



Kids Our Family Newsletter first

Ferguson Family Chiropractic ~ Dr. John M. Ferguson, D.C.
Exit 9-The Crossings, Clifton Park, NY 12065
518.383.5595 www.ForLifetimeWellness.com

Our goal is to inspire you, to provide you with the latest health care options available, make you smile, and help you to help us fulfill our mission – *to reach as many parents and children as we can!*

Disease and Symptoms:

Last month, I covered the notion of *Malfunction*: The fact that your body will not do what it is designed and programmed to do if something interferes with the function of your nervous system – the computer control system that runs you!

And if some part of the body is not functioning normally (i.e. malfunctioning) and is allowed to remain in that state, what do you think would happen given time? The part of your body that is not functioning normally will start to breakdown and become sick. We call this next step **disease**.



Let's look at this further: When we take the word "disease" and analyze it closely, it is really made up of two separate words—*dis* and *ease*. *Dis* is a Latin derivative meaning "not" and "ease" means "comfortable." *Dis-ease* then means that your body is not comfortable, not at ease. Medicine took out the hyphen and

created a new word called "disease" – something to be feared!

Once we have identified some disease, we can then give it labels, which we can pick out of thousands of different names, such as Asthma, Colitis, Pneumonia, Bronchitis, Meningitis, etc.



This is done because for every name you can give it, there is, you guessed it, a drug to deal with that particular disease.

Symptoms:

Consider this scenario for a moment. When you reach a point where your body has had enough, and it can no longer handle this disease stage, it will actually talk to you in a language you can readily understand. The language your body uses

is called “symptoms.” Very often, your body will scream and we call that symptom “**pain.**” And, as you know, there are all types of different symptoms. There is pain, there is heartburn, difficult breathing, itching of the skin, watering of the eyes, sputtering, coughing, chest pain, arm pain, numbness, constipation, diarrhea, gas, bloating, bladder incontinence, neck pain, back pain, headaches, etc.



There are literally thousands of symptoms. And by now, you’ve guessed, there is a drug to deal with every one of those symptoms.

Isn’t that wonderful? Isn’t it a terrific service the drug industry is providing for us? But the really amazing thing is that we have been taught to accept this as health care. Nothing could be further from the truth.



Let’s look at this a little bit further: Let’s imagine a child who is sitting in front of me at our Clinic and pretend he has some of the conditions I have just mentioned. What if I took some miracle drugs, danced, did some magic, sprinkled stardust in this child’s eyes, did voodoo, and magically I was able to get rid of all his symptoms. This child would now feel terrific. Look Ma, no symptoms!



But.....Would this patient now be healthy? Think about this. Would he/she be healthy? Absolutely not!

What did I just do? Did I correct the problem that caused his body not to function normally, or did I merely get rid of his symptoms? Good question! I simply eliminated his symptoms. That’s all I have done. His problem is still present. But this child now feels terrific – even though his body is not functioning normally.

Now, you need to think of this from a different perspective. The symptoms that an individual experiences can be likened to an alarm system. Your body possesses its very own alarm system to let you know if it can handle what it is going on inside you. It is similar to having a fire break out in your living room. The alarm system would go off in the house. In that instance, you have a choice — either put out the fire, or turn off the alarm system. Guess what most people

do? Do you think they search for the cause of the problem and put out the fire, or do they look for a quick fix and turn off the alarm system—the symptoms? You're right!

I would estimate that 98 percent of Earthlings that I deal with are thrilled to just turn off the alarm system, living in happy oblivion until their body finally says at some point *"No you don't, I have had enough, this is it, I quit."* Think of this: if your body were to wear out, where would you live? You see, this is not a good option!



The whole medical/pharmaceutical cartel, is making billions of dollars on this type of thinking. As a matter of fact, they propagate and promote this type of reality because it is very profitable. The more symptoms we deal with, the wealthier the drug industry becomes - we are not looking after the problem, which means things will fail down the road and get worse. When this occurs, we will be dependent on drugs to sustain what is left of life. That is our health care system in North America. By now you are either agreeing with me or you are convinced that I'm insane – there is no middle ground!
(I will cover Recovery and how to stay healthy in spite of our health care system in the April issue – you'll be amazed!)

Idiots in our Midst:

We had to have the garage door repaired. The Sears repairman told us that one of our problems was that we did not have a 'large' enough motor on the opener. I thought for a minute, and said that we had the largest one Sears made at that time, a 1/2 horsepower. He shook his head and said, *"Lady, you need a 1/4 horsepower."*



I responded that 1/2 was larger than 1/4. He said, *"NO, it's not.' Four is larger than two."* We haven't used Sears repair since.

My daughter and I went through the McDonald's take-out window and I gave the clerk a \$5 bill. Our total was \$4.25, so I also handed her a quarter. She said, *"You gave me too much money."* I said, *"Yes I know, but this way you can just give me a dollar bill back."* She sighed and went to get the



manager who asked me to repeat my request. I did so, and he handed me back the quarter, and said *"We're sorry but they could not do that kind of thing."* The clerk then proceeded to give me back \$1 and 75 cents in change.

My daughter went to a local Taco Bell and ordered a taco. She asked the person behind the counter for 'minimal lettuce.' He said he was sorry, they only had iceberg lettuce.

I was at the airport, checking in at the gate when an airport employee asked, *"Has anyone put anything in your baggage without your knowledge?"* To which I replied, *"If it was without my knowledge, how would I know?"* He smiled knowingly and nodded, *"That's why we ask."*



The stoplight on the corner buzzes when it's safe to cross the street. I was crossing with a probation officer in Wichita, KS. She asked if I knew what the buzzer was for. I explained that it signals blind people when the light is red. Appalled, she responded, "What on earth are blind people doing driving?"

At a good-bye luncheon for an old and dear coworker who was leaving the company due to 'downsizing,' our manager commented cheerfully, *"This is fun. We should do this more often."* Not a word was spoken. We all just looked at each other with that deer-in-the-headlights stare.

A deputy with the Dallas County Sheriff's office plugged her power strip back into itself and for the sake of her life, couldn't understand why her system would not turn on.

When my husband and I arrived at the Ford dealership in Canton, MS to pick up our car, we were told the keys had been locked in it. We went to the service department and found a mechanic working feverishly to unlock the driver's door. As I watched from the passenger side, I instinctively tried the door handle and discovered that it was unlocked. "Hey," I announced to the technician, "it's open!" His reply, "I know. I already got that side."

STAY ALERT! They walk among us... and they VOTE and reproduce!

Missing Husband:

Rick was in trouble. He forgot his wedding anniversary and his wife was really angry! She told him, *"Tomorrow morning, I expect to find a gift on the driveway that goes from 0 to 200 in less than 6 seconds, AND IT BETTER BE THERE!!"*

The next morning Rick got up early and left for work. When his wife woke up, she looked out the window and sure enough there was a large box gift-wrapped in the middle of the driveway. The wife put on her robe, ran out to the driveway, and brought the box back in the house.

She opened it gingerly with trembling hands and found a brand new bathroom scale. Rick has been missing since Friday. Please pray for him.



Please...if you have any questions, or would like any information on any health topic, it would be my pleasure to help you! Talk with you next month.....