



School Shootings: Evil or Drug-Induced Behavior?

In the hit movie *A Few Good Men*, Tom Cruise and Jack Nicholson have a heated courtroom faceoff.

Cruise: "...Did you order the Code Red?"

Nicholson: "You want answers?"

Cruise: "I want the truth!"

Nicholson: "You can't handle the truth!"

Well, can you handle the truth about the clear connection and probable causation of psychiatric drugs with the murderous violence that is so common today?

On December 14, 2012, 20-year-old Adam Lanza fatally shot his mother in her home in Newtown, Connecticut. Armed with an assault rifle and two handguns, he then burst into the nearby Sandy Hook Elementary School and killed 20 children, six adults, and himself.

Tragic, heartbreaking, shocking, horrendous, unthinkable, inexplicable: All are apt descriptions of this act of murderous mayhem—except for inexplicable. Although the details on this specific incident are yet to be confirmed, I can say with near certainty that Adam Lanza was taking psychiatric medication.

First, it was reported that he underwent psychiatric evaluation and had been medicated as early as age 10. Second, this is by no means the first time these drugs have been associated with murder and suicide. Between 2004 and 2011, the FDA's Adverse Events Reporting System for drug side effects logged 12,755 reports of psychiatric medications relating to violence. Among them were 359 homicides, 7,250

incidences of aggression, and 2,795 episodes of mania. There were also 9,310 suicides. Actually, the damage is far greater. According to the FDA, fewer than 10 percent of adverse reactions are reported. To get a truer picture of the horrors of these medications, multiply these numbers by 10!

This isn't even the first school shooting linked with psychiatric drugs. The 14 school shootings and the 10 murders and murder-suicides listed on page 3—which left a total of 102 dead and 131 wounded—were all committed by individuals who have been positively identified as having been taking or withdrawing from antidepressants or other psychiatric drugs.

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Health & Healing

YOUR DEFINITIVE GUIDE TO WELLNESS MEDICINE

Julian Whitaker, MD, has practiced medicine for over 35 years, after receiving degrees from Dartmouth College and Emory University. Dr. Whitaker has long been an advocate of living a healthy life. Dr. Whitaker is compensated on the sales of the supplements he formulates with Healthy Directions, LLC. He is not compensated for other companies' products that he recommends in this newsletter. He is the author of 14 health books including: *The Whitaker Wellness Weight Loss Program*, *Reversing Hypertension*, *The Whitaker Diet*, *Shed 10 Years in 10 Weeks*, *The Pain Relief Breakthrough*, *Reversing Heart Disease*, *Reversing Diabetes*, and *Dr. Whitaker's Guide to Natural Healing*.

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Dear Reader,

The day after the December 14, 2012, Sandy Hook Elementary School shooting, headlines across the country read, "Evil Visited This Community." This headline is inaccurate. It should have said, "Psych Drug-Induced Murder Destroyed Another Community." After you've read the main article in this issue of *Health & Healing*, you'll understand why.

I urge you to share this newsletter with others because it contains very important information about the dangers of psychiatric drugs—information that isn't being discussed or even acknowledged. I know this because if these drugs' adverse effects—and their lack of efficacy—were common knowledge, antidepressants and antipsychotics wouldn't have raked in nearly \$30 billion in sales in 2011. One in 10 Americans over age 12 wouldn't be on antidepressants. There wouldn't have been nearly 48 million prescriptions for the anti-anxiety drug Xanax last year. We wouldn't be filling 60 million prescriptions for mind- and behavior-altering sleeping pills every year or giving nearly 9 percent of our boys addictive stimulant drugs.

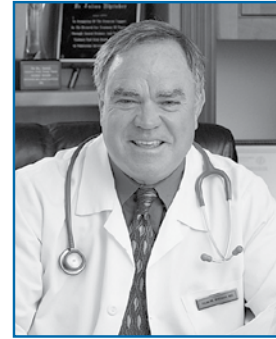
We've become psych drug junkies. Feeling tired and sad? Having trouble with weight, insomnia, and making decisions? Never mind if you've lost a loved one or you've been binging on sweets or you're a person who weighs decisions carefully. You fit the criteria for a diagnosis of depression, and your physician may well prescribe an antidepressant. Shyness, low libido, hot temper, poor math skills: All these and many, many other normal human characteristics have been lumped in groups, given labels, and turned into fabricated, irrational "psychiatric disorders" that are treated by drugs.

Of course, it's all an unscientific, profit-driven fraud, created and perpetuated by Big Pharma. But this gravy train is so extensive and entrenched that it just keeps on rolling.

Albert Einstein once said, "The world is a dangerous place to live; not because of the people who are evil, but because of the people who don't do anything about it." Let's do something about it. Let's work together to make the world a safer place by spreading the word about these terribly dangerous, largely ineffective drugs. You can help increase awareness of this problem and its magnitude by sending copies of this newsletter to everyone you know. And don't forget that the first place to start is to just say no to psychiatric drugs.

To your health,

Julian Whitaker MD



Julian Whitaker, MD

America's Wellness Doctor

Director of the Whitaker Wellness Institute, Newport Beach, California

A Litany of Murder and Mayhem

- **Pittsburgh, PA, March 8, 2012:** John Shick, age 30, shot and killed one employee at the University of Pittsburgh Medical Center's Western Psychiatric Institute and injured six other people before he was killed by the police. *Forty-three prescription medications, including nine antidepressants, were found in his apartment.*
- **Seal Beach, CA, October 12, 2011:** Scott Dekraai, 41, killed eight people, including his ex-wife, and wounded one at the hair salon where she worked. *He had been prescribed Trazodone, an antidepressant, and Topamax, a mood stabilizer.*
- **Huntsville, AL, February 5, 2010:** Hammad Memon, 14, shot and killed a fellow student at their middle school. *He had been treated for depression and ADHD and was taking the antidepressant Zoloft and other drugs.*
- **Lakeland, FL, May 3, 2009:** Troy Bellar, 34, killed his wife and their 5-month- and 8-year-old sons, and then shot himself. *He was taking Tegretol for bipolar disorder.*
- **Granberry Crossroads, AL, April 26, 2009:** Fred B. Davis, 53, killed a policeman and wounded a deputy sheriff after threatening a neighbor with a gun. *He had been prescribed Geodon, an antipsychotic drug.*
- **Middletown, MD, April 17, 2009:** Christopher Wood, 34, cut and shot his wife and three children, ages 5, 4, and 2, and then committed suicide. *He had been on the antidepressants Cymbalta and Paxil and the anti-anxiety medications BuSpar and Xanax.*
- **Concord, CA, January 11, 2009:** Jason Montes, 33, killed his 25-year-old wife and shot himself to death in their home. *He had started taking Prozac.*
- **Kauhajoki, Finland, September 23, 2008:** Matti Saari, 22, shot and killed 9 other students, wounded another, and killed a teacher before killing himself. *He was taking an antidepressant and a benzodiazepine.*
- **Little Rock, AR, August 13, 2008:** Timothy Johnson, 50, shot and killed Arkansas Democratic Party Chairman Bill Gwatney at the party's headquarters; he was then pursued and killed by police. *A police report confirmed that he was taking an antidepressant and "...the drug may have played a part in his 'irrational and violent behavior.'"*
- **Dekalb, IL, February 14, 2008:** Steven Kazmierczak, 27, shot and killed five people and wounded 21, then killed himself in an auditorium at Northern Illinois University, where he had been a student. *He had recently been taking Prozac, Xanax, and Ambien, a sleeping aid.*
- **Omaha, NE, December 5, 2007:** Robert Hawkins, 19, killed eight people and wounded five before committing suicide in an Omaha mall. *Autopsy results confirmed he was under the influence of the anti-anxiety drug Valium.*
- **Jokela, Finland, November 7, 2007:** Pekka-Eric Auvinen, 18, killed five boys, one girl, the principal, and the school nurse and wounded a dozen others at his high school before killing himself. *He had been taking antidepressants.*
- **Cleveland, OH, October 10, 2007:** Asa Coon, 14, shot two students and two teachers at his high school and then committed suicide. *He had been prescribed Trazodone.*
- **Red Lake, MN, March 21, 2005:** Jeff Weise, 16, killed his grandfather and his grandfather's girlfriend, and drove to the high school on the Red Lake Indian Reservation where he opened fire, killing seven people and wounding five. He then shot himself to death. *He was on Prozac.*
- **East Greenbush, NY, February 9, 2004:** Jon Romano, 16, took a shotgun to school and wounded a teacher. *He had been on medication for depression.*
- **North Meridian, FL, July 8, 2003:** Doug Williams, 48, shot 14 of his co-workers at Lockheed Martin with a shotgun, killing six of them, before turning the gun on himself. *He was reported to have been on two antidepressants, Zoloft and Celexa.*
- **Wahluke, WA, April 10, 2001:** Cory Baadsgaard, 16, held 23 classmates and a teacher hostage using a rifle he had taken to school. *He had been taking the antidepressant Effexor.*
- **El Cajon, CA, March 22, 2001:** Jason Hoffman, 18, opened fire at his high school, injuring three students and two teachers. He committed suicide while in jail later that year. *He was on two antidepressants, Celexa and Effexor.*
- **Williamsport, PA, March 7, 2001:** Elizabeth Bush, 14, took a revolver to school and shot another student in the shoulder. *She was taking Prozac.*
- **Wakefield, MA, December 26, 2000:** Michael McDermott, 42, shot and killed seven fellow employees at Edgewater Technology. *He was taking three antidepressants.*

continued on page 4

School Shootings (cont. from page 3)

- **Conyers, GA, May 20, 1999:** T.J. Solomon, 15, wounded six of his high school classmates with a gun he had taken to school. *He was taking Ritalin, a stimulant often prescribed for ADHD.*
- **Columbine, CO, April 20, 1999:** Eric Harris, 18, and, Dylan Klebold, 17, shot and killed 12 students and a teacher and wounded 26 others at their high school before killing themselves. *Harris was taking an antidepressant, Luvox; Klebold's medical records are sealed.*
- **Notus, ID, April 16, 1999:** Shawn Cooper, 15, took a shotgun to school and shot two rounds; no one was injured. *He was taking Ritalin and an SSRI antidepressant.*
- **Springfield, OR, May 21, 1998:** Kip Kinkel, 15, shot his parents to death with a rifle. The next day, armed with five weapons and over 1,000 rounds of ammunition, he went to school and opened fire in the cafeteria, killing two and wounding 25. *He had been taking Prozac.*

Many More Sad Stories

This list, which was compiled by the Citizens Commission on Human Rights, is far from comprehensive. These medications are strongly suspected in many other school shootings, murders, and murder-suicides, but we'll never know for sure.

Under the guise of protection of privacy, the medical records of the individuals who commit these unspeakable acts of violence are often sealed—as if anyone who kills innocent people, many of them children, needs or deserves such privacy. James Holmes, who opened fire in a movie theater in Aurora, Colorado, last year, killing 12 and wounding 58, had been seeing a psychiatrist. It's probable that he had been prescribed medications, but despite repeated requests, no specifics have been released. And that's just one recent example.

Nor does this list include the thousands of unexpected, uncharacteristic suicides or episodes of bizarre behavior by people who were under the influence of psychiatric drugs. You may have heard about Mary Kennedy, estranged wife of Robert Kennedy, Jr., and mother of four, who had traces of three antidepressants in her system at the time of her suicide last year. Or Tony Scott, director of *Top Gun* and

other movies, who was on an antidepressant and sleeping pills when he leapt to his death in August. Or perhaps you're aware of psychiatric drug-related suicides or other incidents in your own community or circle of acquaintances.

The real tragedy is that many of these sad stories could have been prevented, if only the truth about psychiatric drugs had been told—and the truth is hiding in plain sight.

Dangers in Plain Sight

If you want confirmation of psychiatric drugs' propensity for promoting violence and suicide, you don't have to look very far—it's printed on the product labels and patient information sheets! Law requires that all antidepressants carry "black box" label warnings (the most serious type of warnings) stating they increase the risk of suicidal thinking and behavior in children, adolescents, and young adults. Imagine people who are depressed being prescribed drugs that clearly state right on the bottle that they could make them worse and more likely to commit suicide. It's insane!

But there's more. Product inserts also list additional adverse effects, including worsening depression, anxiety, agitation, panic attacks, insomnia, irritability, hostility, aggressiveness, impulsivity, mania, and akathisia.

Akathisia, characterized by unpleasant feelings of restlessness and an inability to sit still, is particularly common in patients taking selective serotonin reuptake inhibitors (SSRIs, the most popular class of antidepressants, which include

My Recommendations

- ▶ **Say no to psychiatric drugs.** There are far safer methods of dealing with life's challenges than taking mind-altering medications, which we'll discuss in next month's issue. If you are already taking an antidepressant or other psychiatric medication, talk to your physician about discontinuing it. Withdrawal from these powerful drugs must be done gradually and under medical supervision.
- ▶ **To learn more about the adverse effects of psychiatric drugs, visit the Citizens Commission on Human Rights website, cchrint.org.** For decades, this nonprofit organization has been at the forefront of the battle to educate the public on the dangers of these medications.
- ▶ **Visit SSRIstories.com to grasp the full extent of the damage psychiatric drugs can wreak upon families, schools, and communities.**

Zoloft, Paxil, and Prozac). Studies suggest that medication-induced akathisia “exacerbates psychopathology” and dramatically increases the risk of suicide and violence.

So why are they prescribed? The psychopathology induced by psychiatric drugs can be so extreme that the perpetrators of these tragedies—who rarely have a history of violence or criminal behavior—don’t simply commit suicide. Like Adam Lanza, they kill themselves at the end of a bloody, murderous rampage.

Role of Drugs Must Be Recognized

What happens when a bicycle, baby crib, washing machine, or any other consumer product is discovered to pose some sort of safety threat? The manufacturer issues an alert and often a voluntary recall to repair or replace the product. The U.S. Consumer Product Safety Commission releases information on safety issues and holds these companies responsible. And if the dangers are significant or widespread, the press picks up on it, and the product may be removed from the marketplace, and suits are often filed.

What happens when a psychiatric drug harms someone? Nothing! Despite tens of thousands of reports to the FDA of psychiatric drug-related violence and suicide, other massacres that involved the use of these medications, and solid scientific research—including warnings on the medication labels themselves—there is no hue and cry, no action at all!

The major news outlets lament the disintegration of our society and discuss as possible solutions gun control, heightened security at schools, and curbing violence in video games, TV shows, and movies. But they rarely bring up the real cause: psychiatric drugs. That topic is taboo.

You’d think the FDA, the agency tasked with protecting the public against dangerous and ineffective drugs, would be all over this. A recent study, based on the FDA’s own Adverse Events Reporting System, concluded that compared with other drugs, 11 antidepressants, 6 sedatives, and 3 ADHD drugs are 8 to 10 times more likely to be linked with murder, homicidal thoughts, physical assault or abuse, and violence against others. Yet the FDA gives a free pass to all these drugs.

What about Congress? Why hasn’t there been a federal investigation into these horrendous

catastrophes, which occur with disturbing regularity? At the very least, immediate public disclosure of the medication histories of the perpetrators of such atrocities should be required. That would at least bring it into the open and make it part of the debate.

Willful Ignorance or Worse

Above all, why hasn’t Big Pharma stepped up and addressed this issue? If the products made by pharmaceutical companies are safe, then let them prove it! We ask no less of lawnmower and toy manufacturers. Why isn’t Big Pharma, makers of the most dangerous of all consumer products, held accountable?

I’ll tell you why. Drug companies make billions of dollars selling medications they well know can cause severe psychotic breakdown.

Big Pharma pays the FDA millions in fees to approve and license their products, and the ties between these two entities are so tight that it’s been described as the “fox guarding the henhouse.” Pharmaceutical companies have more paid lobbyists and donate more to political campaigns than almost every other industry. And virtually all news outlets, particularly the large ones, are heavily supported by Big Pharma’s advertising dollars.

You may be thinking, “Dr. Whitaker, you’re far too harsh.” Actually, I’m only being realistic. This is a very, very important issue, and it’s one that’s been swept under the carpet for far too long. It’s high time we open our eyes to the truth about psychiatric drugs.

We don’t need to ban video games or install metal detectors in kindergarten classrooms. What we really need is prescription drug control—and the removal of dozens of psychiatric drugs from the marketplace.

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Dear Dr. Whitaker

Q I have PCOS, which comes with insulin resistance, fatty liver, and other fun things. I WAS taking metformin to try and treat it but the side effects are horrible so I've been on and off it for the last two years. Any advice? — N.F., via email

A Polycystic ovary syndrome (PCOS) is a condition that is often accompanied by menstrual irregularities, weight gain, and diabetes. Metformin is an anti-diabetic drug commonly prescribed to reduce the symptoms of PCOS, but as you can attest, its side effects can be troublesome. Fortunately, there is a natural alternative: N-acetyl-cysteine.

Research shows that N-acetyl-cysteine (NAC) reduces PCOS symptoms as well as metformin, but without the side effects. In a study comparing NAC with metformin, women in both groups showed similar improvements in insulin sensitivity, menstrual regularity, and testosterone levels, as well as reduced body mass index (BMI). In addition, NAC was more effective than metformin in lowering “bad” LDL cholesterol. Other research has also shown that NAC reduces inflammation and helps improve fatty liver disease—all without the adverse effects associated with metformin. Try 600 mg of NAC three times a day, and let me know how it works for you.


Q If a man is receiving bio-identical hormones for testosterone issues, will it cause his natural production to shut off? Also, is there a test for men to tell what their estrogen levels are? Lastly, is there

a way to tell if testosterone is being converted to estrogen in great amounts? — Mike B., via email

A Testosterone should only be prescribed to men who are producing inadequate amounts, so there shouldn't be much to suppress. That said, anabolic steroids, which some men use to build muscle, mimic the effects of testosterone and can suppress natural hormone production. I recommend testing levels of estradiol, the dominant form of estrogen, to determine whether testosterone is being converted in excessive amounts. Keep in mind that testosterone's conversion to estrogen is particularly problematic in men who are obese or have type 2 diabetes.

Q What should I do if I'm alone and I think I'm having a heart attack? Can “cough CPR” help? — J.M., La Habra, CA

A First, call 911. And don't just describe your symptoms; tell them you think you're having a heart attack. That will get their attention, and your goal is to get to a hospital as quickly as possible. After making the call—or, if possible, while making it—chew an adult-strength aspirin and sit down. Chewing aspirin soon after symptoms appear greatly reduces your risk of death, and sitting helps prevent falls. Finally, “cough CPR,” or forceful, intentional coughing, is of no benefit in most heart attacks. However, it could potentially help in certain types of arrhythmia, so if you start to lose consciousness (a symptom of arrhythmia) go ahead and cough. It won't do any harm, and may help restore a regular heartbeat.

 Read more Q&As online at drwhitaker.com/featured-questions-and-answers. Send your own questions to drwhitakerquestions@drwhitaker.com.

From My Blog

Give “Natural NyQuil” a Try This Cold and Flu Season

Sometimes even the most diligent preventive efforts fail and you succumb to a cold. **If chest congestion and cough are among your symptoms, give wild cherry (*Prunus serotina*) bark a try.** A traditional Native American remedy for cough and colds, wild cherry was used in many over-the-counter cough syrups until the 1940s. Nowadays you can find standardized extracts in natural products designed to treat respiratory congestion and cough.

Eucalyptus and menthol—ingredients in many cough drops—also help relieve cough, and teas made with slippery elm, ginger, or chamomile will soothe the throat and bronchioles. To thin or loosen mucus, try a liquid form of potassium iodide called SSKI, along with N-acetyl-cysteine (NAC). The suggested dose of SSKI is 3–6 drops in water 2–3 times a day; for NAC it's 400–1,200 mg per day.

 Get the rest of the story—and share your opinion—by visiting my blog at “Connect with Dr. Whitaker” on drwhitaker.com.



Works for Me...

► **Colds** *Almost everyone in my family and circle of friends has been hit hard with colds and coughs this winter—except for me. I am convinced that it is because of LDN [low-dose naltrexone]. I read about it in the newsletter for cancer and autoimmune disorders, but you also mentioned that it boosts the immune system. I convinced my doctor to write a prescription three years ago, and I never get sick. — P.L., via email*

I hear this all the time. The suggested dose of LDN is 3–4.5 mg per day at bedtime. LDN is safe and well tolerated, with the only reported side effect being vivid dreams that resolve over time. Narcotic drugs must be discontinued before starting LDN. LDN requires a prescription and must be obtained through a compounding pharmacy. (A good source is McGuff Pharmacy, 877-444-1133.) To see a Whitaker Wellness physician about a prescription, call 800-488-1500.

► **Diabetes** *I have been a type 1 diabetic for almost 35 years. I was a patient of yours when I was around 16 or 17. I am now 39, married with*

three kids, and still have my health, thank God. I have given your info to many diabetics and think of you often. — Christy M., via Facebook

Unfortunately, most people with a long history of diabetes have numerous complications. The nutritional program and lifestyle changes you adopted during your stay at Whitaker Wellness—and have maintained all this time—have gone a long way toward keeping you healthy. The clinic's Back to Health Program has helped thousands of people with both type 1 and type 2 diabetes avoid or reverse complications. Keep up the good work, and here's to the next 35 healthy years!

► **Bone Health** *Fifteen years ago, I learned from my siblings (I am the middle child of five) that all of them were suffering with osteoporosis. I had already started taking your daily multivitamin so I was not worried. Because of my age, my doctor suggested I have a bone scan. My results were off the charts. Now I tell my friends and family, "I am dense—and proud of it!" Thanks to Forward Plus, I have no health issues but weight. — Trudy J., Lafayette, LA*

Have a Health Tip to share? Send it to worksforme@drwhitaker.com. Read more tips at drwhitaker.com/works-for-me.

Healing Tip

Do you sometimes feel like exercise is getting you nowhere? Think again. A study from the National Institutes of Health concluded that even moderate amounts of exercise—regardless of weight—can extend your life by up to 4.5 years. So keep moving, even if the scale doesn't budge.

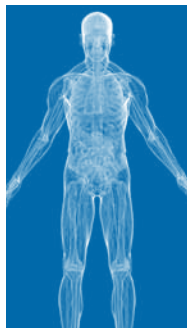
 Like my Facebook page at facebook.com/WhitakerMD to receive daily healing tips and join the conversation.

Monthly Health Quiz

Matters of the Heart: True or False?

Which of the following statements are true?

- A) The average heart beats about 100,000 times per day.
- B) Heart attacks are more likely to occur in the evening.
- C) The heart is the largest muscle in the body.
- D) Blood travels about 12,000 miles daily.



Answer:

A and D. Heart attacks are more likely to occur in the morning, and the largest muscle is the gluteus maximus. But your heart is the hardest working muscle in your body—even at rest it works twice as hard as the leg muscles of a person sprinting.

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Notable Quote

“Most folks are as happy as they make up their minds to be.”

— Abraham Lincoln

Don't have a computer? Mail your question or health tip to *Health & Healing*, 7811 Montrose Road, Potomac, MD, 20854.

Innovations in Wellness Medicine

Vitamin D and Risk of Dementia

The media recently heralded two studies showing that vitamin D is vital for maintaining mental acuity as we age. The first study followed 498 older women over seven years and found that those with the highest intake of vitamin D were at lower risk of Alzheimer's disease, while women with the lowest intake were at the highest risk. The second study monitored 6,257 women over four years and found that those with the lowest blood levels of vitamin D at baseline were 58 percent more likely to suffer cognitive impairment.

But following the news about vitamin D can be like watching a tennis match. Just days later, another headline declared that vitamin D has no effect on cognitive function. In this study, however, as is often the case, the researchers based their negative conclusions on an insufficient dose: a meager 400 IU.

Most vitamin D experts agree that 5,000 IU per day is necessary to obtain optimal blood levels of 50–80 ng/mL, so it's not surprising that a fraction of that dose would be deemed ineffective. Another volley of headlines is likely just around the corner, so stay tuned—and keep taking your vitamin D.

Green Tea for Cancer Protection

In China and India, tea is not just a drink—it's medicine. Green tea offers multiple health benefits, including a reduction in risk of cancer, heart disease, obesity, and arthritis. Until recently, epigallocatechin-3-gallate (EGCG) got the lion's share of attention. However, new research is highlighting Polyphenon E, another green tea compound containing several polyphenol extracts.

Studies involving patients with breast cancer and prostate cancer suggest that Polyphenon E inhibits two proteins (vascular endothelial and hepatocyte growth factors) that promote cancer cell growth and metastasis. In both studies, patients taking Polyphenon E had significantly lower blood levels of these tumor growth factors.

Research is preliminary and Polyphenon E supplements are not yet widely available, so for now the best way to be sure you're getting all the benefits of green tea is to drink it—four or five cups a day. For optimal results, let it steep for 20–30 minutes, as this brings out the polyphenols.

Did You Know?

- The smell of chocolate has a measurable calming effect on the brain.
- Trying to quit smoking? Take a walk. Exercise can help suppress nicotine cravings.
- An Italian remedy for colds is tea made with horseradish, lemon juice, and honey.
- American men do an average of 16 minutes of housework per day.
- Capillaries are so narrow that many blood cells have to bend and squeeze in order to fit through them.
- Just a few years of musical training in childhood is linked to improved mental function in adulthood.
- Most bacteria are harmless—less than one percent cause disease in people.
- The average person opens the fridge 22 times per day.
- Seven of 10 American children have televisions in their bedrooms, and the average kid watches 4.5 hours of TV a day.
- Recalling a nostalgic event can actually boost body temperature.
- Death rates from heart attacks, strokes, and heart failure are 26–36 percent higher in the winter than in the summer.

Health & Healing Resources

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