

Every year, more than 2 million Americans suffer from serious adverse drug reactions. According to the U.S. Food and Drug Administration (FDA), these reactions cause about 100,000 deaths per year, making prescription drugs the fourth-leading cause of death in the country.

- The recorded error rate of ICU's is like the post office losing more than 16,000 pieces of mail every hour of every day, or banks deducting 32,000 checks from the wrong bank account every hour, 24/7.
- The recorded medical errors and deaths equate to six jumbo jets falling out of the sky each day, 365 days a year.
- Since 2001, a recorded 490,000 people have died from properly prescribed drugs in the United States, while 2,996 people died on U.S. soil from terrorism, all in the 9/11 attacks; prescription drugs are therefore 16,400 percent more dangerous than terrorism. If deaths from over-the-counter drugs are also included, then drug consumption leaps to being 32,000 percent more dangerous than terrorism. And conventional medicine viewed as a whole is 104,700 percent deadlier than terrorism.

*The take-home message from all of this is to remember that, ultimately, it's your body, and your decision what to put in it. If your doctor suggests you take a drug, do some research before you take it, because once you do, it could be too late.*

*Make sure you are aware of the potential side effects of the drug, read the package insert, and remember that even if it lists a side effect as rare, it can still happen to you.*

*Many, many drugs are vastly over-prescribed and unnecessary. So make sure that you make drugs a last option, not a first choice. Many conditions can be treated or prevented with LIFESTYLE CHANGES, yet if you go to a typical doctor, you will likely be prescribed a potentially dangerous drug instead.*