

A New Anti-Drug Program

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With so many deaths due to drug abuse-deaths that cross all barriers and separations-universal support is much-expected.

Also, as a tertiary consideration, with such universal support, there are few things that can unite our country as well as this anti-drug program.

A nutritionally strong child will less likely use drugs, is better positioned and empowered to say “no” to drugs and will be better able to negate the influences of errant peers.

This is nutrition at the doctor level.

Doctor-Level Nutrition is vastly different from the dietitian and nutritionist varieties.

Innovation: Nutrition is the key factor

1. A nutritionally strong child has a better self-image.
2. A nutritionally strong child has better mental capacities.
3. A nutritionally strong child will more likely have the advice and guidance of mentors, parents and teachers as controlling factors in decision-making experiences.

Innovation: The dentist is the central figure

1. More people see the dentist regularly than they see the physician.
2. The dentist can now accurately determine the patient’s nutritional status.
3. This puts a doctor is at the center of the program and strengthens the important doctor/patient relationship.

Innovation: Incorporation of nutrition information into the school curriculum

1. The relationship between nutrition and grades.
2. The relationship between nutrition, disease and host resistance.
3. The relationship between nutrition, training and athletic ability.
4. The relationship between nutrition and growth and development.

The curriculae run from kindergarten to twelfth grade.

Overview

Drug production has always mirrored demand yet the thrust has always been to attack the source of the drugs. If, instead, we focused our efforts on decreasing the demand by empowering and fostering non-use, the results can be more dramatic, more effective, less

expensive and more easily controlled. The ramifications of a healthier population are multiple, ranging from decreased costs to tend the ill-because there are fewer illnesses-to fewer work hours lost due to illness; to increased appreciation of time spent with family, friends and business associates.

The achievements in fun, family and business when one is healthy far outdistance the achievements one reaches when also having to overcome the hurdles of sickness, disease and debilitation

In these new times with the new oral examination protocol, new evaluative techniques and new, wiser and smarter mindsets, the dentist can now determine the patient's nutritional status and provide a complete nutrition service that fills a void in that aspect of health care. This will change the focus from health care to health. An accurate nutritional status determination can easily be done by any specially trained dentist. People more often visit the dentist and more regularly so the constant re-enforcement by this arm of the health industry will continually add support to the anti-drug effort.

Schools will provide educational direction linking real-life nutrition with real-life results. This will be done via a series of planned and programmed classes embedded throughout the curriculum that are interesting, informative and pertinent to the life of a student. These classes take a priority. This information can be carried throughout one's life and will play an important role in everyday thinking.

There are no examinations. However, attendance is mandatory and attendance determines your grade. Stringent rules are in effect. One cannot graduate: cannot win or be granted any awards; and cannot participate in any of the extra-curricular activities (e.g. athletics, theater, book clubs) unless one gets a passing grade in these courses. Plus, there are rewards beyond the education given for attendance.

Nutrition is the single most influential element in all of health care and, currently, the most consistently absent item from nearly every doctor's diagnostic and treatment considerations.

Video and audiotapes of outstanding speakers will be part of the process and students will see and hear some of the finer athletic trainers and more persuasive educators. The ability to provide information via today's multi-media technology will not be overlooked. Knowing that different sports require different kinds of training and different training may mean different nutrition needs, engaging the mind of the athlete (male and female) should be easy.

Most people find the study of the human body fascinating and relating its functions to nutrition can be penetrating and memorable.

Valuable direction concerning food intake and nutritional formulations will be provided based on science and reality as opposed to Madison Avenue hype and advertising. When reasonable choices are given, most people will select reasonably.

Success in this program comes from the inherent anti-drug component of the nutritionally strong and from the repetition of commitment generated by the dentist, the schools, the media and the society as a whole once the program becomes entrenched in the fabric of the community.

One of the tools we use is The 7 Simple Signs of Low Nutritional Status (reprinted with permission). These 7 Signs are to be taught to our young in school, hung from corporate walls and displayed in all health care facilities. Once America realizes it has a serious and growing health problem and the individual citizens see that reality and that they are part of the issue, only then can resolution happen.

*The 7 Simple Signs of Low Nutritional Status
That Will Not Show Up In Blood or Urine Analyses*

By the time problems show up in lab tests, much more internal destruction has occurred.

The 7 simple signs of low nutritional status is the ultimate early detection technique.

Cavities

If you had a hole in your leg, you'd be alarmed. A hole in your tooth should sound the same alarm bells. No body part is designed to develop holes and when the hardest structure in your body (tooth enamel) turns into a soft, smelly, decayed mass, it's an obvious sign that something is very wrong. Body systems are not functioning as they should or you wouldn't have this-or any-of The 7.

Gum disease

Gum disease is caused by 2 factors: not keeping your teeth clean and low nutritional status (also called nutritional strength). The first causes the problem and the second worsens it.

Acidic saliva

Acid states promote disease. Human resting saliva should be neutral or slightly alkaline.

Canker sores (cold sores, fever blisters)

These are blatant signs that your body is at a low nutritional level. Such sores will never develop in a nutritionally strong person.

Digestive problems

Gas, diarrhea, indigestion, constipation, the need to take antacids and other signs are all indications that your digestive system is malfunctioning and, obviously, lowering your ability to get the nutrients from the foods you eat.

Visual changes in the tongue

Cracks, colored coatings, teeth marks, blotches, blue-black spots (on the underside) and other findings are all signs outside the parameters of health and indications that body systems are not functioning as they should. Something is wrong. A tongue should not look like that.

Visual changes in the fingernails

Streaks, no lunulae (half-moons), lackluster, discolorations, white spots, ripples and improper shape are all signs that body systems are not functioning as they should and some deeper problem is happening. Healthy body systems form healthy nails.

You should not have any of these 7 signs

These 7 signs are taken from Dentistry's New Oral Examination (which has 30 elements of evaluation). A specially trained dentist can provide the complete examination at no additional cost. This exam can reveal your current nutritional status, what it was like for the past years and what it will probably be like in the future. Results are undeniable. No lab tests are used or needed. It's the ultimate early detection technique because it can spot problems in biological systems before they appear in blood or urine and before they are detected by routine medical examination. The old teeth and gums exam does not hold up to scrutiny.

Imagine what a healthy American population can accomplish

The ramifications are stunning to contemplate.

This year in school, like every year and throughout the year, students renew old relationships, make new ones and tell their stories of experience. Though there may be some exaggeration and fabrication to enhance the good parts, there is no need to enlarge on the bad experiences, especially from drugs. Death is large enough.

It seems as though we as a nation are having a hard time stopping our young from drug use and abuse, often to the loss of yet more of our youth, in whom rests our future.

Nancy Reagan's Just Say No program was a good idea that went nowhere for several obvious reasons. Besides being naïve and too simple-minded, there was no incentive to buck peer pressure and say "no" to drugs; and there was no alternative to falling into the peer pressure line and the peer pressure acceptance of that path.

We got rid of those faults and placed a fascinating and long-lived alternative in their stead. That on top of the safe and powerful ability to say "no" and do so for solid, undeniable reasons-health being the basic one because the visions and costs of ill health are dramatic, wretched and quite real.

In essence, we pit drugs against health; drugs against reason; drugs against nutrition and drugs now against life tomorrow.

Although we do not make a big deal of it because of how it sounds initially to the ear, we do let it be known that those who are nutritionally strong get better highs from marijuana.

That becomes yet another (albeit backhanded) incentive to become nutritionally strong plus the added knowledge that nutritional strength can prevent hangovers.

Once strong and living with the benefits of good health, it would be unusual to abandon those wonderful feelings and enhanced capabilities that automatically come with elevated nutritional strength in exchange for the health-compromising demons of drug abuse.

Once at those higher levels of health, the brain thinks differently and while eschewing drugs completely may not happen, we may well find fewer and fewer youngsters getting into the heavier, more dangerous drugs but still smoking pot on occasion.

As students' nutritional status rises, we shall see a mirroring of that famous school that caused corresponding high and low incidences of athletic achievements, scholarship and vandalism. Once the school district returned to the original, poor nutritional environment, scholarship and athletics returned to their original lower levels and vandalism increased to where they were before the nutritional fix.

The nutrition program was halted by the new administration to save money. They never considered the non-money costs of returning to the original, unhealthy conditions.

This new anti-drug program is only part of our inclusive plan but is the initial step. Where else then our future-our children-should we focus first?

Extensions from our new Anti-Drug program will filter into and be used by the public-likely heavily and quickly adopted because the information and benefits are dramatically beneficial.

We then begin Phase Two, a competition writing contest where many win prizes. Writing is the one thing, if cultured properly, that will elevate one in all subjects and situations for the rest of one's life

By using our unique logo phraseology as the essay topic, true thinking is stimulated, not a re-hashed product people have learned to regurgitate when certain indoctrinated buttons are pushed. Thinking is the keynote to success. Unencumbered thinking has been weakened on a wholesale basis and is too missing from our culture.

The education process is critical to a society's growth and longevity. Nutritionally strong students-at any age-learn faster, easier and more completely. Our program will build their nutritional status.

We have wonderful plans and our plans will place our country on a new level of health, far from the bottom where American health statistics currently live.

If you ever considered helping a group launch a powerful effort destined for benchmark results, there is little else you could consider that can overshadow our success.

And, it's hard to name something biological that better nutrition will not help.

We want more than your money. We want your physical help and your psychological backing and verbal support. We want you to be part of the team that will change the future by design.

"Good oral health is achieved by design.

Good general health is an unavoidable consequence".

We should sit and discuss this program. You may find yourself fascinated and wanting to immerse yourself even more in the process because the rewards are extraordinary and varied and sustained throughout all of the dimensions of life.

Arranging the curriculae

Imagine what a healthy American population can accomplish!

The ramifications are stunning to contemplate.

This is the 2-line slogan and concept under which everything operates.

More of Our Verbiage

The 7 Simple Signs of Low Nutritional Status

Older, yes. Sicker, no.

"Good oral health is achieved by design.

Good general health is an unavoidable consequence."

Secrets of Toothbrushing

Never let a situation become larger than you.

The only ones who can attest to the value of experience... are the experienced.

The literature

Doctor-Level Nutrition

Secrets

The 7 Simple Signs

Other articles written by Dr. Gilbert

The seminars

Private (but expensive) in-office (on site)

Large audience settings

Hotel settings

The videos and/or audios

Of great trainers and speakers

On pertinent topics

Powerpoint (and better) presentations

On relevant topics

Imaging is a critical and powerful tool for information and concept transfer.

CAT and PET scans, MRI, microphotography.

Introduce the life cycles of other living things in a way that is fascinating, captivating and memorable-and how it is the same in humans.

All ideas and concepts are recorded, written down and put into a cogent and easy-to-implement set-up so it can be done the same way every year in every classroom in every school in the country.

The entire curriculum is to run from kindergarten through to college and in all industrial schools and anywhere students are being taught skills and being given knowledge.

The information given at the higher levels will be more and more detailed and involved but never complicated to the point where it turns people off. On the contrary; the design is to be appealing and attracting. We want the students to want to learn and we want to make wanting to learn the cool thing to do.

This is a critical element of the program and a needed aspect of the indoctrination process to properly influence the student's mindset as an individual entity; and-our goal-one that has been given the wherewithal to make excellent, independent decisions.

It will be known that anyone can learn what is presented because it is taught in everyday language with concepts that are explained so the majesty of the subject is seen and how things work understood. One cannot help but be fascinated-if the knowledge is presented properly.

How to involve the real, in-front-of-the-class teacher and make sure the continuity of the program and the high standards of the program are maintained? All teachers teach differently. We must make sure that which the teacher has to discuss is within the teachers' ken.

Questions the teacher cannot answer are referred to our office and an answer swiftly sent to the teacher and the student who asked it. (Must get return contact info.) The question and answer are then presented at a near class. Time is built into the program to always allow for the question/answer process.

To repeat, we will make much use of advanced communication technologies to bring this throughout-schooling course to the student in a manner that is highly accepted and anticipated.

Positive references to this course made by and from many people and entities will become public knowledge so the course is sustained as a front-of-the-mind thing. It is always being taught in every grade in every school.

The topics and pieces of knowledge are easily divided for presentation into the grades. Each year, however, whatever was taught the years before is reviewed.

Kindergarten

- The digestive system: Mouth (chewing), Esophagus, Stomach, Intestines (large and small).
- The breathing system: Mouth and Nose, Trachea, Lungs.
- The circulatory system.

Note: A teacher may want to make a game out of leaning how to pronounce difficult words

First grade

- Muscles and how they move.
- The brain and how it thinks.
- Explore the process of thinking and teach the students how to think.

Large-piece puzzles can be effectively used to teach-and to remind-which organs are where in the body.

Second grade

- The organs
- The 7 simple signs of low nutritional status.

Remember, every year the previous years information is reviewed. Hence, every year, more and more time is spent on nutrition subjects and information.

And every year, the details increase. This will make sure the subject of nutrition is always in front of the student and the knowledge stays fresh.

It was decided when this program began that a nutritionally strong population was necessary to sustain a great nation.

Awareness of nutrition by the individuals in the population is the only way to make that happen.

Third grade

- Secrets of toothbrushing.

Fourth grade

- Digestive system
- Mouth and enzymes and chewing
- Importance of healthy teeth
- Importance of enzymes and nutrients.

Fifth grade

- Breathing and respiration
- Oxygen and carbon dioxide exchange
- Structure of the lungs and alveoli.

Interwoven within the curriculae are the audio and video presentations of the outstanding coaches and trainers in our country and their discussions on the value and need for good nutrition.

Sixth grade

- Circulatory system
- Heart, blood vessels (aorta, arteries, veins, capillaries)
- Immune system
- Lymphatics.

Seventh grade

- The nervous system
- The central nervous system
- The peripheral nervous system

As the puzzle pieces get smaller and smaller, more details of the structure and function of the human body is taught. The student learns more and more about our human framework.

Eighth grade

- Growth and repair
- How muscles work.

Ninth grade

- The different disciplines available to treat maladies.
- Chiropractic, Acupuncture, Reiki, Bio Feedback, Hypnosis, Allopathic medicine (drugs, surgery) and its subdivisions and specialties, Dentistry, etc.

Tenth grade

- Microbiology and the study of the microbiome.

Eleventh grade

- DNA, Epigenetics, Why Darwin was (mostly) wrong.

Twelfth grade

- Questions asked by students answered.

Remember, every year, all information from the beginning is reviewed. The review is, each year, more sophisticated than the year before.

Initially, teaching sessions may be only 10-15 minutes long, as would be appropriate for the youngest children. They increase as grade levels increase because they review all that has been taught and teach their level with greater detail.

All business people, students, employees of every kind should pass by The 7 Simple Signs of Low Nutritional Status at least once a day.

Examples of unusual words:

- Haustral Churning
- Peristalsis
- Idiopathic.

"Current thinking cannot carry us through great times... and great times are ahead".

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