steps necessary to reach your own personal health goal and guide you through each process along the way.

Times have changed and unfortunately we can no longer count on anyone to take care of us, we need to take care of ourselves. Conspiracy or no conspiracy we as a nation are getting sicker and the insurance, pharmaceutical and food companies are getting wealthier...at our expense. I am tired of it and you should be too! It is time that we take back our lives! If you are serious about making the necessary changes to get your life back then I look forward to working with you on this exciting health adventure. Change your "disease management" care to true "health" care today!

Find out what your level of health is and what plan will work for you. Whether you want to lose weight, relieve pain, have more energy or just increase your overall vitality let us evaluate your specific needs. Set up your appointment for your health assessment today.

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