

NO MORE MEDS

DR. CORINNE E. WEAVER, DC

Unless otherwise indicated, all Scripture quotations marked NIV are taken from the Holy Bible, New International Version.

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The educational information and guidelines contained in this book are based upon the research and the personal and professional experiences of the author. They are not intended as a substitute for consultation with your health care provider. This information is for educational purposes only and has not been evaluated by the Food and Drug Administration. These products and the information are not intended to diagnose, treat, cure, or prevent disease.

DISCLOSURE ABOUT CASE STUDIES IN THIS BOOK

I have included some case studies from my own practice in this book. These specific case studies were intentionally chosen to help you relate to actual patients and their lives. I shared this book with several of my patients before its release, and they said that the case study stories gave them hope when there was none. Even though the concepts presented in the case studies are not guaranteed to help everyone, we must have hope when we are working on improving our health! I hope these stories motivate you and provide positive energy to assist you on your journey. To ensure individuals' privacy, however, I have changed some of the names in the stories.

Now, it is time to follow the yellow brick road...

DEDICATION



I dedicate this book to my wonderful friend Stephanie, who is married and has four beautiful children. Thanks for allowing me to be a part of your family. You always have been there for me since the day we met in 1997 when we were 18 and attending Camp Quest (a Christian camp that changed our lives forever). I am blessed to have you as a friend in Christ and a prayer warrior who dances her heart out for what is right!



I wrote this book to help parents who are overwhelmed by the daily stress they experience because they have sick and oversensitive kids.

I also dedicate this book to my mom, who did not know how to take care of herself when I was a sick kid—instead, she let her own health slip away (just as I didn't know how to take care of myself when I was taking care of her). I was very sick, and as I was trying to learn how to get better, I got sicker and sicker because of stress. I didn't realize how sick I was until my mom was gone and I was 60 pounds overweight and exhausted. I desperately needed help. Fortunately, I finally found solutions, and now I want to share those solutions with you.

How many moms go through the same thing?

ADVANCE PRAISE

“All parents want their children to be healthy and happy, and Dr. Weaver has plenty of advice to help parents help their kids, from providing tips about natural remedies and relaxation exercises to explaining how to choose better foods for the entire family. This is a useful book for parents no matter how old their children are--lots here for adults, too!”

- Lisa Howard,
author of Healthier Gluten-Free and The Big Book of Healthy Cooking Oils

“As a mom and a doctor, Dr. Corinne Weaver has a special love for children and to see all children grow up healthy. Her passion, heart, and knowledge come through powerfully in the pages of this book.

Regardless of your knowledge level, *No More Meds* provides a wealth of information, both for the person wanting to start a healthy lifestyle and for the established health professional.

This is especially a must-read book for parents who desire to start their families on a life path free of drugs and full of health.

Dr. Weaver’s life journey makes her uniquely qualified to offer insight and expert advice in the ways of natural health.”

- Dr. Michael Anderson, DC

Refreshing to see and hear the basic concepts of health portrayed in a way that's so easily understood. Great job, Dr. Corinne!

- Dr. Greg Melvin, DC and Board Certified Clinical Thermologist

ACKNOWLEDGMENTS

I want to thank first my husband, Scott, who has been by my side during every step of our journey. His constant encouragement has made me realize I can do all things through Christ, who strengthens me. Scott always goes above and beyond his call of duty, and I am forever his Sunny Delight. Also, thanks to my beautiful kids, whose minds impress me every day. It's because of your brains that I live on to share my brain.

Thanks, Dad, for always telling me to go after my dreams and reach for the stars.

Thanks to my grandfather, who also wrote a book (his book is called *Furrow in the Clouds*). His positive thinking and fight to survive made me who I am today. I am so honored to be his granddaughter.

I want to thank my Uncle John, who inspired me to learn about natural healing and helped me see how I can inspire others.

To all the parents who have trusted me to take care of their sick kids over the years.

Thanks to my wonderful team: Dr. Lisa Plesa, Marie Green, Adora Zachary, Ann Berryman, and Gil Meijer.

On your pathway to wellness, remember that healing comes from the inside. Enjoy your journey!

Dr. Corinne E. Weaver, DC
March 2017

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FOREWORD

My healing journey never stops. I am grateful for every day. From living with cancer, I know the value of keeping myself mentally and physically balanced and healthy.

I know the importance of learning those good habits from an early age. When I was a child I wish that I had a Doctor like Dr. Corinne Weaver. Her special love for children and her passion to see them all grow up healthy is inspiring. She understands that our individual life experiences make us each unique.

Dr. Weaver's book shows us that we have a healthcare crisis that is negatively affecting our kid's immune systems and brain sensitivities. The strategies she provides will help you and your child strengthen your immune systems and calm your nerves.

We live in a stressful world, so it's good to have access to Dr. Corinne's Stress-Free System. It's important that children and their parents have effective and meaningful communication. Effective communication starts with listening not only with your ears but with your heart and being mindful of the nonverbal communication coming from your child.

Follow Dr. Corinne's breathing exercises and help create a deeper more intimate relationship with your children.

Olivia Newton-John, OBE, OA
Singer and Actress

INTRODUCTION

“Children are the world’s most valuable resource and its best hope for the future.” – John F. Kennedy

Have you ever searched the internet for answers to these questions or asked your doctor any of them?

- Why is my kid sick all the time?
- Why is my kid crying over every little thing?
- Why does my kid only eat pancakes and is so picky?
- What’s wrong with my child’s personality?
- Why is my kid mad and angry over the little things?
- Why is my kid so sensitive to smells, sounds, and lights?
- I remember when my kid was healthy until this [a physical, chemical, and/or emotional trauma] happened. Can I go back?

As parents, we all want our kids to be safe and healthy. In this book, I will be teaching you how to keep your kids healthy so that they don’t need more meds.

What keeps us healthy? It’s simple: a strong immune system!! So then here are more questions: how do we help our children have strong immune systems? As parents, are we doing an excellent job of building our children’s immune systems?

Unfortunately, the answer to that last question is no. If kids in America were healthy, I wouldn't be writing this book. It makes me so sad to see little kids suffering from allergies, asthma, acid reflux, cognitive and behavioral disorders like ADD/ADHD, insomnia, autoimmune conditions, seizures, heavy metal toxicity, and developmental delays. The proof is in the statistical pudding: 25.5 million children under the age of 18 are taken to the ER each year.

What are the top ten most common reasons for ER visits (according to U.S. News & World Report)?

1. Injuries and poisoning
2. Respiratory disorders like asthma
3. Nervous system disorders like sports-related concussions and seizures
4. Infections and parasitic diseases
5. Digestive disorders
6. Skin disorders
7. Mental and behavioral health conditions such as depression
8. Musculoskeletal disorders like sprains
9. Genitourinary disorders like a urinary tract infection
10. Endocrine disorders like diabetes

When I look at the top ten list, I wonder how we as parents can keep our kids from constantly going to the ER like I did when I was growing up. Where are all of these problems coming from?

The answers came to me when I got a call last year from my best friend who was dealing with her sick kid. I wanted to help as much as I could, just like I have helped thousands of kids over my past 13 years as a wellness practitioner. I am an upper cervical chiropractor who lives a drug-free and pro-wellness lifestyle, and I love helping

children heal naturally from allergies, asthma, ADD/ADHD, anxiety, and autism. As I was educating my friend about what to do, I realized there was so much to teach her about how to raise healthy kids. She knew my kids were healthy and have never needed any medications, but she didn't know what steps to take for her own child. She was sick of dealing with the medical system and not getting answers from her child's doctor.

It hit me: I had to write this book for her so that I could help her kids stay healthy. Thus, this journey began. As a doctor who was a sick kid myself and as a mom of a child with learning disabilities, I can relate to kids and to parents.

I want you as parents to understand the connections between the immune system and the brain. I want you to understand why your kid's immune system is weak and why their brain is not working right. I want you to know what foods are healing for the immune system and how to calm your and your kid's nerves. I want you to know what diagnostic tests and therapies are the best to do and why. There is hope. You as the parent can get help to help your child's body and brain heal.

My heart's desire with this book is to bring you peace by outlining what to do when your child's health is failing. Ideally, I would like for you to read this book before your child's health is bad—prevention is key!—but sadly, most parents won't make the time to learn about health issues and make substantial life changes until their child's health is failing.

Let's hope you got this book from a friend who cares about you and your child; let's hope you have just slightly started to head down the wrong path. Let me take you down the yellow brick road just long enough for you to realize that the answers are within you—you just need to see the Emerald City to get to them.

God promises that if we pursue Him, He will not only provide for our needs (Matthew 6:33), but He will give us our desires as well (Psalm 37:4-5).

And as the lyrics of “Somewhere Over the Rainbow” say, “Somewhere over the rainbow, skies are blue and the dreams that you dare to dream really do come true.”

I absolutely love what I do, and I am excited to get this great information out to all of you.

I pray my second book speaks to you and you can wake up each morning with a purpose. What I do every day is a calling, and I give God the glory for allowing his gifts to work through me. I do believe in miracles, because I get to see them every day!!!!

As my aunt Olivia Newton-John would sing, “NOT GONNA GIVE IN TO IT!” and “Sometimes there is a miracle just beyond the pain, and you can see the rainbow in the rain...LIV ON!!!”



Chapter 1

DO WE HAVE A HEALTHCARE CRISIS?

My Story

It was a beautiful, hot 4th of July afternoon—a perfect day to swim at the neighborhood pool with my best friend. I loved to swim, and being 10 years old, I was very good at it. After swimming, we decided to go get some lunch at home, so we left the pool and I jumped on the brand-new pink bicycle I had gotten for Christmas. As I was riding along, a horsefly landed on my shoulder. I reached over to knock it off, and *boom!* Next thing I knew, I was flying over my handlebars.

I woke up and realized I was in a hospital. My front tooth was gone and I couldn't breathe. That day changed my health forever: I needed twenty stitches on my bottom lip and had to get my tooth capped, so I could hardly eat anything for about a month. The only thing I did was lay on the couch, drink milkshakes, and look at a TV for the rest the summer. When my mouth healed, I thought everything was going to get better, but it didn't. I became a "hypersensitive child."

What I mean by this is that every little thing seemed to bother my breathing, and I became allergic to my surroundings. The doctors my parents took me to never looked at my spine as causing any of the symptoms I was having—they just treated my symptoms with medication. My journey of taking medicine began.

I was given breathing machines and an inhaler; my life became living on breathing machines twice a day and having an inhaler in my pocket that was always at my beck and call.

My breathing was so bad my parents had to take me to an allergy specialist to figure out what I was allergic to that could be causing my asthma attacks. They found out I was allergic to everything outside: grass, weeds, trees, mold, flowers, mildew. And I was allergic to dust and cats, too.

My parents had to get rid of our cats, carpets, stuffed animals, and lots more. We had to stop going to our old church because it was moldy and I had an asthma attack every time we went. My grandmother had to remove all her flowers and potpourri whenever we went over to her house.

I was always living on the edge, not knowing when I would have another asthma attack. It was so scary being a kid who was constantly struggling to breathe. I thought there was no end in sight to my misery—my nervous system was extremely overreactive and making my body horribly oversensitive. I love my parents and knew that they were doing everything they knew to do to get me better, but the only solutions the doctors had to offer were more drugs. What was all of this costing my parents? Even though insurance paid for some of my ER and doctor visits, my medical issues were still costing my parents hundreds of dollars a month and not offering any real solutions. Now, if my parents had paid thousands of dollars and I was getting better, they would have never complained. But the reality was all the money they spent was just covering up my symptoms and never getting down to the root cause of the problem.

I suffered from my disease for years—in fact, I experienced exactly 11 years of surgeries, pain, and poor health. If only my parents had met a doctor like the one I've become, that doctor could have saved them thousands of dollars and my quality of life!!

The Way Modern Healthcare Works

Imagine if the healthcare system cared about patients and looked deeper into their problems to come up with top-quality solutions instead of just masking symptoms. My vision is to have doctors develop better relationships with their patients/clients and take the time to truly find solutions that make a difference in their quality of life. I want the healthcare system to have doctors who work together for the good of the patients/clients and not have to solely depend on the treatments and services that insurance allows.

Recently, I was at Harvard and talking to a plastic surgeon who had practiced medicine for 30 years. He was saying that for every breast cancer patient he sees, he must spend about 5-6 hours compiling notes for the insurance companies to get them to pay for the treatments; even then, he said, insurance still fights against paying. Because of insurance paperwork, he said, he doesn't have time to discuss quality-of-care issues. He said his patients were now experiencing more complications because of this.

He ended the conversation by saying that if something doesn't change, he was advising medical students to choose another profession because of the stress load that comes along with being a doctor. He'll be retiring next year, he said, and the smile on his face told me how excited he was to stop having to deal with the insurance madness. Of course, he hopes something will change with patient care, but he said he doesn't see changes happening anytime soon.

Your Child's Health

Take a moment to consider what you know about your child. You may not realize to what extent sickness can affect your child and therefore the entire family. You might be under the impression that

your child is unruly or impossible to keep in line when the truth is that every child's brain and body is unique and has unique needs.

I believe that stress is a big trigger for people who are sick, whether they're children or adults. If your child is sick and/or is having a meltdown, it is critical that you try very hard not to react to the action itself. Instead, try to identify the source of the stress and then reduce or eliminate it so then you can redirect your child's attention and get them back on track.

If you cannot identify what is causing or triggering the sickness, it can be very frustrating. You may want to know what else you can do to help your child, such as ways to strengthen your child's immune system and coping skills so they can handle stress better and have fewer meltdowns. I can provide you with ways to improve these situations, because yes, there is hope!

In my practice, we use amazing methods (which I will be discussing later on in the book) to strengthen your child's immune system and heal their brain and body functions with remarkable success. We see impressive results with this type of brain-based therapy. Kids with ADD and/or ADHD, anxiety, allergies, asthma, autism, and autoimmune conditions—to name just a few “A” diagnoses—have very sensitive systems. They can get overwhelmed very easily, and they may have trouble coping with stress or too much information or activity at once. Their nervous systems are quite sensitive, and you may notice that they are “picky” when it comes to the five senses.

What do I mean by sensitivity to senses? These children may reject certain foods or want to eat only a few foods. They may react to loud noises, bright lights, or strong odors. They may be very sensitive to certain textures. Clothing which feels fine to you might feel incredibly uncomfortable or itchy to them. Daily life can feel like a barrage or an assault on their senses.

Using our established healing methods, we can help children (and adults, too) who have these conditions process unpleasant stimuli more easily. By giving them coping mechanisms, strengthening their skills, and building their immune systems, we are helping them lead lives that are more positive and fulfilling.

In addition to focusing on sources of stresses and triggers, we also pay attention to your child's daily diet: we want to know if your child is getting enough nutrients, vitamins, minerals, and even enough calories. Many people—not just those with ADD and/or ADHD, anxiety, allergies, asthma, autism, and autoimmune disorders—respond to situations poorly and have fewer coping skills when they are just plain hungry or thirsty. We are sure you will agree that a properly nourished and hydrated person is better equipped to handle problems or stress! Drinking only water (1 quart per 50 pounds of body weight per day) is ideal. You can go to www.drweaverswater.com to find out which water filter I love best, namely the kind that removes fluoride, which is a neurotoxin. I encourage parents to make sure they are taking care of their own needs, too, so they can better handle stress and be the best parent for their child.

In addition to analyzing the nutrition a child is or is not getting, we look at potential food allergies or food sensitivities the child may have. We know that having an allergic reaction to food makes a person feel awful. Now imagine having a slightly less severe food allergy. It might not be life-threatening, but it can still make a person feel unwell. It's understandable that a person—child or adult—with an unknown food allergy might feel stressed. This stress can lead to behavioral issues and sickness.

Our attention to detail makes all the difference! When it comes to you or your loved one who has these hypersensitivities, we want to find the root cause of the condition. We want to work with you to help your children realize their potential. We want to help identify

any challenges they have and strengthen their coping skills so that when they face challenges and stresses, they can move past them and thrive. And we want to do all of this without resorting to drug interventions.

Our Drug Culture

Why in America do we depend on so many drugs to survive? We are taught in school to “Say no to drugs!”, but when I was a kid, I also knew I had to take drugs for the rest of my life to survive. I was a very confused kid!!

Now that it is 2017, you would think America’s drug crisis would be better, but it isn’t. I hate to say this, but actually our drug crisis has gotten worse each year. Why do we think if we take this or that magical pill all our problems will go away? Have we been brainwashed? After all, the US consumes far more painkillers than any other country in the world.

What are we so scared of? Fear itself. The whole medical system is based on fear. Simply put, doctors began to fill out a record number of prescriptions for drugs to treat patients’ conditions. That led to people getting hooked on painkillers and then moving over to using illegal drugs such as heroin when they were eventually unable to keep getting their prescriptions for painkillers. More recently, people have begun using fentanyl, an opioid that’s even more potent and cheaper than heroin. The result is more deaths. When are we going to wake up and realize that drugs are not the answer?

For me, it took me continually getting sicker to realize that the medicine cabinet did not have the answers I needed.

Why do we consume so many drugs? Because we trust our doctors and they write drug prescriptions for us. Starting in the 1980s

and 90s, doctors were under pressure to take pain more seriously. There were (and still are) some good reasons for that: according to a 2011 report from the Institute of Medicine, about 100 million Americans still suffer from chronic pain.

The result of the prescription trend was that in 2012, US doctors wrote 259 million prescriptions for painkillers, enough to give a bottle of pills to every adult in the country. And these pills didn't just end up in patients' hands—they were shared among friends and family, they landed in the hands of teens who rummaged through their parents' medicine cabinets, and so on. This stat just makes me want to add my sad emoji face. We are raising our kids to think that if something hurts, they should just take a pill.

One of the undeniable contributors to the painkiller epidemic is drug companies. Drug companies pitched newer products like Oxy-Contin as the big medical solution. The marketing was extremely misleading, often presenting these drugs as safer and more effective than other painkillers on the market...but then we found out that these drugs were in fact extremely addictive and dangerous. After all, if these drugs did work, why do Americans still report higher levels of chronic pain? Again, I say that drugs are not the answer.

There's simply no good scientific evidence that painkillers can treat long-term pain, because patients grow tolerant of the painkilling effects. There is, however, plenty of evidence that prolonged use can result in very bad complications, including higher risks of addiction, overdose, and death. That should scare us.

After long-term use, some patients who try to stop taking painkillers will feel a sudden surge of pain. They'll likely think the pain they're feeling is their chronic pain coming back in full force now that the painkillers are gone. The truth, however, is that the opioids had already likely stopped working on the original chronic pain due to the patient's ever-increasing tolerance—

that sudden surge of pain is an entirely new pain from drug-dependence withdrawal, not the original chronic pain.

There's also evidence that opioids can make pain worse. Opioids might make people more sensitive to pain and weaken the bones, for one thing. Opioids also might prompt people to do things that expose them to greater injury, which of course leads to far more pain—for example, because the patient feels no pain, he or she might do more housework than usual, leading to more long-term damage because the patient is not resting. I come across this scenario every day in my practice.

According to the April 2016 issue of *Fortune*, US drug spending hit a record high again: per the IMS Institute for Healthcare Informatics, hospitals and pharmacies spent \$424.8 billion on drugs.

So if drugs aren't the answer to healing the body, what is?

There are alternative therapies that can be very beneficial, although these can involve more work, education, and money on the patient's part compared to just taking a pill (we will discuss these therapies later in the book).

Here are some alarming stats on people who have certain conditions.

- 322 million people of all ages suffer from depression (1).
- 264 million adults suffer from anxiety (1).
- 6.4 million children in America have ADHD; the yearly cost of this is \$42.5 billion (2).
- 28 million Americans suffer from migraines, according to the National Headache Foundation.
- 1 in 3 adults don't get enough sleep, according to a CDC newsroom release in February 2016.

Our country needs to devise solutions for how to get people to stop using drugs. If a patient must have a drug, we need to know how to make their drug use less deadly and dangerous (3).

The reality is that at some level, some patients who are struggling with chronic health issues may just have to learn to find alternative therapies and realize that the answer isn't in a pill.

Alternative Therapies Do Work

When I was a kid, my amazing Uncle John (who would spend time in the Amazon jungle in South America learning about Amazon herbs) would come to town and make me some fresh herbal tea. I would breathe in that tea with a kitchen towel draped over my head, and my lungs would open and alleviate my most severe breathing symptoms. Even as a small kid, I knew I liked breathing in that tea much better than using the nasty steroid breathing machine I had. The taste of the roots and barks was disgusting, true, but I would breath in their tea anyway, because after I did, I felt better. I knew something in those herbs he gave me was powerful.

Uncle John gave me the first hope that I could get off the breathing machines and drugs I was taking, but still, as the years went by, my asthma and allergies got worse with all of the added drugs and shots I was taking. Then, while visiting my Uncle one summer, everything became clear. He had just been in a car accident and had fractured his back. As he was lying on the couch in tons of pain, I felt the need to help him. He did not take pain-killers—he only used natural remedies to help heal his body. He asked me to apply recovery herbs to his back and work on aligning the energy in his spine. I had no idea what I was doing, but I nonetheless felt empowered to help him. After I worked on him

for about an hour, he woke up and said he felt the best he had felt since the accident. He looked at me and said, “You have healing hands.”

I felt empowered to help others feel better with my healing hands, a feeling that was reinforced when Uncle John introduced me to chiropractic principles. I fell in love with the philosophy of chiropractic care!! Our bodies have the power to heal from the inside—the power that made the body can heal the body. The nervous system runs the whole body, and if there is no interference with brain-to-body communication, the body can operate at its optimum.

As I grew older, I developed a strong relationship with God. At a summer Christian camp called Camp Quest, I prayed and asked, “Lord, what do you want me to be when I grow up?” I heard the word loud and clear in my mind: “Chiropractor!” Part of our job is to listen well to the Word of God and the Spirit of God. We are good at talking to God, but we aren’t good at listening to God. From that day on, I dedicated my life to help others with their healing, and now I hope to bring healing to you through my words in this book.

During my eight years of studying the nervous, immune, and hormonal systems, I came to understand that the physical stress of my bike accident had caused my health to take a bad turn and the doctors I saw to make mistakes. That said, please know that I didn’t write this book to bash medical professionals—in fact, I am very thankful that they could handle the severe symptoms I was having when I was a kid. I am just saying that I wish doctors would look more deeply into the root causes of a problem instead of just masking its symptoms.

If a doctor would’ve taken the time to look and see that my symptoms started after the bike accident and to see that the physical head trauma had started a series of sickness in my body, that doctor

could have reached out to another doctor to see if that physical head trauma was causing breathing issues for me. I just needed a doctor to get my head on straight, pun intended!!

But that accident was not a coincidence: it was my destiny to learn how to heal my body so I could help thousands of others do the same. I feel so blessed that God led me to figure out how to heal myself, and I want to share these amazing healing secrets with you, too, so that you can also heal.

I married my high school sweetheart at the early age of 20 and went to college to study the philosophy of how our body has the power to heal from inside. I was so excited to learn this was possible! While in chiropractic school, I received regular chiropractic care, specifically upper cervical care. All of my asthma/allergy symptoms disappeared within a year—I threw all my drugs away and have not had to rely on them ever again, and it's been over 16 years now.

I went on to finish my schooling and then opened my practice in 2004. I have three wonderful children; I gave birth to them all naturally at home and none of them have ever had *any* drugs. I love helping women have natural childbirths and educating parents on how to raise healthy children naturally. This is my passion: helping kids be kids and enjoy lives free from chronic illness.

With brain dysfunction increasing (especially in children), we need more doctors who are trained in brain restoration. In this book, I will show you several lifestyle, diet, and non-drug approaches that can help your child regain their immune system and brain health while simultaneously experiencing fewer side effects than they would with conventional medications. The main goals of these lifestyle-based efforts are to reduce inflammation in their body and brain and restore their brain-to-body functions.

I Phil. 3:12

Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me.

Chapter 2

WHAT THREE STEPS CAN YOU TAKE TODAY TO IMPROVE YOUR CHILD'S MOOD?

Why I am starting out my book with improving your child's mood? Well, as a kid who was sick all the time and as a frustrated parent with a sick kid, I know that it's hard to be happy. We seem to always concentrate on the problems and not the solutions. I want you to be able to reread this chapter many times and remind your kid of these simple steps they can use to improve their mood so that they don't go mentally insane while dealing with their sickness. Twelve years ago, my mom was diagnosed with Stage 5 glioblastoma brain cancer and was given three months to live. Even though we eventually did lose her to cancer, she was able to live three years instead of three months. During that challenging time, I learned a lot about how to improve my mood. I will be sharing those methods with you as well as some stories of patients I have seen over the last 13 years of practice.

I hope these stories will speak to your heart and motivate you to *smile* more. According to an article, called "Why faking a smile is a good thing" in *Forbes* magazine on February 26, 2013, "Smilers exhibited lower heart rate levels after completing a stressful task compared to subjects who assumed a neutral expression."