

Chiropractic and Earth Day

A healthy earth has a lot to do with a healthy body. But over the years, we have continued to pour chemicals into the atmosphere and earth as well into our bodies.

Chemicals in Our Environment

- 1972: DDT, an organochlorine pesticide, was banned
- 1976: The Environmental Protection Agency (EPA) establishes the Toxic Substance Control Act (TSCA)
- 62,000 chemicals were grandfathered in as being safe

Two chemicals have been banned.

1. 1978 Polychlorinated Biphenyls (PCB)
2. 1989 Asbestos

“There has been no attempt to ban a toxic chemical since 1989.

“The amount of chemicals produced or imported by the United States in one day would fill up 623,000 tanker trucks with a capacity of 8,000 gallons each.” (taken from Dr. Dan Murphy who quotes: The Body Toxic How the Hazardous Chemistry of Everyday Things Threatens Our Health and Well-being. By Nena Baker 2008)

Not counting the chemicals Americans take in from hormones, pesticides, herbicides, and other poisons in our Fast Food, Super Sized nation, we pound prescription drugs in to our bodies.

American Prescription Drug Use

- “The average number of prescriptions [drugs] per person, annually, in 1993 was seven.
- The average number of prescriptions [drugs] per person, annually, in 2000 was eleven.
- [The average number of prescriptions drugs per person], annually, in 2004 was twelve.

The total number of annual prescriptions [drugs] in the United States now stands at about 3 billion. The cost per year is about \$180 billion, headed to and estimated \$414 billion by 2011.” (taken from Dr. Dan Murphy who quotes: How Prescription Drugs Are Altering American Lives, Minds, and Bodies Greg Critser 2005)

This is actually old data and the average number by 2010 is probably much higher. We have seen patients walk in and hand us their pages of 20-30 “scripts”.

In Our Drinking Water

A vast array of pharmaceutical including antibiotics, anti-convulsants, mood stabilizers and sex hormones have been found in the drinking water supplies of at least 41 million Americans, an Associated Press investigation shows. in the course of a five-month inquiry, the AP discovered that drugs have been detected in the drinking water supplies of 24 major metropolitan areas from Southern California to Northern New Jersey, from Detroit to Louisville, Ky. http://www.usatoday.com/news/nation/2008-03-10-drugs-tap-water_N.htm

Our Babies Swim Now In A Soup Of Chemicals.

287 human-made chemicals – most of them hazardous – are in the blood of infants.

According to a study released by the Environmental Working Group, a policy research and activist organization, tests measuring the so-called "body burden" of industrial chemicals, conducted on ten random samples of umbilical cord blood, detected 287 chemicals.

The samples, supplied by the American Red Cross, registered 180 chemicals known to cause cancer in adults, 217 that are linked to brain and nervous system damage, and 208 that have been shown to affect fetal or child development in animal tests. For 209 of the contaminants, this was the first time researchers had identified the chemicals in newborn blood. <http://www.ewg.org/minoritycordblood/home>

Earth Day is Health Day

Learn more. Read books. Talk to your chiropractor. Eat natural and organic food. Get regular spinal adjusts to support your spine and nervous system. Educate others. You can help your family and friends find relief and better health without the use of toxins by encouraging them to come in for an initial consultation with the doctor to see if chiropractic can help. Chiropractic is 100% organic and always has been. No drugs or toxins. The chiropractic lifestyle supports a healthy spine, nervous system and body.