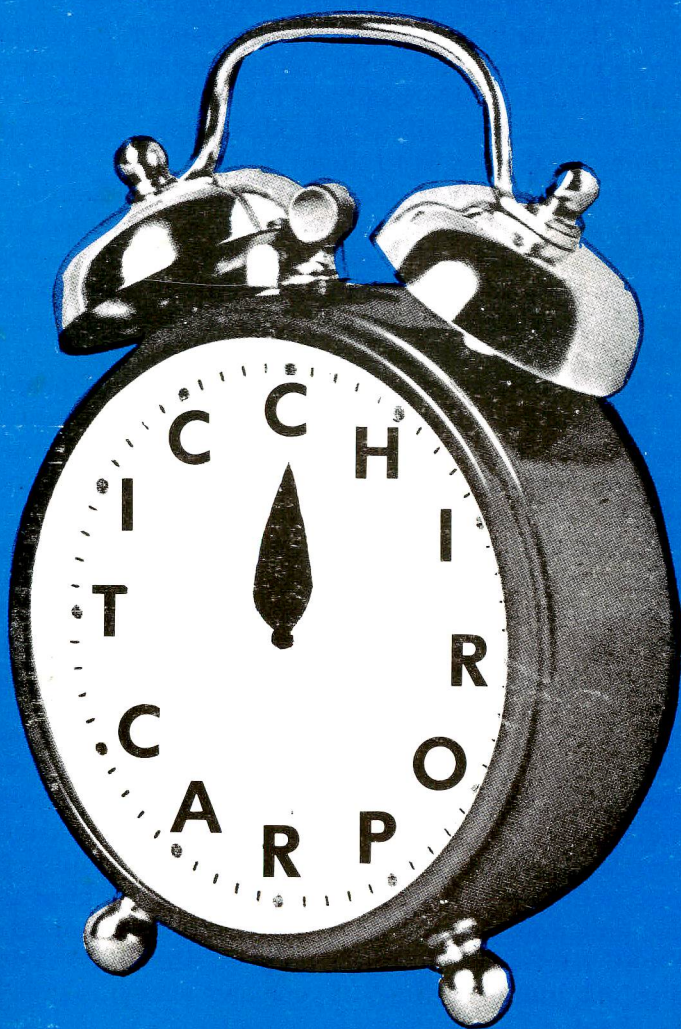


# *IT'S HIGH TIME!*

*by*

**Dr. Sid E. Williams**

President, Life Foundation, Inc.





### Open Letter to YOU—

It's *high time* to claim our inheritance—the GOOD HEALTH with which to freely pursue the happiness our Constitution decrees to be our inalienable right and God gave us the innate ability to maintain. Man now has the accumulated knowledge and experience to make possible a favorable prognosis for every man and woman who will grasp today's opportunities to realize the fullness of God's gift to them... life.

God intended that man should be healthy and happy in his life upon this earth. When He created man He included an innate, inner power to heal and restore the body. That power remains within the body as long as life remains. By that power, good health and freedom from disease and disorder are attainable by all men.

The time has come when the great masses of people of the world must let go of their outdated, false ideas and opinions about sickness and health, about disease and disorder, about curing and healing. Now is the time to benefit from the proven knowledge with which all disciplines agree.

Man takes too long to turn from darkness to the light. The dangers of pollution are known, yet we persist in endangering our environment. The ugliness of war disgusts us, still we fight. Disease runs rampant, yet we do not use the knowledge we have at our fingertips to combat it. Millions suffer or die because we do too little, too late.

Chiropractic, a comparatively new science, offers the way to a happier, healthier, more abundant life through its cooperative spirit with God's magnificent intentions. With practiced, knowledgeable skill, chiropractic seeks to rejuvenate, or keep in excellent working order, man's incomparable nervous system. It advocates the *natural* way to health—fresh air, good food, pure water, sunshine, exercise, rest, and the proper mental attitude.

In these pages, I have tried to point out that way. "With all thy getting, get understanding" of your own self—the greatest work of the Creator.

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## SCIENCE NOW AGREES

All medical science agrees that disease and disorder do not strike healthy bodies and healthy tissues in the body. Science also is in complete agreement on the fact that the body is continually at work recreating itself, regenerating cells and tissues within the body. It is a never-ending process in which the body discards weak and defective, as well as deteriorated, tissue cells and replaces them with new and healthy cells.

Deep within all mankind dwells the Divine Power called Life. This fundamental fact was written in manuscripts of old and is constantly being rediscovered. It is always thrilling to realize that this Father within us is so powerful, so strong and so intelligent that He fashions a masterpiece that human hands has never been able to duplicate—and never will. Without any precision instruments, without any trial fitting or experimental tests, the Master Craftsman builds each and every cell, tissue and organ arranging them into systems which function to maintain our physical being.

Months before the first sound announcing the arrival of a “newcomer” to the world, the skilled engineer called Life has divided the single cell produced by the union of the male sperm and the female ovum into various “buds” which join together to form the primitive brain. From this mass, nerve stalks are formed. They grow longer and join together to form the spinal cord. Then the spinal vertebrae forming the neurocanal surrounds and protects the precious spinal cord. Organs, glands, muscles, lymph vessels, blood islands and blood vessels take form and grow in symphony, in simultaneous teamwork.

### Mysterious Actions

How many times must the heart beat while the infant sleeps? How much faster when it is upset, demanding more milk, or just plain companionship? How much water is needed by the stomach to maintain the proper fluid level so necessary for the body's good health? How much sugar must the little body burn to maintain the normal 98.6 degree temperature, considering that the loving mother has the child snugly wrapped and the room tem-



perature is a controlled 65 degrees? Don't be perturbed if your arithmetic fails you, or even if the slide rule can't give you an answer. The fact is, no chemist or scientist in the world is able to ascertain the absolute truth about these problems. Yet the tiny infant's heart knows how often to beat, asleep or awake. The liver, snuggled gently in the right side of the child's body, knows how much sugar to burn to keep the proper temperature; and it's the tiny stomach itself that asks for water and gives the signal when the infant has had enough. Remember, these important functions are carried out by the body of the infant while it is asleep or awake, even though it has no conscious understanding.

### **LIFE Controls Body Functions**

With the many wonders performed unconsciously by the tiny infant we naturally think that the organs of the body are smart; that the heart is exceptionally intelligent, knowing when to speed up or slow down its beat; not to mention the wisdom of the stomach or the liver that so carefully burns the proper amount of sugar to keep the body's temperature at the normal 98.6 degrees.

Now, we don't mean to detract from the importance of these vital organs or from their ability to perform their individual assigned tasks, for such is not the case. However, all of these organs must perform their particular function in relation to and in harmony with all the other organs of the body, and within themselves they do not know what is going on elsewhere. They *do* have an ability to respond to commands. They function in harmony by intelligence sent to them over the nerve system by the higher intelligence whose coordinating department centers within the brain. This higher intelligence, called Life, at birth directs and controls approximately *three million life messages per second*, relaying them over the proper nerves to the various organs and muscles of the body.

### **Damaged Nerves Retard Life Messages**

The modern human, from infancy, is subject to many strains, jars, tensions, traumas, and emotional disturbances which overload the natural body resistance, thus creating fixations in muscle and ligament structures and tissues which surround the articular surfaces upon which each of the 24 individual vertebra in the spinal column moves.

When this phenomenon occurs, the spine, which surrounds and protects the brain and spinal cord early in the embryonic stage,

loses its ability to function properly, denying the vertebrae their normal range of motion. Then the nerves themselves become impinged, retarding their normal function. This means that the organ or organs which depend upon the particular nerve or nerves for “orders” receive no message, and therefore do not function to full capacity.

It’s just as simple as trying to turn on your kitchen lights when the switch is broken—no signal, no lights! Cut off any part of the vital brain message and immediately there is no coordinated action of organs and certainly no radiant good health. When the pressure, irritation or block is corrected, normal function is restored and good health is realized naturally. When the sensory nerve capacity is decreased it cannot respond properly to environmental changes. Consequently, the body’s natural protection is lowered, and disease bacteria then can multiply and become dangerous, causing fever, fatigue, skin eruptions and other discomforts that usually accompany such a condition.

### **Chiropractic For Help**

Correction of this structural disorder with periodic spinal adjustments alleviates present discomfort and prevents permanent damage in the body by repairing the breaks in the nerve communication system, thus rendering it capable of maintaining high resistance so necessary for the prevention of disease.

This, then, is the beginning and the promise of Chiropractic... to attune the body so that all parts are functioning properly—re-creating and regenerating new tissues and cells as God intended, so we will have a foundation upon which to build a good body constitution, radiant health, and the freedom from disease which is our right to pursue.

### **IGNORANCE KILLS!**

*Are you among the many unaware drug addicts?  
Are you innocently killing yourself... and your family?*

Our society has become drug-sated. Never before have so many people taken so many different pills and potions for so many different reasons: pills for sleeping and pills for staying awake; pills to excite you and pills to calm you down; pills to lose weight . others to gain weight; pills for everything from birth to death.

One of the best-known crusaders against our modern drug craze is Art Linkletter, whose daughter was killed by an overdose of drugs. On a national TV program Art Linkletter said, "This was a natural course for my daughter and many other young people who sought a thrill from the use of drugs because our entire society has become drug-oriented. Drug abuse cannot be connected with narcotics users only. The alarming rise in the abuse of stimulant, depressant and hallucinogenic drugs cuts across all strata of society."

### **Our Culture is Drug Dependent**

Our entire culture is truly becoming drug-dependent. Over 100,000,000 Americans—more than half the population, use drugs ranging from tranquilizers to barbiturates and amphetamines, not counting marijuana or LSD. This grave national problem is far broader and deeper than merely alarming fads among the youth.

Millions of well-intentioned but misinformed middle-aged, middle-income Americans gulp billions of tranquilizers—in fact, last year (1970) five billion tranquilizers were downed by over fifty million people, but as a whole they are *not more tranquil*.

### **Drugs Cost Over Six Billion**

Our annual national drug bill is now over six billion dollars—more than \$30 for each man, woman and child in the country! As a nation we are becoming dependent upon innocent-sounding pills. Countless millions have created a drug-curtain between themselves and reality, little realizing that they are in fact becoming HOOKED on drugs!

"Relief is just an instant away," is the message Madison Avenue bombards us with night and day. Advertising strategy is as varied as the pills of every size, color, coating and speed of action.

The youth problem is only a small part of the national problem. Overweight housewives have become addicted to amphetamine reducing pills. Some businessmen, who have tried pills to cure their hangovers, have become "hooked". Some senior citizens take pills because of their fear of old-age.

### **Ads Aggravate the Problem**

What is the cause of our national drug problem? Certainly psychologically-planned advertising, taking advantage of TV and other mass media of modern communication, contributes



greatly to the problem as it plays on the pressures and problems of life. In Martin Gross' powerful, documented book "The Doctors" he explains, "America is currently involved in a massive, promiscuous addition to the concept of medication. Having oversold itself on the miracles of pharmacology, it is hypnotically ingesting as much chemical as 'gracious' physicians will prescribe." Medicines (drugs) have served useful purposes in the past, and can in many instances today. But the physician's job is being unbelievably complicated, in instances where drugs would be effective, by their patients' indiscriminate use of so-called harmless self-prescribed drugs.

### **The Sins of the Fathers!**

Children have always followed example rather than precept, and the abuse of drugs by youth today, is, frankly stated, the example set by parents! The first drugs most young people get are from the family medicine cabinet. For "kicks" they take their parents' tranquilizers, diet or weight pills or drink cough syrup for the codine content. Thus, the sins of the parents ignorance will reap a bitter harvest in the future.

### **What is the Solution!**

What is the solution to this terrible self-destruction? First, the nation must be aroused and fully awakened to the magnitude and scope of this problem and realize that it encompasses every medicine cabinet in America. No problem can be solved until everyone involved realizes there is a problem which concerns their own lives.

The ideal solution—simple to state—requires an informed and aroused citizenry, informed about their ability to eliminate the need for drugs! This is not a far-fetched idea, but an accomplished fact! We are helping to alert the public through articles such as these, and you can help by personally experiencing the good health chiropractic can help you build, and by spreading these truths to your friends and relatives.

The answer to most health problems is found in chiropractic—the world's largest and finest drugless healing profession. That's right; drugless. Chiropractic eliminates the necessity for symptom-treating drugs by eliminating the true cause of most chronic health problems—displacement of spinal vertebrae and its emphasis on using nature's doctors to augment good health: fresh air, sunshine, the proper food, pure water, adequate rest and exercise.





## Drugs Can't Move Bones!

In far too many instances persons suffering with a correctable structural disorder are directed by well-meaning people to relieve symptoms by the use of hot or cold packs, drugs, exercise, corrective diet, etc., while the cause in the spine remains hidden to create further damage at a later date. Relief of symptoms is a necessity, but it is no substitute for permanent correction of the spinal distortion which caused the trouble.

Sick people are gambling with their health and with their future usefulness to themselves and to their fellow man when they put themselves under drug therapy when they are really suffering from nerve blockages causing LIFE response to be reduced in organs, and tissues, and glands. They may, in time, recover from their illness or disorder if their constitutions are strong enough. Chances are that the illness or disorder will be aggravated beyond its normal seriousness by the delay in correcting the real cause of illness.

For medicines and drugs do not move bones, and it is the displaced bones of the spine which block nerves, causing pain, discomfort and finally, disease.

Sick people benefit most when they seek chiropractic care first, in health as well as sickness. When the body is in harmony, when the normal nerve energy is pulsing throughout the body, Nature is at work recreating, regenerating and repairing body cells and tissues.

## For Yourself and Family

For your health's sake, if you have been a drug addict un-awares, place yourself and your family under Chiropractic health care. Numerous plans are available which will permit you to benefit constantly from Chiropractic, primarily for the maintenance of bodily harmony and health... and secondarily for the restoration of health in the event of unexpected mishap.

Remember, drugs don't move bones! Only your chiropractor specializes in this science that locates bone displacements. Chiropractors *do* move bones and sick people *do* get well... naturally... through Chiropractic... from within themselves, providing they otherwise live a healthful life utilizing Nature's doctors.

## **Your Body is Your FIRST ENVIRONMENT! . . .**

What do you know about its ECOLOGY! Are you doing all you can to eliminate its POLLUTION?

Ecology, environment and pollution are key words of the day. Everyone is talking about them—the young, the old, the rich, the poor, educators and government officials. But what actually is ecology? It is a “balance of nature” and the proper relationship and interaction of *all* elements of our natural world. When God created the world, “it was good” and properly balanced. However, man in his “wisdom” decided to “improve” things to make his life easier and more comfortable. His philosophy was “What difference does it make? There is always more of everything—land, animals, water and other resources. Let the future worry about any problems.”

This has proven disastrous. The future has arrived now and time is running out on maintaining the balance! Man is beginning to realize that his heavy hand on the delicate balance wheel of nature is creating a terrifying, nearly irreversible nightmare!

Pharmaceutical chemicals, poisons and additives, as well as countless waste products of our modern society, not only pollute the air, water and the earth but also our own bloodstreams! Consider the effects on other forms of life—fish are disappearing from many polluted lakes, rivers and streams; our national bird, the bald eagle, is facing extinction because DDT in the atmosphere has caused the shells of the eagles’ eggs to become soft. Is man immune to the pollutions that are killing off other forms of life!

### **People Waking Up!**

Pollution is a very big topic these days. Much is being said and written about pollution of our environment—pollution of the air, water and earth. Even noise pollution caused by jet aircraft, trucks, machinery—even loud music—has been discussed at length. However, very little has been said about the most important kind of pollution that affects each of us directly—the unnecessary pollution of the human blood stream!

Pollution of the environment cannot be cleaned up directly by the individual (though each can do his best to make sure not to add to the general pollution) for it will require billions of dollars of government money to undo the harm which now affects us and unborn generations to come. Don’t forget that government money comes out of the pockets of each of us.

However, you can stop the major cause of blood pollution—drugs and chemicals we deliberately ingest.

Your body depends on your bloodstream for nourishment, purification and protection, and what you eat, drink or “take” makes up your bloodstream.

### **What You Can Do for Yourself!**

Start your personal anti-pollution campaign today by throwing away all needless pills and potions in your medicine cabinet and encouraging your friends and relatives to do likewise. After removing these obvious causes of blood pollution, consider the water you drink and the food you eat. Have chemicals been added to your water and food? Drink pure water, free from all chemicals, and eat organically-grown foods.

Perhaps you feel that certain pills are necessary for such-and-such a condition in order to stay well and maintain life. Certainly there are a few cases where prescribed medication is necessary to maintain or prolong life. However, as we have seen in the previous article, the continual rage for pills for happy living, pills to prevent birth, pills for “nerves”, pills for better vision, etc. is not only unnecessary and in most cases should be eliminated, but is actually complicating and delaying the realization of the naturally radiant good health which can be known!

In the middle of the ecological hubbub and confusion of all the claims and counterclaims stand quietly the first ecologists—the chiropractors. Natural health—no drugs, no surgery, nothing added, nothing removed—has been the basis of chiropractic for over 75 years. The chiropractor has made an ever-increasing contribution to better health for all. The voice of chiropractic has been small. However, if all those who are interested in ecology, man’s environment, and health, would stop and listen carefully to the chiropractors, they would join in until the chiropractic voice would become a mighty chorus, drowning out all discordant themes!

### **Natural Health Leaders**

Since 1895 chiropractors have been the forerunners in better, natural health for man, not merely covering symptoms with drugs, but encouraging the body’s innate power to achieve its individual balance of harmony.

Chiropractors are the leaders in the proper use and analysis of x-rays, particularly spinography. They also lead in the study and



analysis of the “backbone of man”, his spine, both the normal and all types of misalignments or subluxations.

We hear from all sides today of the efforts being expended to meet our environmental problems and crises. Chiropractors have been quietly, persistently dealing from their beginnings with a most important form of pollution which is totally ignored by all other ecologists—pollution of the human bloodstream. While polluted rivers are terrible, blood laden with the chemicals, additives and synthetics of a modern society is far worse. When people are healthy as a result of removing the spinal interference between the brain and the body, they need fewer shots, immunizations, pills, to keep healthy. When spinal nerve blockages are removed and the pollutants in their blood done away with through natural living they will be really healthy!

Because of their gift in getting to the spinal cause of ill health and releasing the “life power” in all people through spinal adjustments, chiropractors should and will lead the health teams of the future.

### **Second Largest Healing Art**

There are nearly 20,000 chiropractors in the United States. Chiropractic, the second largest healing art in the world, is constantly making advances in the analysis and correction of structural disorders of the spine. The discovery of chiropractic was the greatest health advance of the nineteenth century, while the twentieth century has brought, and is bringing, more progress. More than forty million persons of all ages, races and social standing have received chiropractic care, including countless noted personalities.

### **Follow Those Who Know**

Too many try chiropractic as a last resort after all else has failed, when a simple adjustment was all that was necessary in the first place.

Those who have learned from experience (whether before or after a crises) of the benefits of the Chiropractic way include past presidents, vice-presidents, governors, senators, movie, radio and TV personalities; also many of our leading industrial giants. They *know* that proper spinal care keeps them at their peak of efficiency during this modern era of stress and strain.

These people are eager to let others know of the benefits they have received, and do so in the pages of the internationally circulated periodical HEALTH FOR LIFE, which is devoted to articles



and testimonials on the benefits of chiropractic. Through it you can learn, and pass along to others, the wonderful story of Chiropractic. If you have not seen this publication, by all means get it (find instructions for obtaining this and other material in back of this booklet) . . . and join the others who are living more fully because they did!

## **OUR GOAL: GOOD HEALTH FOR ALL** **Cooperation Is the Key!**

Whether we speak of cells, organs and tissues of an individual body or a body of men and women devoted to the healing arts and disciplines, cooperation of the various skills and services can mean radiant health for everyone! No one person has had his health ruined by just one person, including himself! Everyone “cooperates” in causing the mental, emotional, environmental and physical strains which add up to disease and ill health. It will take the cooperation of all to reach the goals of good health which the separate groups envision.

The role of all the healing sciences—whether medical, surgical nutritional, psychological or chiropractic—is to provide a body environment in which Nature may do the healing work.

To alleviate symptoms and remove destruction invading influences is necessary “after the fact” when health and harmony have been destroyed.

The truth is it is better to stay healthy, not to have to be restored to health. It is better to be healthy and not to have to take medicines and drugs.

Medicine, throughout many centuries, has succeeded in proving that it does not have the full and complete answer to man’s health problems. No one has the entire answer.

Life Foundation participating doctors are not against medicines and drugs . . . in their place; but what place *is* reserved for medicines and drugs? In the words of Pharmacist Buzz McKinney, “more than 60 years ago the discovery of histamine was made. Through continuing research this substance has been found to cause almost all allergic conditions in people. Medical science came up with antihistamine drugs. They are wonderful when they come to relieving symptoms of hay fever, colds or allergy, **BUT IT IS WELL TO REMEMBER THAT WHILE DRUGS ACT TO RELIEVE THE CONDITION, THEY DO NOT CURE.** As wonderful as they are, care should be taken with the use of these preparations.”

It is immoral to keep people sick, to keep them dependent on medicines and drugs. It is inhuman to addict people to techniques and procedures and treatments which offer no hope for new life. In all of the health sciences, in all of the healing arts, in all of the health-aligned professions, there should be *one* overpowering goal . . . make sick people well.

Life Foundation participating doctors are making an urgent appeal to all doctors to put their heads together and get behind the job at hand . . . get the people well, regardless of the method employed, at lower cost. For in addition to the suffering and loss of productive time, the fastest rising costs in our skyrocketing living index is the medical cost. Soon the cost of a private room in an understaffed, overpriced, out-of-date hospital will be \$100 per day! Only the very rich can afford to be sick!

## CHIROPRACTIC DOES ITS PART

Scientific knowledge affirms that the free and normal flow of the Life Spirit within the body (the flow of nerve energy through the spinal cord and the nervous system) is the secret of life and health. So long as the impulse and energy flow is normal and steady, so long as the body is harmonious and “in balance,” good health exists. When the harmony of the body is disrupted, ill health results.

Chiropractic science locates the spinal cause of disharmony. The Chiropractic adjustment removes the pressure restricting the full and free flow of the Life Spirit (nerve energy) through the body. The Divine Spirit, God’s hand, heals and cures and regenerates the body. *All* those who know this must cooperate in educating themselves and each other as to application of this knowledge. There is but one course for the really dedicated doctor—medical, chiropractic or other—to follow, and that is to restore health to man, by whatever method is required. If that method should prove to be education of the public . . . education which results in there being no more sick people . . . and no more need for other than “accident” repair, we would still have the more joyful work of prevention.

Let’s not forget that doctors are people too, and could use the better health they seek for their patients also!

## The Layman's Contribution

Just as no one doctor has all the answers to all the problems of every patient and must keep informed of the advances made in fields other than their own, so must the patient realize that he has a definite part to play in keeping his own good health. He must also cooperate, and not expect it all to be done for him.

Everything worth doing is worth doing well, and this includes your health. Apathy is the greatest enemy to national and world survival and to your personal enjoyment of greater health, your ability to "feel good", and happiness. The greatest scientists of the world boast of their many accomplishments and latest achievements, yet they have not been able to solve the basic issues . . . the greatest of these being public apathy—the care-less attitude. Despite the advancements of science there has been no real extension of life *or its quality*. With all the modern conveniences, modern society has degenerated rather than improved.

Apathy can be overcome by understanding the rewards to be gained by following the proved methods of the healing arts. Too many people do not even know what it is to "feel good". They are apparently satisfied as long as they don't "feel bad."

### How Can Discipline be Joyously Achieved?

What is the key to better health? While chiropractic is not the complete answer, better health for all people is available through chiropractic care. Chiropractic is a giant step in the right direction with its natural non-medical approach and foundation to health. When you feel better, you will find it easy to acquire the discipline to feel still better. This wonderful profession contends simply that everyone needs a truly functional nervous system which allows the inherent "good news of Life" to flow over the nerves, fully expressing itself in quantity and quality to each tissue and cell, making you fully alive.

Let yourself in on this ability to be fully aware of life . . . and then tell another. The battle *can* be won. The goal *can* be reached in a remarkably short time. NOW is that TIME!

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P. O. Box 37 / Austell, Georgia 30001

