



Drugs and Healing

When you move to a more healthy lifestyle such as eating better, drinking more water and exercising more, your body goes into a "repair state".

When bodies move into this reconstruction state, you can start to feel symptoms. When this happens, the wrong thing to do is to start taking pain-killing drugs or to take more of them. The more you take, the more it slows down the healing state of the body.

"Magic Pills" only exist in the marketing world of drugs. The drug is likely to mask what you're going through, confuse your body, suppress the problem and possibly create additional new problems because of the numerous side effects of drugs.

Just remember that if your body was stressed at any point, when your body starts to repair itself you will feel it, but its a good thing!

If you have any questions regarding any type of medication you're on, please phone or visit your doctor. Don't ask them about healing, as doctors are rarely trained in healing the body, but you can ask them to reduce your medication if it's essential.

If you're interested in a more natural approach, we invite you to call and set up a free phone consultation with me to discuss the safest, most natural options you have.

Yours for health naturally,

Dr B

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