

16 Steps Towards Wellness!

16 DVD collection containing wellness related topics as presented by Dan Murphy, D.C.

- 1. Cell Phones-** Discusses micronucleic damage from radiation plume around antenna
- 2. Soda-** Covers refined carbohydrates, phosphoric acid, caffeine, excitotoxins
- 3. Excitotoxins-** How food additives relate to taste, neurodegenerative disease and pain, Includes reviews supporting literature.
- 4. Chiropractic and Human Potential-** Explains physiological affect of mechanical input on cerebellar plasticity, the goal of Chiropractic care to normalize joint motion and implications for child development.
- 5. Food Coloring and Insects-** Discusses the evidence on natural dyes derived from beetles in the cockroach family are antigenic and allergenic.
- 6. Antibiotics-** Reviews history of their development and consequent changes in allopathic and Chiropractic care giving; risks of over-prescription, self administration and how Chiropractic can affect immunity through the sympathetic nervous system.
- 7. Chiropractic and the Immune System-** Describes neuroanatomical features that explain how Chiropractic can affect the immune system via the sympathetic nerves.
- 8. Children and Drugs-** Uses Ritalin, over-the-counter drugs and Tylenol as typical examples. Links the biochemical functions of Ritalin and cocaine.
- 9. Autism-** Discusses incidence and multifactorial causes, with emphasis on thimerosal, a derivative of mercury.
- 10. Vaccinations-** Reviews efficacy, adverse effects and effect on the immune response.
- 11. Free Radicals-** Reviews how free radicals damage, and antioxidants protect the human genome.
- 12. Inflammation-** Indicators of inflammation are more reliable predictors of heart disease than cholesterol. Describes how prostaglandins affect pain, DJD, vascular system, immune system, production of free radicals and fibrosis.
- 13. Omega-3 Fats-** Compares omega-6 and omega-3 fatty acids, and their effects on vascular system, immune system, the brain and pain. Discusses diet-induced psychiatric disorders.
- 14. Mercury-** Summarizes major sources of exposure and adverse effects such as Alzheimer's disease.
- 15. Trans-Fatty Acids-** Adverse effects of hydrogenated omega-6 oils in the modern diet.
- 16. Madness-** Theorizes on causes of low "healthy life expectancy" rates, despite the great expenditure on health care in the United States. Reviews more of the supporting literature. Discusses the drug industry.

SUMMARY: The 16 Steps Towards Wellness DVD set summarizes the impact of diet, lifestyle, and the health care delivery system on declining health status in the United States. Comments on the political failure to act on scientific knowledge for the public good. Offers practical advice for avoiding and countering negative influences, with emphasis on prevention of illness in children.

