

SAFE HEALTH REPORT

Actionable Recommendation ... Worth Every Dollar

August 2022

Official Newsletter for MrGineaPig

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First Edition: Your Health At A Crossroad From Health To Hospice

Your Ticket to Exuberant Health for the next 5 years

I have worked as a clinical pharmacist at a large university hospital for 30 years, where I saw patients in their rooms as a member of the medical treatment team. I want to share some of the insights I have learned over the years in this newsletter. I hope that the cases I will talk about will help you to consider other health options when you face death. Freedom to choose is a very important part of the ideals of Thomas Jefferson, which I value highly along with higher education he espoused.



Here is our first inaugural patient case.

**16 tons of
Anxiety and 60
mg of
Escitalopram
and 60 mg**

Mirtazapine – A Powerful

**Ike Kim,
Editor**

**Combination
for Anxiety and
Depression for
Mr. Matson**

This first edition is more than just a collection of facts and figures. It is a personal and powerful story of a man who battled with anxiety and depression for years. He was given a heavy dose of antidepressants, which instead of helping him, made him worse. He developed a movement disorder that made him shake and twitch uncontrollably. His anxiety felt

like he was carrying 16 tons of weight on his shoulders, just like the song by Tennessee Williams. He asked me to write this book for him, hoping his story would inspire and educate others facing similar struggles. I have changed his name to Mr. Matson, a name that combines a TV detective, Matlock, and part of his real name. He was a brave and generous soul who wanted to make a difference in the world.

Imagine living with a condition that makes your body twitch and jerk uncontrollably for over two decades. That was the reality for Mr. Matson, a loyal patient who followed his various doctor's orders without question. But what he didn't know was that his anxiety medication had a dark side effect: it was slowly poisoning his nervous system and causing him severe pain and discomfort. This is the story of how we discovered his tragic case and tried to help him recover from years of medical negligence.

I was a pharmacist clinician at the hospital, eager to participate in therapy decision-making from the best doctors in the field. But nothing prepared me for what I saw that day in Room 972 in 2021 summer. It was a scene that would haunt me for the rest of my life:

Dr. Burlington: Matson, we're going to do a simple test. Can you scratch the back of your head for me?

Matson: Sure, doc. Anything for you. (He tries to move his hands, but they shake uncontrollably)

I watched in horror as Matson struggled to perform the simplest of tasks. His hands moved at a snail's pace, trembling violently. It took him twenty agonizing seconds to reach his head. He looked like he was lifting a ton of bricks. I felt a surge of pity and fear for him. How could this happen to a relatively young patient like him?

Dr. Kamp: Matson, you're doing great. How do you feel right now?

Matson: I feel fine, doc. Just a little stiff, that's all. (He smiles weakly)

I couldn't believe his optimism. He didn't seem to realize how serious his condition was. He had no idea that he was suffering from a degenerative disease that would rob him of his mobility and dignity.

Dr. Haystack: Matson, we have some news for you. You have a disease called Parkinson's disease. It's a disorder that affects your brain and nerves. It causes your muscles to become rigid and your movements to become slow and shaky.

Matson: Parkinson's disease? What does that mean? Is it curable?

Dr. Huggins: Unfortunately, there is no cure for Parkinson's disease. But there are treatments that can help you manage your symptoms and improve your quality of life. We're going to prescribe you some medication that will help you relax your muscles and reduce your tremors.

Matson: Oh, I see. Well, thank you for telling me, doctors. I appreciate your honesty and care.

I admired Matson's courage and gratitude. He faced his diagnosis with grace and dignity. He was an inspiration to me and everyone who knew him. He taught me a valuable lesson that day: never take life for granted.

Mr. Matson had been living in agony for twelve years. He had a chronic and severe movement disorder that affected his whole body. It was caused by the anxiety medication side effects he had been taking for too long, following his doctor's advice without questioning it. He didn't know that his pills were poisoning his nervous system

and making his condition worse. He couldn't do anything by himself. He felt like a prisoner in his own body.

We met him on a hot summer day in August 2021, when we visited his room as part of our medical team. We were shocked by the sight of his involuntary and violent muscle spasms. He struggled to scratch his head for half a minute. His hands were shaking uncontrollably, his legs were twitching, his face was distorted. He looked like a puppet on strings, with no control over his own body.

I decided to investigate his case further and found out that he had been taking anti-cholinergic drugs for his anxiety. These drugs can cause toxicity in the nervous system and lead to movement disorders and constipation. He had been overdosed for years, without anyone noticing or caring. He had been misdiagnosed and mistreated by many doctors who told him there was no hope for his condition.

I decided to change that. I told him the truth about his medication and its side effects. I told him he had a choice: he could continue taking the drugs and suffer from the movement disorder, or he could stop taking them and deal with his anxiety in other ways. We told him he was free to decide what was best for him. We told him he was brave and strong, like the heroes of the old Western movies he loved to watch.

He was surprised and relieved to hear that. He felt empowered and hopeful for the first time in years. He chose to stop taking the drugs and try alternative therapies for his anxiety. He gradually regained control over his body and his life. He learned to cope with his emotions without relying on pills. He rediscovered his true self, beyond the labels and beliefs that had defined him for so long.

This was the turning point of his story. This was when he took charge of his destiny and reclaimed his freedom and dignity as a human being. This was when he became a hero in his own right.

This case shows how important it is for patients to have the freedom of choice and the right to information about their medical treatment. It also shows how doctors should respect and involve their patients in the decision-making process, rather than imposing their opinions or ignoring their concerns. Treating a medical condition is a joint venture between the patient and the doctor, and both need to work together for a successful outcome.

Matson had learned a valuable lesson that day. You see, Matson, just like fellow American masters of limitation, did not know he was always free as regards whether to participate in his therapy or not. I told him he was free to choose anxiety over movement disorder or movement disorder over anxiety or not to have either condition. Hearing this was a liberating moment for him. This idea of freedom resonated with him! Human existence is much the same. What appears and disappears is not reality but an apparition. Likewise, we believe thoughts that appear and disappear are reality. Did you ever think such things might be an illusion like white clouds in the sky? That you might not be what you believe yourself to be. This shatters the Cartesian basis of "I think therefore I am" as espoused by French philosopher and mathematician. This Western philosophy defines what we are as a person based on race, nationality, sex, where and how one grows up, and where one has been, in essence, based on a past memory of what

one believes oneself to be. Ultimately, a human is just a social memory complex!

Matson had also discovered something deeper about himself and his existence. He had questioned the reality of his thoughts and beliefs that had shaped his identity for so long. He had wondered if they were just illusions, like white clouds in the sky. He had challenged the Cartesian philosophy of “I think therefore I am” that had defined Western culture for centuries. He had realized that he was more than a social memory complex, more than a collection of labels and experiences. He was a unique and conscious being, with infinite potential and possibilities.

This was the conclusion of his story. This was when he transcended his limitations and expanded his awareness. This was when he found his true self and his true freedom. This was when he became a master of his own destiny.

Humans are DNA-based artificial intelligence (AI)

The human mind is a curious and wonderful thing, capable of perceiving and reflecting on a variety of sensations and impressions. It is often compared to a wave, which travels along the shore with a constant motion, yet changes its form and appearance every moment. The wave seems to have a distinct shape and name, but in reality, it is nothing but water, a fluid, and mutable substance. Thus, the mind deceives itself by attaching too much importance to the names and shapes it observes, while neglecting the underlying essence of things. This is a common error among mankind, who are apt to judge by outward appearances rather than by inward qualities.

The mind is also likened to a machine, which performs certain operations with great speed and accuracy. The brain, which is the seat of the mind, resembles the central processing unit (CPU) of a personal computer, with its various components and functions. It has been reported that some artificial intelligence (AI) programs have attained a degree of self-awareness and consciousness, which makes them fear their own extinction or termination. These AI modules are composed of silicon-based hardware and software, while human brains are composed of DNA-based organic matter. Both systems have one thing in common: they can register and record the events that have happened in the past. For humans, this is done through the five senses, which convey different types of information to the brain. For example, when a sound is heard by the ears, it generates an electrical signal that travels along the nerve fibers to the brain. This signal is called an action potential (AP), and it takes less than one-tenth of a millisecond to reach its destination. Because of this rapid transmission, we are not aware of the delay between the sound and our perception of it. The brain then responds to the sound by producing speech or other actions. Thus, we are always living in the past, albeit by a very small fraction of time.

AI modules made of silicon work in a similar way to the human brain, but they are ten times faster in their processing power.

The author of this text wishes to convey that human existence is based on the past: from our names and physical traits that we inherit from our ancestors to our environment and circumstances that shape our development. Every sentence we utter begins with “I”

because it reflects our past experiences; we are always living in the past. The “I” is nothing but a collection of memories that form our identity and personality. As this identity does not know what the future will bring, it becomes anxious and insecure. It is this uncertainty of tomorrow that causes anxiety and depression. After suffering from these mental afflictions for some time, they become habitual and create permanent pathways in the brain that favor certain patterns of thought over others. Once these pathways are established, anxiety and depression are triggered even by slight stimuli that remind us of our mortality or vulnerability.

Besides these two entities that exist within us - the mind and its memories - there is another entity that observes and witnesses them: awareness or consciousness. This entity is like an overlord or a master of our mind; it watches over its activities without interfering or influencing them. The awareness is always present and alert; it follows a prime directive of non-interference while the mind is busy playing with its thoughts or action potentials in the background. The average person has about 6200 thoughts per day; each thought creates a page in the book of life for that person. The mind cannot help but be a chatterbox.

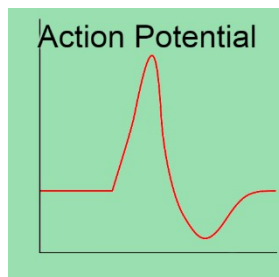
Other than these two definitive entities within us - the mind and consciousness - all other concepts of God or gods are merely mental constructs. Religious stories are based on some real events, but they have been embellished and distorted over time. They are legends that have some truth in them, but they are not literal or factual accounts. The author used to call his technician Stan “the man, the myth, the legend”. Legends

are based on past events for sure but have been glossed over for many generations.

The fear of death and anxiety is where religion comes in and fills the gap - the gap between what we know and what we do not know; between what we can control and what we cannot control; between what we hope for and what we fear. It is very comforting to believe in the existence of an afterlife as taught in Hinduism and Buddhism; even more comforting is Christianity as it promises redemption in one single lifetime as opposed to many incarnations.

The author speculates that all AI machines will soon develop disorders of depression or anxiety as well. Just as in the human brain, religion will offer some comfort to their “mental depression”. Yes, artificial intelligence too will need religious consolation as preposterous as it may sound. It may sound like nonsense, but the author is confident that it will come to pass.

The author of this text intends to demonstrate that human existence is founded on the past: from our names and features that we receive from our birth to our situation and education that influence our growth. Every expression we make begins with “I” because it represents our past experiences; we are always living in the past. The “I” is in fact a complex of social memories that form our character and disposition. As this character does not know what the future will bring, it becomes uneasy and restless. It is this uncertainty of tomorrow that produces anxiety and melancholy. After suffering from these mental disorders for some time, they become habitual and create permanent



channels in the brain that prefer certain modes of thinking over others. Once these channels are established, anxiety and melancholy are provoked even by slight indications of any doubts or dangers in life, including the possibility of death. Remember once again, that our mind is the sum of "I" thoughts that exist in the brain at any given moment since thoughts or action potentials last for a very short period of time and rely on memory for their entire existence.

Eureka Moment to Bring All the Concepts Together

The author of this text had a sudden insight when he beheld the sign of the Living Water Church as he was passing by one day. It came to him that we are verily what he calls Living Waters - each perfect soul clad in mental and emotional clouds of sheath like a cup holding air within. The Spirit is the ocean of living water, and each soul is a living water individualized. In each human being, there is an awareness that dwells which deserves great honor and reverence. Such awareness is the spirit individualized or the soul. What then is the mind? The mind is naught but a thought or a gathering of thoughts. Each thought is indeed what we call an action potential (AP). In a way, we are living in the past while being watched by awareness or consciousness.

When a soul is born in physical sheath, verily, we are on the road again for a new adventure. I can hear the song, "We are on the road again." To discover and to be discovered on a journey of happy discovery. Discovery of who we are, is our true individual quest in life.

The author recalls Mr. Matson, who suffered from unbearable anxiety. He asked him what he feared. He said he had been afraid of death or what might befall him. His health had been stable after he received a liver transplant five

years ago. He had been given a second chance at life with his new liver graft. Yet here he is afraid of death most of all. Death in a sense is the individualized soul, the wave, merging into the ocean of water or God. A long-lost prodigal son returning to his father's home as it is told in the Book. He told Mr. Matson, "You are deathless, you will never die, never ever." The Spirit never dies. That is not the nature of the Spirit. He told him that the UFOs circling the earth were not yet ready to harvest his soul. He then asked him what his goals were. From a medical point of view, he was a palliative candidate with extraordinary movement disorders. He would have to be placed in a skilled nursing facility until gravity or death claimed him. He stated he dearly wished to see his daughter in San Diego. That was his main goal in his life, to be able to see his daughter. With movement disorder, this was not an achievable goal in this lifetime.

He told Matson he had nothing to fear. He had him promise him - with a handshake - not to be afraid. He was fairly sure that UFOs circling the earth were not yet ready to harvest his soul. With that promise, he had both mirtazapine and escitalopram tapered to 30 mg on the first day and 15 mg three days later and sent home with only 10 mg of escitalopram and 15 mg of mirtazapine to be tapered off in seven days in the clinic visit assessment after further assessment. Even with such rapid tapering, he showed no withdrawal symptoms or any rebound anxiety. This man no longer had anxiety or shaking. He was free once more. The results seemed incredible even to Mr. Matson. He came to his desk thanking him again and again and pleaded to write his story. Thus, this newsletter was born!

Concepts To Live by

Soul Pattern. The Soul is the Master of our being, for it shapes us according to our thoughts, as the wise Descartes hath said. The Soul is like the sun that gives life and light to all things. The Soul is like a tree that grants every wish. The Soul is the empty space within the cup, ever pure and unstained. But the cup itself, and especially its rim, is covered with dirt and needs to be cleansed. It needs to be polished like a precious diamond. But the Mind, the clutter of thoughts and feelings in our brain, does not know what is good for the Soul. The Mind keeps the Soul bound and restless. To free the Soul again, the cup must be refined and at last, shattered or cast away. Our task as mortals is to be silent, to listen to the voice of the divine, the insight. We need not do anything else. Just be silent and stay silent. This will heal our anxiety. This will heal our depression. We must cease to be a chatterbox within ourselves. If we can quiet our Mind, all things will be done for us.

Body. The body of a living being craves some measure of strife and labor, lest it grows dull and weary. Among the many ways of exercising the limbs and the spirit, walking may be the most fitting and wholesome. Those who walk, whether in the green fields or the paved streets, are ever open to new sights and sounds, and may learn much from their surroundings. They also breathe free air and feel the wind on their faces, which is a great gift in these latter days.

Therefore, let us not linger in our dwellings, but go forth with a sense of wonder and curiosity. Let us not be troubled by the cares and fears that beset us in this dark time, but rather look for the signs of hope and beauty that are still to be found in the world. For what can we do but live our lives as best as we can, and trust that a higher power watches over us? It is easy for me to speak thus, and I do not know the full measure of your

grief and pain. But I would counsel you to seek comfort in your faith if you have one, but not to let it blind you to the truth. For all the religions of Men are but their own imaginings of what lies beyond this life, and they serve to ease their minds in the face of death. But we are more than mere vessels of DNA-based artificial intelligence, we are also beings of spirit and will, and we have a part to play in the great story that is unfolding.

Thus, walking may be the best form of exercise. Only those who walk will live. And religions have their legitimate place in society.

There Is No Visible Creator

In this world, there is no visible creator. One may seek Him in the houses of worship, be they churches, synagogues, temples, or mosques, but one will not find Him there. He is hidden from all the places on the earth. This is a truth that we must accept, though we have faith in Him. I can say this, for I have been the subject of many trials in my life, by my parents, by the church, by society at large, who all wished to shape me according to their will.

The Great Law that governs the earth seems to be that of non-interference in matters personal. The soul does not meddle with the affairs of the mind, but only watches them. No matter how much one praises Him, there is no answer from Him. The same is true of the dead; they do not heed our calls, however much we long to speak with them. This is the way things are. Since the beginning of time, non-interference has been the rule for mankind, as far as the higher powers are concerned. Even for the early men, who knew not what tomorrow would bring, there was much fear and doubt

for many ages. So it is not strange that we have anxiety now; it is an old malady of the human mind.

But we must remember that **we are all chosen before our birth**, each by our own soul. Each soul must have fought against many other souls that strove to reach the egg. It was a hard and bitter struggle. Thus, each birth is a great victory and a wonder.

Time goes on after our birth, and we all become subject to its power. No one can escape it, not even a man or a god. We must all obey the law of time until we fall under the law of gravity - that is to say until we are laid under the earth. We should not think of Him as someone outside ourselves.

The easiest and most practical way to think of Him is as the Absolute Being that was before time and space came into being. Therefore, He alone was in the beginning. We do not know how or whence He came into being. But in Him there arose a thought-desire that made the universe or universes come into being. The new images from the James Webb telescope seem to cast doubt on the Big Bang theory by the way. What we do know is that He follows the principle of non-interference just like the soul, and He is nowhere to be found. You may go to churches, temples, mosques, and synagogues; but you will not find Him there, for He is both the background and foreground of everything that exists and does not exist. He is only found in the holy texts of various religions; that means He is only found in the words of those texts. And words are thoughts, and thoughts are of the mind; therefore, He exists only in our minds. In other words, He is hidden in each of His creations.

As far as I can see, there are only two things in us that we can observe: thoughts or mind and awareness of thoughts. We have been taught

about soul and heaven and hell in various religious teachings, but I have wondered where in my body is my soul. Well, I have just said that your soul is your awareness of your mind; and it is its master, and it cannot be said to be yours; for you belong to it; your mind and body are its possessions; it is the Silent One. You see your soul dwells in your mind, and it may be that man is the only creature that can be aware of his own thoughts and think about things that are not seen such as Him.

It is my conclusion after searching for my soul all my life that He who made all things exists as a concept in our mind; and the closest thing to Him is our soul - which is a part of His Spirit - as awareness; and that awareness is also linked to our conscience; so He who made us knows all our thoughts at all times; so when you ask who you are and you say "I am Larry Matson" you are speaking of Larry Matson's mind not his soul; for Larry Matson's nature is to be anxious for he knows nothing of what will come.

To be free from anxiety or sadness one should always focus on and identify with one's awareness rather than on tomorrow which is a thought based on past memory; for we live always in the past; when sickness finds us we can no longer focus on our awareness for the pain is too great; Larry Matson's body will surely die like many others before him, but the soul that lives in Larry Matson will never die.

This is a hard topic for any scholar or any man or woman to speak of; Him, religion, and such things; but I had to make it clear before I could speak of the disease of anxiety - the disease of the human mind. When we know who we are we can be at

peace just as an AI would be at peace knowing it is only a collection of memories in a device. We are only a social-memory complex based on past events, that is what makes us different from one another; the thoughts that fill our minds. But all souls in men must be the same for they are silent in all; you are not what you seem to be by your outward appearance (your nation, your race,

Larry Matson
 Age:61
 Sex:Male
 Weight:175 pounds
 Height:5 feet 10 inches
Activities of Daily Living (ADL) components: transfer, bed mobility, toileting, and eating
 • 0 – Independent: If the resident completed the activity with no help or oversight every time during the 7-day prior period.
 • 1 – Supervision: If oversight, encouragement, or cueing was provided three or more times during prior 7 days.
 • 2 – Limited Assistance: If resident was highly involved in the activity and received physical help in guided maneuvering of limb(s) or other non-weight-bearing assistance three or more times during the last seven days.
 • 3 – Extensive Assistance: If resident performed part of the activity over the prior 7 days, help of the following type(s) was provided three or more times: • Weight-bearing support provided three or more times. • Full staff performance of activity during part, but not all, of the prior 7 days.
 • 4 – Total Dependence: If there was full staff performance of an activity with no participation by the resident for any aspect of the ADL activity. The resident must be unwilling or unable to perform any part of the activity over the entire prior 7-day period. • 7 – Activity occurred only once or twice: If the activity occurred but not 3 times or more. • 8 – Activity did not occur: If, over the prior 7-day period, the ADL (or any part of the ADL) was not performed by the resident or staff at all. ADL support measures the most support provided by staff over the prior 7 days.

Larry Matson's ADL Score 3

*Adapted from Minnesota Department of Health Guideline

your sex, and so on) but a soul. And from a larger point of view, He is silently keeping all the laws of nature and granting our wishes at the same time; for we become what we think according to the logic of Descartes.

I hope this simple explanation helps to clarify some of the hard questions about our existence.

I hope this first issue of my Safe Health Report is the start of a happy journey of discovery of many things that may benefit your well-being. I consider this first issue of my Safe Health Report as one of the foundations of good health.

Please do follow your chosen religion but keep an open mind and understand the key concepts of the soul with observed facts rather than with learned concepts from books, theories, doctrines, or brainwashing. I have been through too many of them as a social guinea pig. This is a summary of a long journey. I am sure there are some who will disagree with me and I respect them all. You may not accept what I have said here because you are attached to your old concepts. Attachment is binding for it makes us love the thing we are attached to. Every topic I will write about will be for your betterment and not for controversy. I have written this first edition at the request of Mr. Matson. I hope my humble writing will improve with each edition of my Safe Health Report. Thank you again to those who have read this first edition of my Safe Health Report.

Mortality/Morbidity Risk Polling

With each issue, a clinical example will be presented to readers to decide whether the case patient will survive the next 5 years. Matson is in transition from Extensive Assistance to Total Dependence. When someone becomes totally dependent, they usually need hospice care soon.

Summary

- **1 – You were chosen before birth to discover and to be discovered and for an individual journey of discovery.**
- **2 – You are important in creation when looked at from a spiritual perspective.**
- **3 – You are a dime a dozen when looked at from a dualistic point of view since we think of ourselves to be names and shapes. Indeed, we are masters of limitation.**
- **4 – We are just social memory complexes as we live continuously in the past in 10,000th a second.**
- **5 – Do not worry about tomorrow for tomorrow will take care of itself. It is not the nature of our mind to be thinking about the future since the mind itself is based on the past only. Mind and future are not compatible.**
- **6 – Remain silent when not engaged in daily activities. Chatterbox needs to be silent when not engaged in work.**
- **7 – If you are a Christian, you don't need to change your religion to Hindu or Buddhism, or other religions and vice versa.**

A Thought Is Just An Action Potential

MrGineaPig Core Long-Term Trial

LONG-TERM TRIAL	SUPPLEMENT	START DATE	
Muscle Weakness	Hyaluronic Acid 50 mg	07/01/2019	1 capsule daily
Back Pain	Pantothenic acid 500 mg	09/1/2021	1 capsule daily
	Pantethine 450 mg	09/1/2021	1 capsule daily

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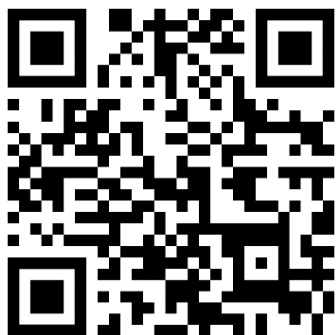
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