

## The Opioid Mess

*By Liz Gibbons*

Drug companies assured medical practitioners almost twenty years ago that opioids were not addictive, which led to them being prescribed more often. The result: An epidemic of opioid addiction. We have been conditioned by the medical profession to reach for a pill to relieve our symptoms. Few people are aware of herbal remedies which could be effective in relieving pain.

Benjamin Rush, MD, a signer of the Declaration of Independence, stated: "The Constitution of the Republic should make special provision for medical freedom ... Unless we put freedom into the constitution, the time will come when medicine will organize into an undercover dictatorship and force people who wish doctors and treatment of their own choice to submit to only what the dictating outfit offers."

The American Medical Association was formed in 1847 to oppose other natural forms of the healing arts. In 1910 medical licensing was imposed in all of the states. It was a victory for the AMA as it undermined other healing professions and modalities.

A significant event happened in 1912 that affected our food. Dr. Harvey Wiley was the Chief of the Bureau of Chemistry that later became the Food and Drug Administration. He was the Father of the Pure Food and Drug Act passed in 1906. Dr. Wiley had the authority to decide if the Act was being violated. However, commercial interests had a foot in the door of the Department of Agriculture, and the department began to undermine the authority of the Bureau of Chemistry.

As an example, the government won a lawsuit involving an order to seize and destroy a shipment of beached flour. The head of the Department of Agriculture refused to destroy the flour. By 1912 the influence of the USDA so impeded Dr. Wiley's work that he was forced to resign. This marked the end of an era where a well-trained person, knowledgeable in the nutritional needs of humans and with the courage to stand by his convictions, had the power to enforce laws concerning our nation's food.

Twenty years later Dr. Wiley wrote a book, *The History of the Crime Against the Food Law*, in which he wrote,

"If the Bureau of Chemistry had been permitted to enforce the law as it was written . . . no food product in our country would have any trace of benzoic acid, sulfurous acid or sulphites or any alum or saccharin. No soft drink would contain any caffeine, or theobromine ... Our foods and drugs would be wholly without any form of adulteration and misbranding ... the health of our people would be vastly improved and the life greatly extended ..."

Over the years our bodies have been assaulted through many practices that have been introduced that are detrimental to our health. In the 1920s toxic chlorine was added to our drinking water when there are better non-toxic ways to sanitize water. In the 1930s vaccinations began to increase. Water fluoridation was introduced in 1945. In the 1950s breast feeding was discouraged, antibiotics began to be overprescribed and X-rays overused. In the 1990s advertising of drugs on television and in magazines began. The FDA allows thousands of

chemical additives in our foods. We live in a toxic environment. There are few non-addictive remedies available for severe pain. I blame government regulations and the two big drug pushers, medical practitioners and pharmaceutical companies, for the opioid epidemic.