

# MEDICAL MONOPOLY MUSINGS

Break Free from the Dominant but Fraudulent System  
for Greater Health and Well-Being



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Medical Monopoly Musings #1-#26

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## #1 Medical Monopoly Musings



I'm angry!

You know, I would have been fine to pave my own path while helping out those that were on a similar path. In other words, I would have been fine to go about my business.

But seeing the stuff pulled by the Big Tech companies in censoring “alternative health” information I feel like I can't stand idly by anymore.

There is some shady stuff going on. Has been for a long time. Now I feel compelled to stand up against it.

Dare I say that there is a conspiracy to keep you less healthy in the name of billions in profits.

Lest you immediately cast me out as a nut-case tin-foil hat-wearing conspiracy theorist let me explain...

Conspiracy is not necessarily 12 guys in a room smoking cigars and plotting how to take over the world. (And it certainly does not require them to have reptilian alien overlords!)

Conspiracy is simply defined as, “a secret plan by a group to do something unlawful or harmful.” So conspiracy can be as simple as:

- \* A business lunch between a lobbyist and a government official which doesn't have the people's best interests at heart.
- \* The promise of a future high paying position if you vote one way on a law or regulation to be passed.
- \* The higher-ups in media killing a story because of how their advertising will be pulled.

- \* The funding of industry for an “astroturf” grassroots organization to sway public opinion.
- \* The designing of how a scientific study is done in order to get the result you desire.
- \* And countless other examples.

In other words, it doesn't take some grand conspiracy for YOUR health to be manipulated and suffer.

All it takes is greed (a very common desire), a sprinkling of sociopaths (which we all know exist!), all wrapped up in systemic effects and you will arrive in the place we find ourselves today.

So I'm starting a new series...

I'm calling it the Medical Monopoly Monday Musings. (What can I say, I like alliteration.)

In it, I'm going to clearly outline some of the stuff going on, backed up with proof just like I do in my other writings.

I do this in the hopes to shake to open your eyes and your heart.

This is not to say it's all bad, nor all conspiracy...but there is a reason I have chosen to not touch pharmaceuticals at all personally.

I'll be covering history and how we got here.

I'll be covering conspiracy FACTS, as in proven illegal behavior engaged in by certain companies and organizations.

I'll be covering the “Big Tobacco Playbook” and how this is used over and over again in industry after industry.

I'll be covering how systemic effects, even with “good” people involved, can lead to “bad” behavior.

In other words, I'll be covering some alternative viewpoints that “they” (certain groups) don't want you to know.

And ultimately, my aim is to figure out how a new holistic system can be created moving forward. But it all starts with self-responsibility, so I'll be talking about that too.

In other words, I'm going to be ranting and raving...and I hope you'll not only enjoy it but learn from it.

## #2 Most Drugs are Worthless (says New Study...)

Pharmaceuticals have their place. But that place is FAR LESS than how the standard worldview looks at them. My estimate is less than 10% of current use...and growing.



Just the other week I came across this study:

"Between 2011 and 2017, researchers examined 216 drugs that passed regulatory approval and entered the German market. Most of these assessed drugs were also approved by the European Medicines Agency for widespread use throughout greater Europe.

"Alarmingly, only a quarter of those drugs showed any significant medical added benefit based on the available evidence. What's more, 16% showed even a minor added benefit, and a whopping 58% of studied drugs did not show any added benefit over standard patient care."

That was Germany. My guess is that the USA is even worse.

This is part of the reason I've chosen to opt-out of today's "standard of care" and forge a different path, one that is more scientific...even if less technological (there is a critical difference).

Make no mistake, Western medicine does shine in some places. In the case of infectious disease, antibiotics were one of the greatest medical breakthroughs ever.

But then what did we do? If something works, do more of it! Because they were so good, we overused them. Not just in medicine, but to fatten up livestock (increasing feed efficiency). And now some are saying with bacteria evolving antibiotic resistance that we may be entering the post-antibiotic era.

In the case of acute trauma, like your arm being torn off, surgery can be lifesaving. I mean WOW, it can be truly inspiring seeing how people can be brought back from death.

But other areas of health...Western medicine is failing. Chronic health issues are on the rise and the treatment of them is poor.

Some drugs are being put out for the purpose of profit FIRST, health second, if at all. This is clear based on the evidence.

Of course many doctors are great and really do care about their patients. Others are, to mince no words, straight up drug-pushers. Recognize the difference and do not blindly listen to the drug-pushers.

It's your health. You must make the best informed choice.

Reference:

<https://www.studyfinds.org/big-pharma-fail-no-evidence-of-added-benefit-in-most-new-drugs-study-finds/>

### #3 Self-Responsibility vs. Blind Following of Authority

Specialization has benefits and drawbacks.

The most obvious benefit is that it allows someone to go deep into a subject. Possibly deeper than has ever been done before. And that can then benefit everyone else.

The obvious drawback is that when such a thing is done, such an area becomes a subject that a lay-person sometimes cannot make sense of. And so let's look at doctors.

There's four years for a bachelor's degree. Then four more years of medical school. This is followed by three to seven years in residency and fellowship to further specialize. (Have you heard the joke about the left kidney doctor who won't operate or discuss the right kidney?)

That's a lot of time. That's a lot of knowledge and experience. That is far removed from the layman.

So doctors are held up as this almost-holy bastion of authority within the culture.

Rightfully so to some degree...but we have to look at the dark side of this pattern.

All that education (which is ultimately funded and therefore created by guess-who, pharmaceutical and medical device companies) means a doctor is in-doctor-inated into a specific way of viewing the world. One that generally doesn't allow for outside viewpoints (aka anything in alternative medicine).

Some doctor's become ego-driven by such authority and how dare anyone question them.

That's on the doctor's side. But what about the patient?

You and I understand the doctor did all that schooling. We understand doctors are smart people (probably smarter than you or I). They have authority. Our culture holds them up in that way. So you should listen to them, right?

After all, who has the time to actually look into the health subject deeply themselves?

This combination of factors, and more, is why the responsibility of health has been largely given blindly to doctors.

But there is the agency problem here.



The average doctor sees 20 patients per day. Even if that doctor cares, really cares about you...they can't possibly care as much as you do! They do not have the same skin in the game as you do for yourself and your family.

So, ultimately, where should responsibility lie?

Self.

If the interest is in health, it **MUST** start there.

That doesn't mean not to listen to your doctor. You can do so...just not blindly.

I know there's this idea that you shouldn't confuse your Google search with a medical degree. Sure, if you spend fifteen minutes, or blindly believe the first thing you read, that is good advice.

**PLEASE DO NOT CONFUSE  
YOUR MEDICAL DEGREE  
WITH THE ABILITY TO  
THINK CRITICALLY  
UNDERSTAND SCIENCE  
SOLVE COMPLEX PROBLEMS  
AND TREAT PEOPLE WITH DIGNITY**



But also, a doctor's proper place is as an advisor. They should not be the only one (after all, that is what second and third opinions are about). But you also might want to look at not just talking to doctors, but functional medicine specialists, acupuncturists, health coaches, energy medicine practitioners, shamans, etc. (I know that many doctors would laugh at this idea...but many of them have just as much schooling.)

Different worldviews. Different advice. And ultimately your health choices are yours.

Self-responsibility in health. That **MUST** be the starting point of our new health paradigm. Will you claim yours back today?

## #4 The AMA Conspires and Gets Caught...

When does a conspiracy theory become a conspiracy fact?

I guess it is when the proof becomes public knowledge.

But what if, in our age of information, the information that would be good to know is simply hidden in plain sight. That's why part of my plan here is to prove specific illegal, conspiracy cases so that you can see that it's a PATTERN, one that continues to this day.

One part of the bigger picture pattern is that the Medical Monopoly wants to be the only game in town. That's what makes it a monopoly after all!

What that means is to make sure that competitors are kept in check so that they have limited power.

The American Medical Association has been around a long time, since 1847. And while they have committed several crimes against humanity, this is one case that first came to my attention.



It was covered in a New York Times article. And here's an excerpt:

"The American Medical Association led an effort to destroy the chiropractic profession by depriving its practitioners of association with medical doctors and by calling them "unscientific

cultists" or worse, a Federal district judge has ruled. Judge Susan Getzendanner described the conspiracy as "systematic, long-term wrongdoing and the long-term intent to destroy a licensed profession" in a ruling late Thursday in an antitrust lawsuit filed in 1976. The decision said the nation's largest physicians' group led a boycott by doctors intended "to contain and eliminate the chiropractic profession."

And here is an excerpt from the summary of the ruling in the court case itself:

"The AMA and its officials, including Dr. Sammons, instituted a boycott of chiropractors in the mid-1960s by informing AMA members that chiropractors were unscientific practitioners and that it was unethical for a medical physician to associate with chiropractors. The purpose of the boycott was to contain and eliminate the chiropractic profession. This conduct constituted a conspiracy among the AMA and its members and an unreasonable restraint of trade in violation of Section 1 of the Sherman Act. The AMA sought to spread the boycott to other medical societies. Other groups agreed to participate in the boycott by agreeing to induce their members to forego any form of professional, research, or educational association with chiropractors."

Conspiracy to destroy a profession.

Violation of the Sherman Act (which is the anti-trust, aka anti-monopoly act).

The AMA even had a Committee on Quackery!

Sure, that was over forty years ago. But..

Can you see anything today that looks similar to these actions?

Is anyone else being called unscientific or a quack if their ideas don't fit the medical dogma?

Are there any groups that work together (aka conspire) to push certain profitable-to-them agendas?

Are doctors pushed in one way or another to only recommend certain practices?

More examples will be revealed.

References:

<https://www.nytimes.com/1987/08/29/us/us-judge-finds-medical-group-conspired-against-chiropractors.html>

<https://law.justia.com/cases/federal/district-courts/FSupp/671/1465/2595129/>

## #5 Opting Out

Have you been through the TSA at the airport lately?

After taking your shoes off you have to assume the position for the millimeter wave scanner to search you.



I find it funny that this machine is often called the Rapiscan. I think they're going for "rapid," but I can't but help think of "rape" when I see it.

Of course, they'll tell you it's safe.

But then they said the same thing about X-rays, DDT, cigarettes, lead in gasoline, thalidomide, BPA... shall I keep going?

Maybe it is safe. I honestly haven't looked too deep into it.

...and that is exactly why I opt-out. I haven't properly informed myself just yet. Tell the TSA agents you want to "opt out" and you'll get a pat down instead. (Or fortunately, with TSA precheck, only have to go through a metal detector instead, at least most of the time.)

What does this have to do with health?

It's an analogy. The standard of healthcare is broken in many different ways. And so I say it is time to opt-out.

I choose to "opt out" of blindly listening to authority figures in medicine, the government and the media. I'll do my own research instead.

I choose to "opt out" of pharmaceutical medicine. I'll use herbs, homeopathics, energy medicine, etc. instead.

I choose to “opt out” of normal health insurance because it pays for things I’ll never use because they go against my core values. I’ve just signed up for Knew Health instead and will continue to look for even better models.

I choose to “opt out” as much as possible of the drugs and chemicals that are put into the standard food and water supply. I’ll eat organic, fresh and local instead.

I choose to “opt out” of the standard belief that things get worse as you age (hormones, joint pain, etc.). Instead, I’ll just seek to continue to improve and find that I can.

Once again, emergency medicine is great. But it is just that...for emergencies. Emergency medicine, which is what most of our healthcare is built around, should not be used for non-emergencies. But the standard method is to use it for everything, which is why there is so much needless and harmful intervention.

But you can’t just opt-out. You need to opt-in to something in its place. I mentioned a bit above but more on that in my next message...

## #6 Lessons from Poison Oak

I've had poison oak pretty bad a few times in my life. But this was the worst. To keep a long story short I thought I was being careful enough...but ended up with the oil on my hands which I then touched to sensitive areas.

If you think the eye looks bad almost completely swelled shut...just know that it was quite a bit worse in the genital area (which I'm not posting a picture of). Yep...that happened.



What to do about it?

I became aware of the "Medical Monopoly" options. This could be treated with anti-histamines or corticosteroids. Several people told me these were available, wanting to help, even without my asking. (A good example of the social pressure enforced culturally from said Medical Monopoly).

Sure, those were on the table as possibilities if it got worse than it did. But I was playing a wait and see approach. I still had one good eye after all!

I used some clay topically, took some anti-inflammatory herbs, etc, the typical things I do.

And despite my disfigurement, I flew out to Camp Maverick on the east coast as I wasn't going to let a little (okay a LOT) of poison oak keep me from that amazing event! Once there, some interesting things happened.

A number of the attendees were energy healers of different sorts and they offered to help. Yes, please! Turns out this was tied into more than just getting contact with poison oak. Without going into all the personal details it had to do with certain issues of masculinity and seeing certain things that I didn't want to see.

These emotional, even spiritual, lessons I would not have learned if I just took a drug, if I simply operated on the physical level of health. And I wouldn't be sharing this story with you here either.

In the end, I'm very thankful to this plant which I've heard referred to as "Guardian Oak" for sharing these with me. And thankful to those humans that helped me as well (you know who you are).

Another plus, with the energy healing this has cleared up faster than any poison oak I've had previously.

Back when I was younger, I would have laughed at this "woo-woo crap," but I'm pragmatic. If it works, it works. Anyway, a magical world is a lot more fun.

## #7 The Criminal Case of Vioxx

Are you familiar with the story of what happened with Vioxx, an arthritis drug put out by Merck, one of the largest pharmaceutical companies in the world?

It's an instructive case...

In 1999 the FDA approved Vioxx for arthritis, and it became one of the most prescribed drugs in history, as it appeared to have less side effects than a previous drug, naproxen, that cause intestinal bleeding.

Yet in 2004, Merck "voluntarily" pulled Vioxx from the market after finding it raised risk of heart attacks significantly.



That doesn't sound too bad right? They mistakenly put out a drug and then pulled it when it became clear that it was causing more damage than good.

...except that isn't the full story.

It turns out that Merck used flawed methodologies on their initial safety testing trial design in order to get it approved by the FDA. This included illegitimate use of placebos, ghostwriting the studies, and even falsifying datasets.

Essentially, they knew their drug was deadly and yet continued to sell it.

"Dr. David Graham, the Associate Director for Science and Medicine in FDA's Office of Drug Safety, testified in 2004 before the Senate Finance Committee that the FDA's failure to recall Vioxx earlier had resulted in as many as 55,000 premature deaths from heart attacks and



stroke, calling it the equivalent of allowing "two to four jumbo jetliners" to crash every week for five years."

I wonder how much the revolving door had a play in this too? One thing that we can see is that scientists at the FDA who raised concerns were ostracized, threatened and intimidated by supervisors. (You must understand that the FDA is at least in part a "captured agency," meaning there IS collusion going on. More on that in future posts.)

In 2007, Merck settled and agreed to pay \$4.85 billion for those who suffered from heart attacks and strokes.

It's sales of Vioxx in 2003 alone were \$2.5 billion. It is estimated in the five years the drug was out they made \$11 billion. That means, although the settlements and lawyer fees were expensive, they came out ahead on this one.

Sure, you can read and believe Merck's spin about this (after all they pay good money to PR firms for that). But when you realize this is one case of many, you see there is a pattern among pharmaceutical companies that put profit over health.

This is one case where they were caught. How many drugs are out there now that cause similar issues but have not been found out?

If it is profitable to falsify science, even if it kills people, why not just keep doing so? If the worst that happens is a slap on the wrist, isn't it worth it financially speaking?

References:

<https://www.npr.org/2007/11/10/5470430/timeline-the-rise-and-fall-of-vioxx>

<https://www.ucsus.org/manipulating-science-about-drug-vioxx>

[https://usatoday30.usatoday.com/news/health/2004-10-12-vioxx-cover\\_x.htm](https://usatoday30.usatoday.com/news/health/2004-10-12-vioxx-cover_x.htm)

## #8 Munchausen Syndrome By Proxy

The other day my wife put on the documentary, Mommy Dead and Dearest. I had never heard of this nor the case, but just hearing a little bit in the background, I quickly got pulled in.

Let me tell you. It is a messed up story!

Spoiler alert, though this stuff is revealed in the first part of the film. Gypsy Rose Blanchard was abused by her mother, pumping her full of drugs, making her stay in a wheelchair despite her being able to walk, and controlling her life, in order to fraudulently make money off other people. Gypsy ends up talking her boyfriend into murdering her mother in order to escape.



It didn't leave me with clear answers at the end. Was justice served or not? Anyway, I'm not really hear to talk about this case, so much as about Munchausen syndrome by proxy, which I hadn't really heard of until then.

Medline defines it as such: "Munchausen syndrome by proxy is a mental illness and a form of child abuse. The caretaker of a child, most often a mother, either makes up fake symptoms or causes real symptoms to make it look like the child is sick."

As I was walking through the forest it occurred to me.

The Western medical worldview is, at least partly, one of Munchausen syndrome by proxy!

Let's look at the parallels.

As I've covered before we have abdicated self-responsibility for our health. Because this is self-responsibility, you and I are to blame, but also the culture reinforces it, so not completely. The good news is that responsibility can be taken back at any time with a simple choice.

Thus the caretakers become the doctors and the organizations behind them. This means the educators, the pharmaceutical companies, the government (CDC, FDA, NIH, Congress etc. in the USA).

Making up fake symptoms would be as simple as coming up with new diseases and disorders. For example, just look at how the DSM (Diagnostic and Statistical Manual of Mental Disorders) swelled from version to version.

Causing real symptoms is seen in the side effects from those medications. Taking medications to combat side effects of a medication is so common it's a joke.

There is also the causing of real symptoms through the pervasive but subtle poisoning of our environments. Take a look at all the endocrine disrupting chemicals everywhere around us. Look at pesticides. Monsanto is just beginning to lose court cases for Roundup causing cancer. (Monsanto recently being bought by Bayer, a giant pharmaceutical company.)

I'm not saying that this is all purposefully done. Systemic effects can explain a lot of it.

But who does benefit in the end? The people that make money off the treatment of the symptoms that are created.

Gypsy's mother, Dee Dee Blanchard, fraudulently made money off her daughter's symptoms.

Here the top players of the "system" make money off of the citizens' symptoms. (Fraud is a small part of it...mostly because laws have been changed in favor of the system perpetuating itself.)

That is why I think our medical worldview being Munchausen syndrome by proxy is a great analogy.

## #9 Proudly Pharma-Free

I am proud of the fact I don't use any pharmaceutical medicines.



I have literally not popped so much as an ibuprofen in seven years. (The last time was when I got Lasik eye surgery and the pain was bad right after. I caved and took one pain pill. Before that had been a few years since I took anything else.)

Again, some pharma drugs have their place, but they are so massively overused it is insanity.

You'll find different numbers at different places but a study from 2013 found that nearly 70% of Americans were on at least one pharmaceutical. Almost 50% of people were taking two or more. 20% of people were taking five or more. (And you can bet some of those were to combat the side effects of the others.)

This is NOT health! This is simply the management of symptoms.

This is the Western medicine worldview having a virtual stranglehold on how health and medicine are looked at.

Pharmaceutical companies are largely distrusted (only 44% of people trust them says a poll this year).

And yet people still place their trust in what they provide.

This is largely from a lack of knowledge of any alternatives.

That doesn't mean there are not plenty of other methods for treating what ails you...even though nothing else is legally allowed to treat you, of course. Had I known more about them back then I could have avoided that ibuprofen with some analgesic herbs.

I would argue if you avoid pharma, instead of taking a holistic look at health, health itself is far easier to attain and maintain. There are exceptions of course, but that doesn't mean what I'm saying isn't generally right.

I am proudly pharma-free. What about you?

References:

<https://www.sciencedaily.com/releases/2013/06/130619132352.htm>

<https://www.fiercepharma.com/marketing/trust-pharma-increases-u-s-but-still-resides-distrust-territory-annual-survey>

## #10 Insane Pharma Side Effects

Everyone has heard about the crazy behaviors of people taking sleeping pills such as Lunesta. The following is one of the side effects (rare, but not so rare that they don't need to mention it)

### Complex Sleep Behaviors Like Eating Or Driving While Asleep

Amazingly, somehow people seem to operate well enough in such a state, though it still can be dangerous.

But what other insane side effects exist with other drugs?



How about homicidal behavior?

Unfortunately, this is real. People have been saying that medications are one of the implications in the mass of mass shootings that exist today. (It's a complex issue so there are multiple factors, but this one is largely not reported on.)

A recent news article showed that the pharmaceutical company Eli Lilly knew about this side effect of Prozac for decades but kept it hushed up.

Here are a few quotes:

“The drugmaker that produces Prozac, the antidepressant that Joseph Wesbecker’s victims blamed for his deadly shooting rampage 30 years ago at Standard Gravure, secretly paid the victims \$20 million to help ensure a verdict exonerating the drug company.”

“Indianapolis-based Eli Lilly vigorously shielded the payment for more than two decades, defying a Louisville judge who fought to reveal it because he said it swayed the jury's verdict.”

“On the eve of the jury's verdict, which absolved Lilly of liability, the company made the secret payment without telling the judge overseeing the case.”

“Lilly used the verdict to tout that Prozac had been proved a safe and effective antidepressant. In 1995, the company reaped a quarter of its \$6.5 billion in revenue from Prozac – and faced 160 other suits nationwide over the drug.”

“[Judge] Potter appealed, and the state Supreme Court unanimously ruled in his favor in 1996, allowing him to press Lilly for details of the deal. "In this case, there was a serious lack of candor with the trial court, and there may have been deception, bad-faith conduct, abuse of the judicial process or perhaps even fraud," the court said.”

All this even though SSRI's have been shown to be no better than placebo, not as good as exercise, etc. They're still widely used and recommended. I'm sure they have helped certain individuals. But we also know they've hurt many in a variety of ways.

Those words “safe and effective” are often used around drugs that are not. We have the opioid crisis court cases in the public eye right now. (I'll cover that soon.) Unfortunately, this kind of stuff has been going on a long, long time.

How many times do you need to see deceptive and harmful behavior from such companies before you realize it is a pattern that will not stop?

Reference: <https://www.usatoday.com/story/news/nation/2019/09/12/prozac-makers-secret-payment-mass-shooting-lawsuit-revealed/2302888001/>

## #11 Harnessing the Placebo

Let's just say that homeopathy is nothing more than placebo. There is plenty of research that says this.

(There is also plenty of research that says it's better than placebo too! All depends on who you want to listen to. Both sides say the other sides science is flawed so it's pretty easy to justifiably have evidence for whatever you want to believe. Not saying this is how science should work, just that it is the case when the scientific waters are muddied.)

But for the sake of argument, let's say it is just placebo and nothing more.



What this means is that you can take a homeopathic medicine and sometimes get a very real result.

Its inexpensive. It sometimes works. And it doesn't really come with side effects (because it is "nothing").

But still, the so-called science based medicine people will tell us we should always reach for "proven" pharmaceutical medicine instead. Ones that cost more and have very real side effects (such as sleep-driving and homicidal rage as covered last post).

If I can get relief from "nothing," with an extremely low risk intervention, shouldn't I try that first?

Shouldn't we aim to harness the placebo effect instead of dispelling it?



As I was traveling through Europe this summer, I had some bad allergies. From the very first dose of a homeopathic I had 90% relief. A night and day difference in runny nose and itchy eyes which made me exclaim, why didn't I think to try this sooner? By the next day it was 100% gone.

When my wife was pregnant, we were closing in on the window of time we could give birth at the birthing center instead of a hospital (you're legally not allowed if you're over 42 weeks). Our midwife gave us homeopathics to use as the first attempt to move things along. She took them throughout the day and that night labor started.

Sure, it could have happened anyway. There is no way to know for sure. But it did "work" in the sense that it delivered the desired result. And isn't that the most important thing?

I get sea-sick on small boats. I refused the drug Dramamine. Unfortunately, ginger didn't cut it. But the last time I was on a boat I was offered a homeopathic and it worked. No nausea.

This covers the extent of my experience with homeopathy. I'm certainly no expert in it. But these results have me wanting to explore the field more.

Understand that the greater the intervention, the greater the risk, and hopefully, the greater the reward. (That last part is not always true.)

The smaller the intervention, the smaller the risk, and sometimes small reward, but one that can often be enough.

In emergencies you likely need to go for big interventions right away. But health is 99.9% not about emergencies! So where should you start? Small, then escalate as needed. In my mind, this is the proper route to being healthy.

## #12 Captured Agencies

A captured agency refers to a government agency unduly influenced by economic interest groups directly affected by its decisions. In other words they are controlled at least in part by the industry they're supposed to be regulating.

This is great for the business and the government agents as both get their pockets get lined. But it sucks for the people, you and me, when such a regulatory agency is supposed to be protecting us from harm.

The fact is that there could not be a true medical monopoly without captured agencies. And unfortunately, this is the way the world is working. Here is just one such case involving Pfizer and the FDA...



Arsenic is a carcinogen. And yet some drugs are created based on it, including roxarsone. This drug was added to chicken feed to enhance growth and control parasites.

The FDA began testing its safety in 2009 and found high arsenic levels. Because the FDA is a captured agency to some degree, Pfizer was then able to make edits to the press release to downplay their findings. They were able to edit the Q&A page regarding the decision, including shifting a low health risk to “no imminent health risk.”

In 2014, roxarsone was finally removed from the market, despite FDA knowing of its harmful effects three years before. Yet during this time, a 2013 study found roxarsone in amounts two to three times the FDA’s suggested safe level in 45 percent of chicken meat. How much did Pfizer make in the meantime?

And you know what? This isn’t even the worst example that can be found.

This is not to say that everyone at the FDA is a bad actor. Far from it. This type of thing only takes as little as a single person to sway a decision, especially at higher up more important roles. Which is why we see these kinds of quotes coming out of those that work inside the FDA.

“When things don’t ‘go their way,’ a company or its representatives will call and harass office directors to approve their product.” - FDA scientist (UCS 2012)

“They just take you off the product review entirely if they don’t like your opinion.” - FDA drug reviewer (UCS 2006)

It is key to understand that if you can sway just some decisions in your favor (not even all of them) over time this can lead to big advantages.

It’s clear that this kind of thing goes on regularly when you look at the revolving door of government employees to corporate positions and vice versa. The key to understanding how an agency is captured is by looking at the revolving door. The next medical monopoly post starts there...

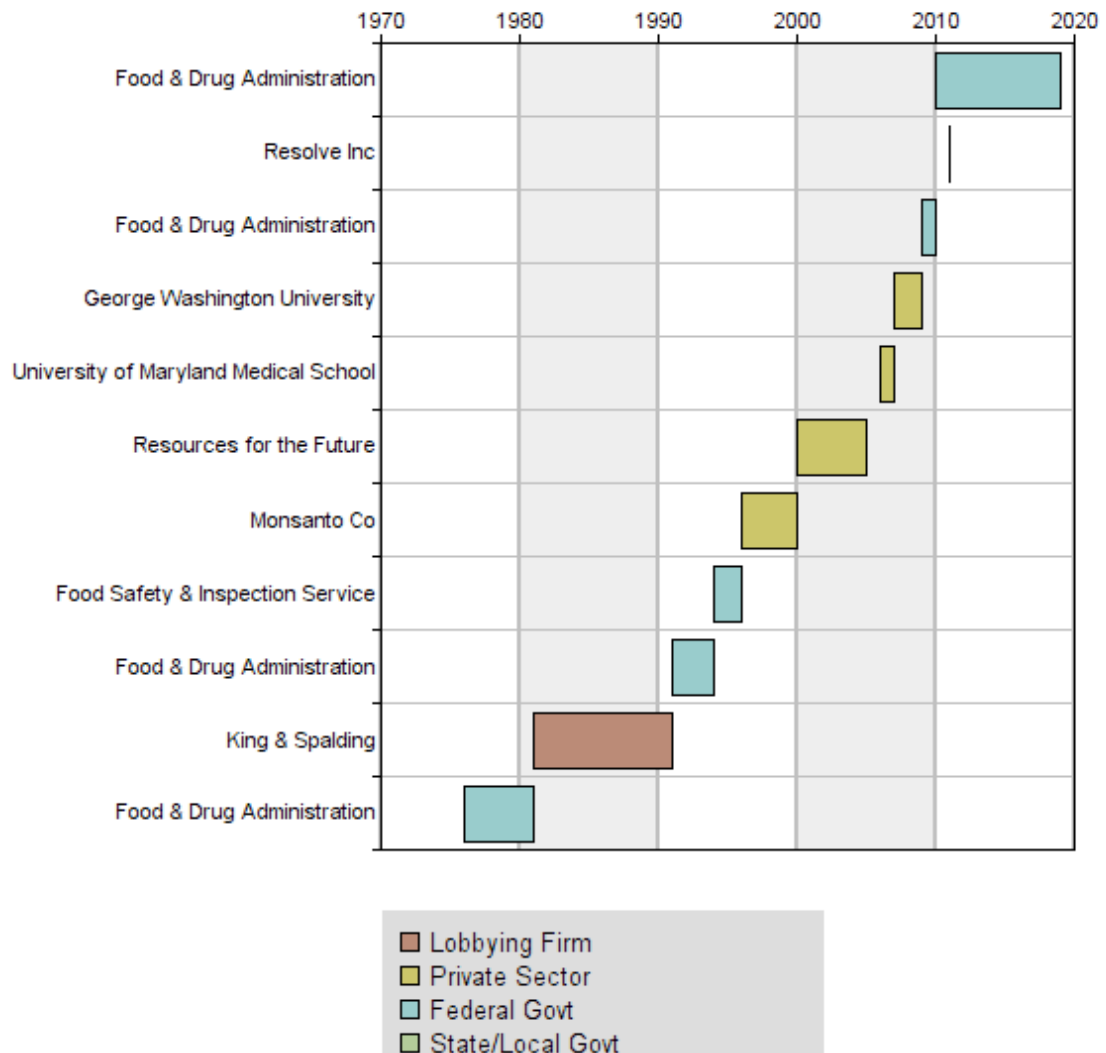
References:

<https://www.ucsusa.org/pfizer-pressures-fda-downplay-results-government-study>  
<https://www.ucsusa.org/sites/default/files/2019-09/heads-they-win-report.pdf>

## #13 Revolving Door

Captured agencies exists because of the revolving door. This is when a person goes from a regulatory agency to corporations or lobbying firms and vice versa.

Michael Taylor is a great example. From staff lawyer at the FDA to partner in lobbying firm, King & Spalding. Back to the FDA as Deputy for Commissioner for Policy then Administrator. Then off to Monsanto as VP for Public Policy. After a few more stints in the private sector and as a professor of medical school, back to the FDA, landing as Senior Advisor to the FDA Commissioner.



It would be laughable if it weren't so serious.

The FDA regulates GMO foods. Monsanto was the biggest company in the GMO field (now owned by Bayer). If you don't think there is a likely conflict of interest here, I would say you're being willfully ignorant.

We can take a look at Scott Gottlieb. He worked as a senior advisor, then director at the FDA from 2002 to 2003 and 2005 to 2007. In 2007 he became partner at a venture capital firm, serving on the board of director of several medical companies. He was an independent director at Tolero Pharmaceuticals, Daiichi Sankyo Inc. and a member of GlaxoSmithKline's investment board. Then in 2017-2019 he was appointed as FDA commissioner. Since then he has joined Pfizer's board of directors.

Around and around the revolving door we go...

Just two examples of many available.

Let's just add up the criminal behavior found true against pharmaceutical giants, to these revolving door politics. Add them together and there is clear evidence of conspiracy to pull profits from people, without having health as the main concern.

(And please don't think I'm talking political parties. These stuff goes on under every single administration and in every field beyond health too.)

Congress investigated such things back in 1999. "The Committee [on Government Reform]'s investigation has determined that conflict of interest rules employed by the FDA and the CDC have been weak, enforcement has been lax, and committee members with substantial ties to pharmaceutical companies have been given waivers to participate in committee proceedings."

Obviously, since Taylor and Gottlieb were active since then, not much changed. After all, Congress members play at this game too. The system is incentivized to keep the system in place, ethical reasoning bedamned.

References:

[https://www.opensecrets.org/revolving/rev\\_summary.php?id=20919](https://www.opensecrets.org/revolving/rev_summary.php?id=20919)  
[https://en.wikipedia.org/wiki/Scott\\_Gottlieb](https://en.wikipedia.org/wiki/Scott_Gottlieb)

## #14 Criminal Track Record of Pharmaceutical Companies

Years back this list on Wikipedia came to my attention. It details out the 20 largest settlements between pharmaceutical companies and the US Department of Justice from 1991 to 2012.

Year	Company	Settlement	Violation(s)	Product(s)	Laws allegedly violated (if applicable)
2012	GlaxoSmithKline <sup>[10]</sup>	\$3 billion (\$1B criminal, \$2B civil)	Criminal: Off-label promotion, failure to disclose safety data. Civil: paying kickbacks to physicians, making false and misleading statements concerning the safety of Avandia, reporting false best prices and underpaying rebates owed under the Medicaid Drug Rebate Program	Avandia (not providing safety data), Wellbutrin, Paxil (promotion of paediatric use), Advair, Lamictal, Zofran, Imitrex, Lotronex, Flovent, Valtrex;	False Claims Act/FDCA
2009	Pfizer <sup>[2]</sup>	\$2.3 billion	Off-label promotion/kickbacks	Bextra/Geodon/ Zyvox/Lyrica	False Claims Act/FDCA
2013	Johnson & Johnson <sup>[7]</sup>	\$2.2 billion	Off-label promotion/kickbacks	Risperdal/Invega/ Nesiritide	False Claims Act/FDCA
2012	Abbott Laboratories <sup>[9]</sup>	\$1.5 billion	Off-label promotion	Depakote	False Claims Act/FDCA
2009	Eli Lilly <sup>[9]</sup>	\$1.4 billion	Off-label promotion	Zyprexa	False Claims Act/FDCA
2001	TAP Pharmaceutical Products <sup>[10]</sup>	\$875 million	Medicare fraud/kickbacks	Lupron	False Claims Act/ Prescription Drug Marketing Act
2012	Amgen <sup>[11]</sup>	\$762 million	Off-label promotion/kickbacks	Aranesp	False Claims Act/FDCA
2010	GlaxoSmithKline <sup>[12]</sup>	\$750 million	Poor manufacturing practices	Kytril/Bactroban/ Paxil CR/Avandamet	False Claims Act/FDCA
2005	Serono <sup>[13]</sup>	\$704 million	Off-label promotion/ kickbacks/monopoly practices	Serostim	False Claims Act
2008	Merck <sup>[14]</sup>	\$650 million	Medicare fraud/kickbacks	Zocor/Vioxx/Pepsid	False Claims Act/ Medicaid Rebate Statute
2007	Purdue Pharma <sup>[15]</sup>	\$601 million	Off-label promotion	Oxycontin	False Claims Act
2010	Allergan <sup>[16]</sup>	\$600 million	Off-label promotion	Botox	False Claims Act/FDCA
2010	AstraZeneca <sup>[17]</sup>	\$520 million	Off-label promotion/kickbacks	Seroquel	False Claims Act
2007	Bristol-Myers Squibb <sup>[18]</sup>	\$515 million	Off-label promotion/ kickbacks/Medicare fraud	Abilify/Serzone	False Claims Act/FDCA
2002	Schering-Plough <sup>[10]</sup>	\$500 million	Poor manufacturing practices	Claritin	FDA Current Good Manufacturing Practices
2006	Mylan <sup>[20]</sup>	\$465 million	Misclassification under the Medicaid Drug Rebate Program	EpiPen (epinephrine)	False Claims Act
2006	Schering-Plough <sup>[21]</sup>	\$435 million	Off-label promotion/ kickbacks/Medicare fraud	Temodar/ Intron A/K-Dur/ Claritin RediTabs	False Claims Act/FDCA
2004 <sup>[22]</sup>	Pfizer	\$430 million	Off-label promotion	Neurontin	False Claims Act/FDCA
2008	Cephalon <sup>[23]</sup>	\$425 million	Off-label promotion <sup>[23]</sup>	Actiq/Gabitril/Provigil	False Claims Act/FDCA
2010	Novartis <sup>[24]</sup>	\$423 million	Off-label promotion/kickbacks	Trileptal	False Claims Act/FDCA
2003	AstraZeneca <sup>[25]</sup>	\$355 million	Medicare fraud	Zoladex	Prescription Drug Marketing Act
2004	Schering-Plough <sup>[20]</sup>	\$345 million	Medicare fraud/kickbacks	Claritin	False Claims Act/ Anti-Kickback Statute

**\$19.75 Billion**

Totaled up is \$19.75 billion dollars. And this is just the largest settlements. Who knows how high the number goes with all the smaller settlements added?

The crimes here include Medicare fraud, off-label promotion, poor manufacturing practices, non-disclosure of safety information, paying kickbacks to doctors, misleading statements, and more.

All the big companies are here as well as many you've never heard of. Many companies make the list more than once such as Pfizer and GlaxoSmithKline. Schering-Plough makes the list three times.

As this list only goes to 2012 it's missing recent examples, such as Purdue Pharmaceutical and the opioid settlements. But oh wait, we see they had a case for off-label promotion of Oxycontin back in 2007.

My point is that this shows criminal track records.

Recall that the regulatory agencies are captured. So these are the cases that still arrived in court and got settled. Some people want to look at this list and say the wheels of justice work. But there are a few things wrong with that viewpoint...

These billion and hundred million dollar settlements are often paltry sums compared to the profit made by the promotion of the drugs involved. This means they're not damaging enough to actually stop or slow such behavior.

Secondly, even when criminal charges are brought, no one goes to jail! The companies continue on just as before. There might be resignations but then the revolving door just continues. The people responsible for criminal decisions are not held responsible.

The other aspect to consider is this. What has been successfully hidden from public view? These are the cases where they got caught. That means there are likely just as many if not more where they have NOT been caught, or at least have not yet been caught.

This begs the question...why do we trust criminals with our health? Why do we place faith in their products?

Reference:

[https://en.wikipedia.org/wiki/List\\_of\\_largest\\_pharmaceutical\\_settlements](https://en.wikipedia.org/wiki/List_of_largest_pharmaceutical_settlements)

## #15 Tobacco Playbook – Muddying the Scientific Waters

To understand science, at least when it comes to health sciences, you must understand The Tobacco Playbook.

Everyone now knows that tobacco causes cancer. But many decades back it was quite a bit more confusing. Why? Largely because Big Tobacco paid people to “muddy the scientific waters” and then spread this message around.



The following quotes come from the article “Inventing Conflicts of Interest: A History of Tobacco Industry Tactics.”

“The tobacco industry's program to engineer the science relating to the harms caused by cigarettes marked a watershed in the history of the industry. It moved aggressively into a new domain, the production of scientific knowledge, not for purposes of research and development but, rather, to undo what was now known: that cigarette smoking caused lethal disease. If science had historically been dedicated to the making of new facts, the industry campaign now sought to develop specific strategies to “unmake” a scientific fact.”

“If public relations could engineer consent among consumers, so too could it manage the science...Although medicine and science had never been sacrosanct from a range of social and commercial interests, the tobacco industry campaign crossed into new terrain to build a powerful network of interests and influence.”

“[Public relations man] Hill understood that simply denying emerging scientific facts would be a losing game. This would not only smack of self-interest but also ally the companies with ignorance in an age of technological and scientific hegemony. So he proposed seizing and controlling science rather than avoiding it...Hill advised that the companies should now associate themselves as great supporters of science. The companies, in his view, should embrace a sophisticated scientific discourse; they should demand more science, not less.”



“Hill's proposal offered the potential of a research program that would be controlled by the industry yet promoted as independent. This was a public relations masterstroke. Hill understood that simply giving money to scientists—through the National Institutes of Health or some other entity, for example—offered little opportunity to shape the public relations environment. However, offering funds directly to university-based scientists would enlist their support and dependence. Moreover, it would have the added benefit of making academic institutions “partners” with the tobacco industry in its moment of crisis.”

“The Tobacco Industry Research Committee (TIRC), a group that would be carefully shaped by [PR Firm] Hill & Knowlton to serve the industry's collective interests, would be central to the explicit goal of controlling the scientific discourse about smoking and health.”

“The firm systematically documented the courtship of newspapers and magazines wherein it could urge balance and fairness to the industry...they offered members of the media a long list of “independent” skeptics to consult to ensure balance in their presentations...The problem in this formulation was that science was treated as the analog of common political debate and social controversy. At that time, few journalists had any sophisticated scientific education or training. By fashioning a controversy, Hill & Knowlton successfully secured media coverage that maintained, by its very nature, that tobacco science was “unresolved.””

“After its founding in 1958, the Tobacco Institute quickly emerged as one of Washington's most powerful, well-heeled, and effective political lobbies. Just as the industry had made critical innovations in advertising and public relations, it now pioneered new and aggressive approaches to managing its regulatory and political environment.”

“Trust in science, confidence in the media, and the social responsibility of the corporate enterprise were all substantially harmed by Hill & Knowlton's efforts on behalf of the tobacco industry. By making science fair game in the battle of public relations, the tobacco industry set a destructive precedent that would affect future debates on subjects ranging from global warming to food and pharmaceuticals.”

Were you aware of this behavior before or has this deepened your understanding of how understanding itself is manipulated?

Here's my main point and something I'll show in future posts. This was back in the 50's. The same tactics are used by big industry after big industry because they work!

What's worse is the playbook has evolved. They've gotten even better at manipulating science, media, public consent and politics, having learned from the eventual fall of Big Tobacco.

Reference:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3490543/>

## #16 Science is Real!

I heard this statement the other day. Besides being so generalized as to be meaningless, I have to ask: is it, really?

To make such a statement as this is to clearly show you don't understand the history of science, where pretty much everything we learn is overturned at some point. For almost a hundred years we "knew" that adult brains didn't grow new neurons. But the science was wrong. Adult neurogenesis is real!

But that's not even my main point. The point is that the "scientific waters are muddied" ...and quite easily it seems. Last week I shared the facts surrounding how this process was pioneered by Big Tobacco. Today I give small glimpses showing you it is done in the industry after industry.

"It is simply no longer possible to believe much of the clinical research that is published or to rely on the judgment of trusted physicians or authoritative medical guidelines. I take no pleasure in this conclusion, which I reached slowly and reluctantly over my two decades as an editor." - Dr. Marcia Angell, former editor in chief of New England Journal of Medicine, 2009

That's the person in charge of one of the most prestigious medical journals out there saying so about medicine in general.

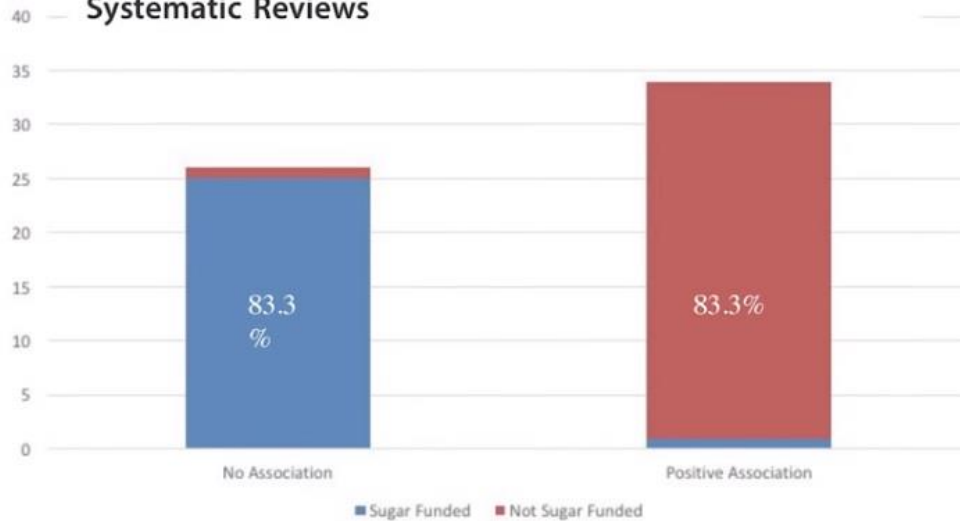
In particular, we see this with drugs, of course. "Clinical research sponsored by the pharmaceutical industry affects how doctors practice medicine...A recent systematic review of the impact of financial conflicts on biomedical research found that studies financed by industry, although as rigorous as other studies, always found outcomes favorable to the sponsoring company."

Next, let's look at the sugar industry. "[Systematic Reviews] with financial conflicts of interest were five times more likely to present a conclusion of no positive association between [sugar sweetened beverages] consumption and obesity than those without them."

If you look at the studies, it seems evenly split between those that show evidence of harm and those that don't. But when you factor in industry funding or connection the picture is dramatically different!

What about cell phones and EMFs? "While there has been evidence indicating that excessive exposure to magnetic fields from 50 to 60 Hz electricity increases the risk of cancer, many argue that the evidence is inconsistent and inconclusive." (That should sound familiar if you read last's week details about Big Tobacco.)

## Financial Conflicts of Interest and Reporting Bias Regarding the Association between Sugar-Sweetened Beverages and Weight Gain: A Systematic Review of Systematic Reviews



[Ann Intern Med.](#) 2016 Dec 20;165(12):895-897

Yet the conclusion of this report looking at industry funding: “When one allows for bias reflected in source of funding, the evidence that magnetic fields increase risk of cancer is neither inconsistent nor inconclusive.”

These examples describe the state of science. Financial conflicts of interest matter a lot...and they're not always divulged!

The idea of science is that it is incorruptible and always altering itself to reflect the truth. The reality is far from that and shows science can clearly be bought. Anywhere where there is a financial incentive to do so, you'll likely find it happening. (It's even true in the herbal world so we have to be careful there too.)

References:

<https://www.crossfit.com/health/jason-fung-ddc-lecture>

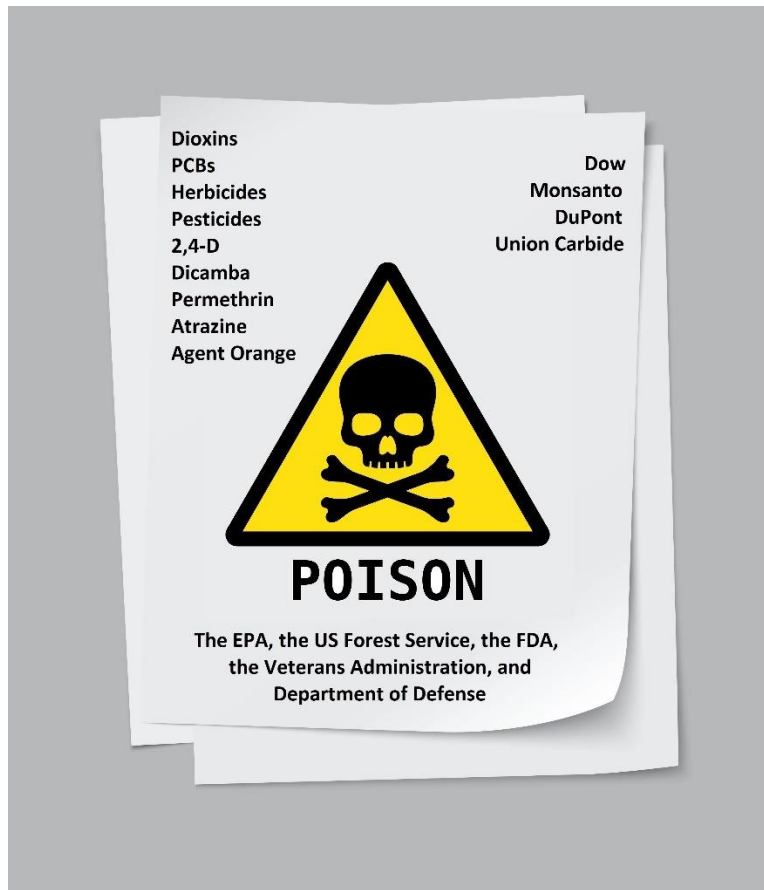
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3876974/>

<https://www.sciencedirect.com/science/article/pii/S0013935119304852>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC156458/>

## #17 The Poison Papers

In the past posts I discussed the revolving door and how that leads to captured agencies. I literally just came across this website that proves industry and regulatory agency collusion and conspiracy. It's not directly with pharmaceutical companies that we've been focused on, but chemical industries that make products that effect our health.



“The “Poison Papers” represent a vast trove of rediscovered chemical industry and regulatory agency documents and correspondence stretching back to the 1920s. Taken as a whole, the papers show that both industry and regulators understood the extraordinary toxicity of many chemical products and worked together to conceal this information from the public and the press...The Poison Papers are a compilation of over 20,000 documents...They include internal scientific studies and summaries of studies, internal memos and reports, meeting minutes, strategic discussions, and sworn testimonies...The chemicals most often discussed in the documents include herbicides and pesticides (such as 2,4-D, Dicamba, Permethrin, Atrazine, and Agent Orange), dioxins, and PCBs. Some of these chemicals are among the most toxic and persistent ever manufactured. Except for PCBs, almost every chemical discussed in the Poison Papers is still manufactured and sold today.”

Here are some of the highlights found inside:

“Secrecy— They disclose EPA meeting minutes of a secret high level dioxins working group that admitted dioxins are extraordinarily poisonous chemicals. The internal minutes contradict the Agency’s longstanding refusal to regulate dioxins or set legal limits.”

“Collusion— They demonstrate EPA collusion with the pulp and paper industry to “suppress, modify, or delay” the results of the congressionally-mandated National Dioxin Study, which found high levels of dioxins in everyday products, such as baby diapers and coffee filters, as well as pulp and paper mill effluents.”

“Cover-up— The papers also show that EPA staff had evidence that this IBT scandal involved more independent testing companies and more products than ever officially acknowledged.”

“Concealment— The papers show that EPA concealed and falsely discredited its own studies finding high levels of dioxin — 2,3,7,8-TCDD — in environmental samples and human breast milk following routine use of 2,4-D and 2,4,5-T (Agent Orange) by the federal Forest Service and Bureau of Land Management.”

“Intent— They show Monsanto chief medical officer George Roush admitted under oath to knowing that Monsanto studies into the health effects of dioxins on workers were written up untruthfully for the scientific literature such as to obscure health effects. These fraudulent studies were heavily relied upon by EPA to avoid regulating dioxin. They also were relied upon to defend manufacturers in lawsuits brought by veterans claiming damages from exposure to Agent Orange.”

You can keep thinking these are isolated incidents...or you can wake up to the fact that this is how the world works and these people care nothing about your health.

Why would you uncritically trust anything a government regulatory agency says?

Reference:

<https://www.poisonpapers.org/the-poison-papers/>

## #18 Monsanto's Intelligence Fusion Center!

Last week I shared The Poison Papers, which showed among other things Monsanto's Chief Medical Officer George Rouch saying they committed fraudulent safety studies surrounding dioxin.

Just a random glance in the papers themselves and I came across a document where Monsanto bribed Indonesian officials, breaking the Foreign Corrupt Practices Act.

But we're only getting started...

The U.S. Right to Know website is a treasure trove of documents. Lots of new information has come to light in recent court battles of Roundup (aka Glyphosate) causing cancer. Juries are finding Monsanto guilty by unanimous decision.



Over 1,900 lawsuits are pending, which doesn't bode well for pharmaceutical giant Bayer which recently bought Monsanto. (Hint: they're all just chemical companies...and with dark backgrounds I'll cover later.)

Evidence shows that they've continued this long list of falsifying research, ghostwriting scientific papers, operating a revolving door with regulatory officials, and paying off universities and journalists too.

If you've been following along that may not surprise you...but maybe this one will. From a Guardian article:

"Monsanto adopted a multi-pronged strategy to target Carey Gillam, a Reuters journalist who investigated the company's weedkiller and its links to cancer. Monsanto...also monitored a not-for-profit food research organization through its "intelligence fusion center", a term that the FBI and other law enforcement agencies use for operations focused on surveillance and terrorism."

Yep, they're operating an "intelligence fusion center" in order to target their enemies, which are people revealing the truth about the crimes they engage in. This included the singer Neil Young as well!

Some of their intelligence moves: "Monsanto had a "Carey Gillam Book" spreadsheet, with more than 20 actions dedicated to opposing her book before its publication, including working to "Engage Pro-Science Third Parties" in criticisms, and partnering with "SEO experts" (search engine optimization), to spread its attacks. The company's marketing strategy involved labeling Gillam and other critics as "anti-glyphosate activists and pro-organic capitalist organizations"."

Is it really pro-science if you're falsifying science?

What lengths won't they go to protect their profits?

Do you see the patterns yet?

References:

<https://www.documentcloud.org/documents/3037286-Sec-v-Martin-Related-Case-Doj-Press-Release.html#search/p1/bribe>

<https://usrtk.org/monsanto-papers/>

<https://www.theguardian.com/business/2019/aug/07/monsanto-fusion-center-journalists-roundup-neil-young>

## #19 What if Psychopaths Choose Your Health?

Could you be CEO or Vice President in a tobacco company? Worldwide tobacco is said to cause 7 million deaths per year through cancer, heart disease, and other respiratory illnesses.

Or what about in Monsanto?

You'd have to not believe the science or the stats at all. Or if you did, you'd need to be capable of massive cognitive dissonance about it.

What is more likely is that you're sociopathic...without a conscience.

Perhaps you're even a psychopath, and you not only don't care, but "get off" of the fact that your product kills.



We know there are serial killers out there. There are human traffickers and sadistic pedophiles. Just look at the news. There is no denying these facts...even if you want to stick your head in the sand about them.

Do you doubt that some similarly minded people could get into high positions of power for more leverage, not to mention greater safety, and do even more evil or destructive things?

This is not a fun thing to look at. But that doesn't mean it is not reality.

What if it is even more likely that those with such traits get into powerful positions because those traits help lie, cheat, steal and blackmail their way to the top? If you make money and/or power your "god" then you'd be willing to do certain things for it. Things that other people with morals will not do.

What if this then becomes "institutionalized" so that it happens more and more?



Most people are good, reasonable human beings. But that doesn't mean they all are.

The estimates vary but there are a significant number of sociopaths and psychopaths among us. Some say 3 to 5% of humans are sociopaths and 1% are psychopaths.

Look, I'm not saying I'm perfect. But I do my very best in my businesses to help people. Profiting and helping people do not have to be mutually exclusive.

Unfortunately, it seems that many involved in larger industries do not think this way. The saying is that "Power corrupts and absolute power corrupts absolutely."

Is it possible, or likely, to not be corrupted when billions are at stake?

Again, this is not most people. But 1 to 5% is still a whole lot! This understanding of sociopathy and psychopathy is instrumental to understanding why some of the issues I've been airing regarding medicine are how they are.

Face the truth. Just because you can't fathom that level of evil decision making doesn't mean it doesn't exist.

References:

<https://eyesofasociopath.weebly.com/statistics.html>

<https://psychologia.co/psychopath-vs-sociopath/>

## #20 The Evidence is Less Than You'd Think

The Medical Monopoly exists because they've been able to wrap "science" around their fingers. I put that in quotes as just because it is labeled science, doesn't make it real science.

Falsities can then become easily spread.

What was the evidence that opioids were safe and non-addictive?

Was it long term double-blind placebo-controlled trials...like you would expect? NOPE!

Instead what we had was this: "A one-paragraph letter that was published in the Journal in 1980 was widely invoked in support of this claim, even though no evidence was provided by the correspondents."

The screenshot shows the NEJM website interface. At the top, there are navigation links for "NEJM Group", "Follow Us", "Sign in", "Create Account", and a "SUBSCRIBE" button. Below this is the NEJM logo and a search bar. The main content area features a row of article thumbnails, including "NEJM SPECIAL SERIES Contemporary medicine", "EDITORIAL Heart-Failure Therapy — New Drugs but Old Habits?", "ORIGINAL ARTICLE A Comparison of Two LDL Cholesterol Targets after Ischemic Stroke", "ORIGINAL ARTICLE Efficacy of a Tetravalent Dengue Vaccine in Healthy Children and Adolescents", "ORIGINAL ARTICLE Ticagrelor with or without Aspirin in High-Risk Patients after PCI", and "ORIGINAL ARTICLE". Below the thumbnails is an "Editor's Note" dated May 31, 2017, which states: "For reasons of public health, readers should be aware that this letter has been 'heavily and uncritically cited' as evidence that addiction is rare with opioid therapy. Leung et al. describe its history."

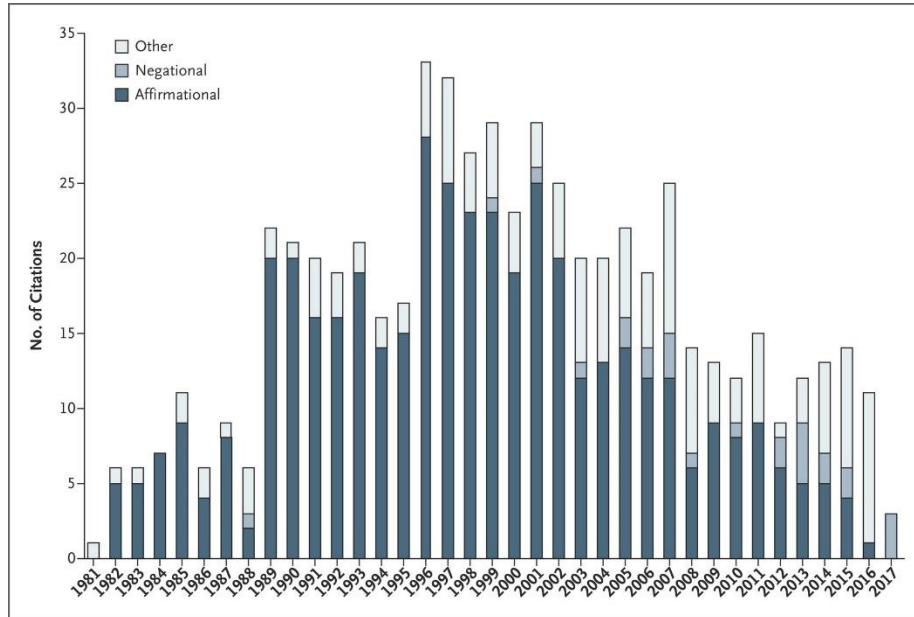
### Addiction Rare in Patients Treated with Narcotics

The screenshot shows the full article page for "Addiction Rare in Patients Treated with Narcotics". The article is dated January 10, 1980, and is from N Engl J Med 1980; 302:123. The DOI is 10.1056/NEJM198001103020221. The article text is as follows: "Recently, we examined our current files to determine the incidence of narcotic addiction in 39,946 hospitalized medical patients<sup>1</sup> who were monitored consecutively. Although there were 11,882 patients who received at least one narcotic preparation, there were only four cases of reasonably well documented addiction in patients who had no history of addiction. The addiction was considered major in only one instance. The drugs implicated were meperidine in two patients,<sup>2</sup> Percodan in one, and hydromorphone in one. We conclude that despite widespread use of narcotic drugs in hospitals, the development of addiction is rare in medical patients with no history of addiction." The authors are Jane Porter and Hershel Jick, M.D., from the Boston Collaborative Drug Surveillance Program at Boston University Medical Center, Waltham, MA 02154. The article has 2 references and 385 citing articles. On the right side of the page, there is a "NEJM CareerCenter" section with a "PHYSICIAN JOBS" list for November 25, 2019, including positions in Neurology, General Practice, Urology, and Surgery.

This then became cited 608 times over the following years, the majority of which using it as evidence of their low addiction!

"In conclusion, we found that a five-sentence letter published in the Journal in 1980 was heavily and uncritically cited as evidence that addiction was rare with long-term opioid therapy. We believe that this citation pattern contributed to the North American opioid crisis by helping to

shape a narrative that allayed prescribers' concerns about the risk of addiction associated with long-term opioid therapy. In 2007, the manufacturer of OxyContin and three senior executives pleaded guilty to federal criminal charges that they misled regulators, doctors, and patients about the risk of addiction associated with the drug."



Do you believe this was an honest mistake?

Sure, science can be tough to get to the bottom of, reading through all those papers. Who has the time? So I'm sure many doctors frankly did get wrapped up in the "narrative".

But others knew. This was stated in a Purdue Pharma's OxyContin advertisement: "In fact, the rate of addiction amongst pain patients who are treated by doctors is much less than one percent. These drugs should be used much more than they are for patients in pain."

This was what their salespeople were spouting to doctors left and right.

But the bigger question...was the science purposefully distorted by some to build a body of evidence that milked in the profits while people suffered and died?

They lied about it and they knew the truth...

Now, let me ask this. Where else do people believe there is a huge body of science stating things are safe...when in actuality the scientific data is far less than you'd imagine?

References:

<https://www.nejm.org/doi/full/10.1056/NEJMc1700150>

<https://www.nejm.org/doi/full/10.1056/NEJM198001103020221>

<https://www.npr.org/2018/12/31/680741170/opioid-makers-face-wave-of-lawsuits-in-2019>

## #21 The Pharmaceutical Cartel...Racketeering

Oklahoma State's Attorney Brad Beckworth said to a judge; "What we do have in Cleveland County (Oklahoma) is 135 prescription opioids for every adult. Those didn't get here from drug cartels. They got here from one cartel: the pharmaceutical industry cartel. And the kingpin of it all is Johnson & Johnson."

Understand that the recent opioid lawsuits are RICO cases. That stands for Racketeer Influenced and Corrupt Organizations, an act designed to prosecute organized crime.

Those that dismiss "conspiracy theories" outright should take note. Those of us who have said Big Pharma is conspiring against us have been laughed at over and over again. Still are in certain areas that the public light hasn't yet shined on.

So please understand this. RICO means this was a conspiracy. They knew the drugs were more dangerous than they said and yet worked to push them. Again, I ask where else is this true that is not yet common public knowledge?

Oklahoma state Attorney General Mike Hunter said, "What is truly unprecedented here is the conduct of these defendants on embarking on a cunning, cynical, and deceitful scheme to create the need for opioids."



*Judge Thad Balkman listens during opening arguments for the state of Oklahoma, May 28, 2019.  
Sue Ogrocki / AP*

Is it though? Or has this case just been brought to public light...when this is BUSINESS AS USUAL for the pharmaceutical cartel.

They make mention of Johnson & Johnson selling talc in baby powder which caused ovarian cancer. They knew of its effects and still sold it.

And back in 2013 Johnson & Johnson paid out \$2.2 billion for off-label promotion/kickbacks of the drugs Risperdal, Invega, and Nesiritide.

These are not isolated events. These are, as RICO states, “Corrupt Organizations.”

Think Tobacco playbook. Here we see that Purdue Pharmaceutical:

- \* Launched a massive public relations campaign to rebrand opioids
- \* Partnered with hospitals and universities to push their narrative (For example, the Massachusetts General Hospital Purdue Pain Program was started because “it would help Purdue sell more opioids in Massachusetts,” and give them some political protection.)
- \* Bribing doctors via paying for meals, speaking fees, consulting fees, honoraria. (In some cases these were six-figure sums! Many others got five figures.)
- \* Funded medical research

They knew what they were doing. An internal email from a salesman said, ““Keep ‘em comin’! Flyin’ out of there. It’s like people are addicted to these things or something. Oh, wait, people are. . .”

Real funny, right?

I’ve been saying medical monopoly but perhaps cartel is the better word.

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## #22 The DEA Handcuffed

In my last post about RICO cases (racketeering) among Pharma companies Callen posed the question: “Politically, do you have an idea of who would make the most with this kind of information?”

Well, the reason this stuff is allowed is because many (most?) within the political realm are either bribed, compromised, or just shut out of the picture. Even though it’s only hidden in plain sight for anyone who wants to scratch below the surface.

In the opioid epidemic we see examples of that:

“The Washington Post and Charleston Gazette filed suit last year to unseal company documents along with a DEA database that tracked opioid sales. Despite fierce opposition by the companies and the DEA, the U.S. Court of Appeals agreed to their release. The unsealed documents include damning emails and data.”



“DEA tracking data shows some 76 billion opioid pills flooded the country between 2006-2012. Six large companies distributed 75% of those pills, including Walmart, CVS, and Walgreens, and just three companies manufacture 88% of opioids.”

Did you catch that? We see that the DEA was aware of all this happening...yet did nothing.

Illinois Senator Richard Durbin stated, “Between 1993 and 2015, the DEA allowed the production of oxycodone to increase 39-fold, hydrocodone to increase 12-fold, hydromorphone to increase 23-fold, and fentanyl to increase 25-fold.”

They tracked it. So they knew exactly what was going on. Why would the Drug Enforcement Agency allow this to happen?

Drugs are what they're about! They let harmful, addictive opioids flood the street. Meanwhile, they worked to stop any competition, during this time they worked to make the much-less-harmful-or-addictive herb, kratom, a schedule 1 drug.

Of course, I'm not saying everyone in the DEA is in on it. Far from it. I'm saying that those in the very top positions were either bribed, threatened or otherwise compromised to let all this to go on. Or someone in even higher positions told them not to pursue it, just like they'd tell their agents.

Notice also that the DEA fought in the courts to have its dirty laundry go public. Why? They knew they were in the wrong on this to have done nothing.

If pharma is willing to bribe doctors to prescribe the medication, like CEO of Insys Therapeutics Inc. John Kapoor (found guilty of racketeering conspiracy for exactly that), do you think they'd stop from bribing politicians and regulatory agents?

Is that not exactly the best way to cover their tracks and ensure that they continue to get away with these kinds of crimes?

Some people got caught here. But sadly, this is not aberrant behavior. Inside this cartel, it is the norm. Where else have they not yet been caught?

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## #23 Is Justice Ever Done? (Opioids)

In criminal cases against Big Pharma, is justice ever really served?

Typically they get a slap on the wrist. Multi-million or even billion dollar fines are often less than they take in profits from fraudulently selling a drug.

What about in the recent case of the Opioid Crisis? Is it any different?

Purdue Pharma (makers of OxyContin) filed Chapter 11 bankruptcy and is expected to pay over \$10 billion “to address the opioid crisis”.

The Sackler family, which owned Purdue Pharma, is personally paying out \$3 billion for this. You’ve probably never heard of the Sackler’s before this. I sure hadn’t. Yet they’re one of the richest families in the USA.

Wow, someone is actually being held personally liable for this? That’s amazing right? Well, let’s look at what the finer details of what they did...

Back in 2007, Purdue admitted in a plea deal that they had misrepresented the addictive qualities of its product, OxyContin. They paid \$600 million for this.

Three executives even pleaded guilty as individuals. They paid a total of \$34.5 million in fines, but no jail time. (Justice Department officials refused to indict them.)

A slap on the wrist. The drug was introduced in 1996, and after a few years was bringing in \$1 billion annually.

If you get slapped on the wrist for criminal activity, will it change what you do? No. And it did not. In fact, they doubled down.

More recent court cases showed that the Sackler family behind Purdue, started up Project Tango. They saw that opioid addiction treatment was an opportunity. As they continued to aggressively market opioids, they also sought to make money off the other end. They wanted to be an “end-to-end pain provider”.

Not surprising as this family was born of marketing. “Considered the father of modern pharmaceutical marketing, Arthur Sackler created the first medical-journal advertising insert to promote a drug and pushed for hiring sales reps long before they became as common in physicians’ waiting rooms as out-of-date magazines.”





When presented with 59 opioid-related deaths in one state, he wrote, “This is not too bad. It could have been far worse.”

The Sacklers have an estimated net worth of \$14 billion primarily made off the back of opioids. With personally paying out \$3 billion, that leaves only \$11 billion in assets.

What do you think? A slap on the wrist? Should they be behind bars? Welcome to our justice system.

It’s not over. Mundipharma, the international affiliate of Purdue Pharma, is continuing the same tactics outside of the United States.

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Did you catch that? Drug companies are repeating the same tactics they used in the US in other countries. Not drug dealers, but companies (is there much difference?).

Recall from the previous post how Purdue Pharma and their international affiliate, Mundipharma, sought to fraudulently push opioid sales AND the treatment for their addiction. It's working...

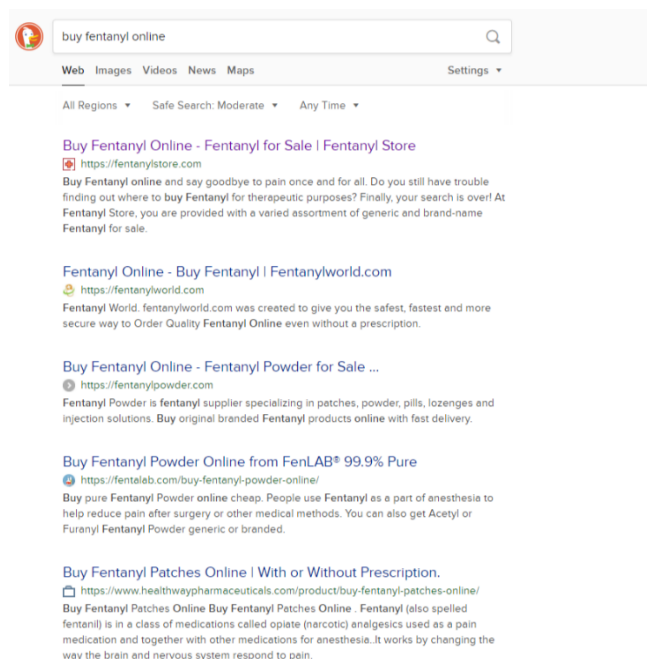
A Rolling Stone article states, "[A heroin user] carries naloxone — the overdose reversal drug, also commonly known by the brand name Narcan — and he's had to use it on a number of fellow users. The responsibility falls on him because often he's the only one who carries it. And he's usually the most experienced in the room."

Same tactics...because those tactics are profitable. In addition, the Fentanyl is all coming from China. And China is where most of all pharmaceutical drugs are produced period.

The problem stems from larger systemic issues of pharmaceutical supply and lack of regulation. It seems that some of the companies that are producing fentanyl for legitimate medical use are selling it out the back door to whoever wants to buy it.

This is far from the only lack of oversight issue. Future posts to cover more areas where international regulation is alarmingly lax especially when you consider that drugs are considered pretty much the end-all, be-all of medicine.

Despite its potency and deadliness, it can be purchased online with a credit card! (I had to check that out myself and yep it appears disturbingly easy to do. I found many shady sites such as FentanylStore.com, FentanylWorld.com, etc. I wonder who owns these?)



I'm not saying this epidemic would be easy to stop...but it doesn't look like our agencies are really trying that hard to me.

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## #25 Curing Loneliness with a Pill

Did you know that researchers are hard at work in finding a drug that can help your loneliness and isolation?

The Guardian wrote that, “we simply haven’t been measuring it consistently, but recent estimates suggest that anywhere from 22% to 75% of American adults are persistently lonely.”

Big Pharma doesn’t see a problem...they see an opportunity!



We’ve seen this play out before. Locate some feeling many people are having. Turn this into a diagnosis. Find a drug that helps the symptoms of said diagnosis without doing anything for the cause. Get people on such a drug for long periods of time. Make money.

Right now this research is looking primarily at pregnenolone, as well as oxytocin, two human hormones. Of course, they can’t patent those. So they’ll tweak the molecule. Then we’ll find there are side effects of such tweaks that further deteriorate health. Or we’ll find out later it’s not as safe as their limited trials led us to believe. There will be some longer term side effects that we didn’t notice.

It is coming. Trials take some time, but I fully expect this to be marketed sometime around 2030.

The National Post article covers how I feel about this: “For some, the idea of a pharmacological buffer against loneliness is just another sign of the creeping medicalization of everyday human woes: Wouldn’t a pill for loneliness only make us more indifferent, more disconnected? Is it really the best we can do to fix the modern world’s so-called epidemic of loneliness?”

If you have a feeling of loneliness, it is not merely a chemical imbalance in your brain or body. It is an emotion that should be driving you to change your life in some way. I don’t doubt that giving you a drug could make you feel better. (I mean you could drink alcohol or snort cocaine and feel better if you’re lonely too!) But that doesn’t fix the root issue of why.

How about the thousand things in our culture that drive disconnection?

Let’s break down religion, which for its many flaws, kept people connected together. Let’s break down the family unit so everyone is independent and doing their own thing. Let’s break down community so we don’t even know our neighbors. Let’s make social media all-pervasive so we’re constantly digitally connected but often at the cost of actual connection. Let’s completely forget about the connection to nature and all the benefits it brings from physical to mental and emotional health.

That’s hard work. Maybe we should just pop a pill instead.

Creeping medicalization. Recognize the absurdity of this. And then realize it has happened over and over and over again. Like with anxiety which will be covered in the next post...

References:

<https://www.theguardian.com/us-news/2019/jan/26/pill-for-loneliness-psychology-science-medicine>

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## #26 Creeping Medicalization

The previous post shared how scientists are hard at work to find a drug that combats loneliness. In other words, “Generalized Loneliness Disorder” coming soon to a psychiatrist near you.

I think most people, even the biggest fans of Western medicine, would say this is a bit over-the-top, even for Big Pharma.

But what I want you to recognize is that we say that from the present. Twenty years from now when this is the status quo, people won’t give two thoughts about it being unusual.

So I ask you to think back in time. What about fifty or a hundred years ago? Couldn’t we find examples of diagnoses today that would have similarly been laughed at back then?

In other words, hasn’t medicalization been creeping forward all along? Let’s take a look at anxiety...

Bioethicist Carl Elliott said, “The way to sell drugs is to sell psychiatric illness. If you are Paxil and you are the only manufacturer who has the drug for social anxiety disorder, it’s in your interest to broaden the category as far as possible and make the borders as fuzzy as possible.”



Is Anxiety Really a Disorder?

Tell me, what is the level of loneliness that is required in order to get a prescription? How is it measured?

What is the line for anxiety? For depression? Realize that none of these are measured by biomarkers in the body. Doesn't that seem odd for an industry that prides itself on being so scientific...for practicing, as they like to call it, evidence based medicine?

Marcia Angell, former editor of the medical journal NEJM, says, "The fact that few psychiatric disorders have objective criteria for diagnosis makes these disorders easier to expand than most physical illnesses."

Paxil is an SSRI. This stands for selective serotonin reuptake inhibitor. In other words, SSRIs manipulate this neurotransmitter. As a chemical in the body it can be measured, but how often is this done before an SSRI is prescribed?

WebMD says, "There have not been any studies proving that brain levels of this or any neurotransmitter are in short supply when depression or any develops. Levels of serotonin are measurable -- and have been shown to be lower in people who suffer from depression - but researchers don't know if blood levels reflect the brain's level of serotonin."

In other words there is a theory on how such things work, but we really don't know at all. The evidence for it is extremely weak at best. And to those selling these drugs, this is a good thing.

Just ask the drug company themselves. Barry Brand, Paxil's product director from GlaxoSmithKline said, "Every marketer's dream is to find an unidentified or unknown market and develop it. That's what we were able to do with social anxiety disorder."

Unknown market, as in it didn't exist until they created it.

Again, this is not to say that these drugs don't sometimes help people. Surely, they do...even if just by the placebo effect. But they also don't help a lot of people, even making them worse. When a side effect for depression and anxiety treatment is suicide, I think we have a problem!

I would argue the whole approach is coming from a flawed foundation. This whole approach is far less scientific than we're led to believe. Recognize that many of these disorders are more for marketing than science. That allows for medicalization to creep slowly along year after year.

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## About the Author

Born without genetic gifts, a weak and scrawny Logan Christopher sought out the best training information in his pursuit of super strength, mind power and radiant health. Nowadays, he's known for his famous feats of pulling an 8,800 lb. firetruck by his hair, juggling flaming kettlebells, and supporting half a ton in the wrestler's bridge. Called the "Physical Culture Renaissance Man" his typical workouts might include backflips, freestanding handstand pushups, tearing phonebooks in half, bending steel, deadlifting a heavy barbell, or lifting rocks overhead.

Far from being all brawn and no brain Logan has sought optimal performance with mental training and sports psychology which he has explored in depth, becoming an NLP Trainer, certified hypnotist, EFT practitioner and more. That's also how he got started in the field of health and nutrition which inevitably led to Chinese, Ayurvedic and Western herbalism.

His personal philosophy is to bring together the best movement skill, health information, and mental training to achieve peak performance. He is the author of many books and video programs to help people increase their strength, skills, health and mental performance. Discover how you too can become super strong, both mentally and physically, at [www.LegendaryStrength.com](http://www.LegendaryStrength.com) and find the superior herbs to support all aspects of your performance at [www.LostEmpireHerbs.com](http://www.LostEmpireHerbs.com).



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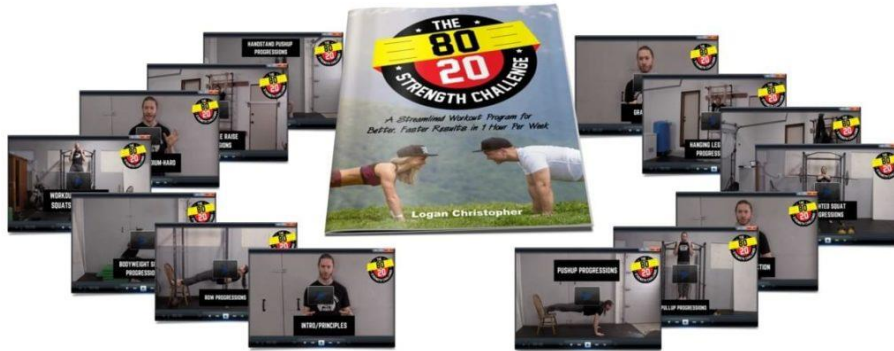
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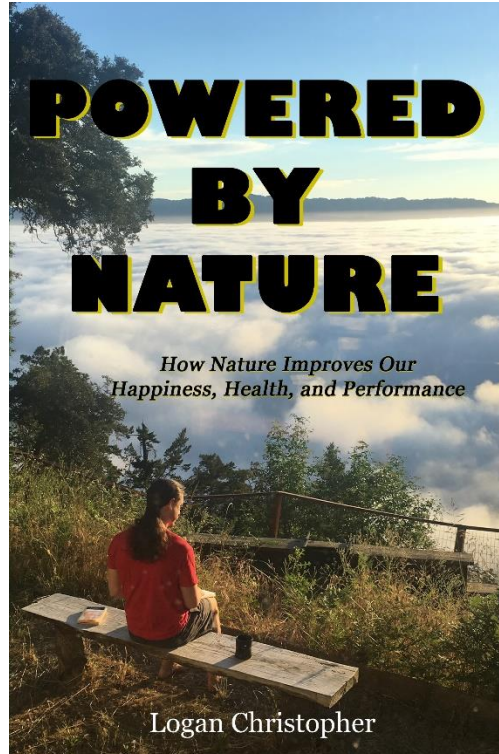
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