

Hello Everyone in Natural Health Nation,

I hope that everyone had a great weekend despite the weather. The forecasters sure got it wrong over the last week here. I guess it's a good thing we missed big snows but forecasting for it is almost as bad. I've been hearing more birds chirping in the morning and the sounds of early spring are here, despite what the groundhog said. We're still using a lot of Congaplex and Cataplex A & C for the colds and flu that folks are getting. Keep building those immune systems and avoid all that stuff.

The first article this week is looking at the question of can the conventional medical profession be trusted? In this article are a lot of stats about the trust of the public in medical treatment and in the trust of the research articles that the medics use to make their decisions. I know that the medical doctor himself or herself is doing the best they can but the information they have to deal with is sometimes based more on advertising and marketing than on honest research geared towards the health of the patient. A good heads up article.

The next article shows some of the goofiness out there in nutrition land as it tells us that eggs cannot be defined by law. This is a screwy rule by the FDA on not allowing a definition for eggs and this article goes into some of the reasons why. It's a more about understanding the politics article then understanding about eggs. This is another reason why at Natural Health, we work towards bringing you the real story and the truth about nutrition that has been clinically proven.

The bonus article this week talks about synthetic opioids flowing into the US by the Postal Service. Of course the opioid drugs are very harmful and are causing deaths by themselves, but now people are getting hold of them from sources not controlled by their MD. We have found that if you get a patient healthy, they don't have pain and have no need for these painkilling drugs. How much is real health worth to you and yours? We know that it's harder to work towards being healthy that just following the mainstream standard American diet (or SAD) but it's definitely worth it in the attainment of good health and good energy to enjoy your friends and family and stay out of nursing homes.

Get Healthy, Stay Healthy, Live Well

-Dr. Mark

Next Education Workshop: Tuesday, February 20th at 5:00 p.m.

Got Brain Fog / Forgetfulness?

Patient Testimony: "Before coming in, I had stress issues, weight gain, I was tired/sluggish, and had severe mood swings, PMS, and cramps [around my period]. Now, my stress decreased, I haven't put on any more weight, and my emotions and cramps have decreased just before and during my period. -S.D."

Please check the links below to read articles from Dr. Mark:

[Can the Conventional Medical Profession Be Trusted?](#)

[Eggs Cannot Be Defined by Law](#)

[Synthetic Opioids Flooding Into US Via Postal Service](#)

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