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Health and Wellness!

Calling Joe Camel. Calling Joe Camel. The American Academy of Pediatrics might have a job for you!

R.J. Reynolds Tobacco Co. retired their controversial pitch man more than 10 years ago. But a friendly cartoon camel could be the perfect helper for parents who have trouble coaxing their child to take his daily **Lipitor!** Welcome to what might be one of the darkest days in children's "healthcare".

Kholesterol kids-are-us

In case you haven't heard the reports, the American Academy of Pediatrics (AAP) is recommending cholesterol screening for kids as young as two years old if there are weight issues or family history of heart attack or high cholesterol. And if the kids have high cholesterol levels? **Don't hesitate -- medicate!**

According to the New York Times, the AAP is backed up 100% by "proponents".

Of course, "proponents" is just a fuzzy word for medical mainstreamers and drug companies who never met a health concern they wouldn't medicate. While these proponents state

that the risk of giving these statin drugs at a lower age is less than the benefit your going to get out of it. Actually, there is not a whole lot of data on pediatric use of cholesterol-lowering drugs. But that won't stop them! These drugs are dangerous in adults and how can they justify the use in children as young as two? Just another misguided attempt by the drug companies increasing their pharmaceutical profit margins. Exploiting kids is baseless and misguided not to mention dangerous. I have to ask you is this truly healthcare or is this another example of *creating a problem* that they can profit from?

Don't get me started! Grrrrrrr! I know how nutrition can make positive changes in the health of the body if we have the correct building blocks. That means consuming real **food**, and *not products*. Just ask me about Nutrition Response Testing. Throw in a little exercise too. Till next week. God bless☺