

The Art of Responsibility

Guest: Dr. Gilles Lamarche

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Dr. Zielinski: All right. Hello, everyone. This is Dr. Eric Zielinski from DrEricZ.com. I'm a chiropractor and public health researcher who specializes in natural therapies. My passion and life's work is to help people live the abundant life, which I'm honored to co-host this Essential Oils Summit with my dear friends Dr. Josh Axe and Jill Winger. There's nothing on the planet that is more versatile for every day use and that promotes in the body than essential oils.

And I am super excited about this session of The Essential Oil Revolution because I'm interviewing Dr. Gilles Lamarche. Dr. Lamarche is the Vice President of Professional Relations at Life University, home of the largest chiropractic college in the world, and is also the author of the book *The Art of Responsibility*. Really in a nutshell, folks, Dr. Lamarche is a giant in the chiropractic profession. And it is an honor to have him with us today. Dr. Lamarche, welcome.

Dr. Lamarche: Thank you so much, Dr. Zielinski. And it certainly is an honor for me as well to be with you and to have this opportunity to share insight and knowledge with your audience.

Dr. Zielinski: Well, Dr. Lamarche, for those people who do not know you, I was hoping you could just spend just a minute or two, just give a personal introduction, a little bit about your background. It is very rich, very rich. Your history is profound, and I just think it's going to set the stage for the talk right now.

Dr. Lamarche: Happy to do that, Dr. Zielinski. So I was born and raised in a

little town of northern Ontario, Canada called Timmins. I was one of five children, the second of five children. And I would say that I was always an unwell child. Nobody really knew what was going on, and I remember going to the doctor and doctors time and time again with my mom, but nothing really came of it. And I guess back in those days, well, you know there's really nothing wrong with him. It's just probably in his head. And so I just lived with that.

And, fortunately, at the age of twelve I actually had a teacher as a joke pull the chair from underneath me. And I fell, landed on my rear end, and actually hurt the low part of my back. And went through the traditional system for a number of months, having difficulty walking, etc. And then one day somebody said to my mother, "Maybe you should take him to a chiropractor." And my mother said, "What's a chiropractor?" We're talking almost fifty years ago. And I ended up at a chiropractor's office.

His name was Dr. Ron Ingard. And it's a relatively long story, but what he discovered was issues with my spinal and nervous system function that had nothing to do with the fall. He said, "Yes, you have a recent injury, but you have these other issues," which he called a subluxation. And asked then if I'd ever been dropped on my head or if I'd ever had a serious injury as a child.

I remember my mom having tears because I was a forceps delivery baby. My mother was relatively small. I was almost nine pounds. And there's no picture taken of me until I'm about six months old. I mean I'm literally sitting up on my own the first picture they have of me. My mother later told me because they had sort of ripped the left side of my temple, and there was a lot of damage that had been created.

But what we discovered is that the damage was not only the skin, but it actually damaged my spinal function and therefore was effecting my nervous system which is what led to all the digestion and constipation issues that I had.

So this Dr. Ingard started adjusting me. And I will tell you that all I wanted was for him to help me with my back pain. I didn't believe that anything else was going to change. I'd been to all sorts of doctors, and it was always the same. And why is that important? I didn't believe in chiropractic. And I got well anyway. Wow!

And that became a real turning point for my life because I recognized right there that I had the potential of being healthy, that the paradigm that the body has this innate ability to heal provided there's no interference was awakened in me. And I'm like, "Wow, when I'm big, I want to be like you." And so off I went after just a couple of months care was an extremely well individual. Went on through high school, university, undergrad, into chiropractic school, and then became a chiropractor back in 1979. So I've had just a wonderful journey.

Dr. Zielinski: That's beautiful that you know you said something, Doc, that really rings home. You said, "I didn't believe in chiropractic." And it's funny I've heard that so many times. And as a researcher, when people say that, it's like, well, do you not believe in air? Do you not believe in gravity? Also I hear the same thing with people say, "Well, I don't believe in essential oils."

Well, what do you mean you don't believe in essential oils? They've been probably, as far as we know according to recorded history, the most beneficial, natural substance on the planet to heal people ever. I mean the research is out. The history is out. It's really interesting because it doesn't matter what we believe, that approach and revitalism. I want to talk a little bit more about that if we have a chance.

But I really feel that people can benefit from a little bit of your family story and your personal health issues, especially as a chiropractor because that really will lead us into this whole art of responsibility topic that we have which is super, super important for people to hear today.

Dr. Lamarche: Yeah, happy to do that. And just one little caveat is I said I

didn't believe in it with tongue in cheek because people, so many people don't understand who we are, what we do, how the body works, how chiropractic can have a positive impact effect your nervous system, how essential oils can actually effect your physiology and allow you to function at the level that you were meant to function at.

So my story goes is that I started a great chiropractic practice, got very busy very early, took care of a lot of people in two, actually three, different small northern Ontario communities. Two for the first five years were way, way, way up north. And then the last twenty years of my practice in my hometown of Timmins, Ontario. And I would say that I thought I always took good care of myself. I mean I was interested in maintaining my physical fitness. I was interested in reading good books, staying spiritually well connected.

And in 2000, I started having major issues breathing while I was running. So I did whatever a normal, adult male would do. I just stopped running because if I didn't run, I didn't have these symptoms. And so as much as I should have known better because I'd been teaching this natural, vitalistic lifestyle since I discovered it, but I stopped running.

And in 2003 one of my assistants pulled me aside in tears in her eyes and she said, "I'm so afraid you're going to die in front of me." And I was like, "What are you talking about?" She said, "Listen to yourself breathing. You sound terrible. And by the way, you look terrible. You're all gray. You've got no color."

And I remember her leading me to the mirror and said, "Look at yourself. You're dying." And I was like, "No, no, no, no. I'm allergic to something. I'll be fine." But that day, luckily for me, in a lot of ways, she called one of my good friends, my dear friend who's a physician. And that night he called me and said, "If I had made a promise to someone and you were the only person who could help me fulfill my promise, would you do whatever it takes to help me."

And I said, "Well, of course I would. That's what friends do." He said, "Good. I'll see you tomorrow in my office at four o'clock," and he hung up. It was a

Monday night. He knew I didn't see patients on Tuesday afternoon so I was like okay, I'll show up at his office. And through a number of months and tests and multiple doctors, specialists, etcetera, I was diagnosed with a terminal condition called primary pulmonary hypertension.

That was in 2003. I was told that I had a maximum of probably twenty-four months to live unless I agreed to a double lung and heart transplant. You heard that right. What was being suggested was the only thing that would keep me alive was that they open up my chest, take out my lungs and my heart, and replace it with healthier lungs and heart. I was like, "Oh, my gosh. That is crazy."

And so, of course, this doctor, this guy, my primary physician is my friend so we love each other. We're brothers. And so he's sharing this information with me from all the specialist reports. And I was like, "Oh, that is so overwhelming to me." So I went home, and I did a lot of research on what happens to post-transplant recipients. They need anti-rejection drugs for the rest of their life. Their quality of life is hugely not great. They're alive, but they don't really thrive.

And I have had what I would refer to as a thriving life. I mean I had fun all the time. I loved playing with my kids. We'd snowmobile. We'd downhill ski. We water ski. You know, we just always did great things, and I always had a lot of fun. And I came to a conscious decision that if a double lung and heart transplant would simply allow me to survive, not allow me to thrive, that I wasn't willing to go through that. And that I would accept my fate. I would accept God's will, and I would transition. And I made that conscious decision after a number of weeks of research.

And then I sat with my children and had the conversation, and they were all supportive. They said, "You know, it's your life. And we'll support whatever you decide." The hardest part was going to tell my parents. But I did get through that after speaking with my sisters. And I made that conscious decision.

And so in the last six months of my practice life, I succumbed to the half-hourly use of Ventolin to actually allow me to be able to breathe, to take care of the patients that I had in my office until the practice could transition to two wonderful, young chiropractors who would take over the practice who still today have taken over that practice.

And so on the fourteenth of April in 2004, I went home to truly get myself ready to transition. I could feel that I had gotten significantly worse. If I didn't pump Ventolin in my lungs, I could barely breathe. I couldn't go up a flight of stairs by myself. I couldn't walk 100 feet unaided. So, you know, people would tell you if they saw me, they could tell that I was dying. And I knew that I was dying. And I had accepted the fate. I was not angry. I was completely connected spiritually okay with what was going to happen.

I just needed to take care of all the physically planning events that needed to be managed from the estate to the house to whatever, income, how my children would be cared for even though they were all in college at the time. But still how that would be managed. And so I met with my financial advisor. We did all the planning. And I started planning my funeral.

And on the fifteenth of May, thirty-one days later, I woke up and I had all these crazy thoughts going through my head. The first, I'm going to beep the first word because the first one was, "Beep, beep, Gilles. You're an idiot. And you're an idiot because you've been preaching this paradigm for years. The body has this innate capacity to heal. It auto-regulates. It can maintain itself provided there's no interference."

And the next thought was so there's got to be some serious interference with your spine and nervous system. But then the next thought was, "Yeah, but you get checked by a chiropractor every few weeks." And then the next thought was, "Yeah, but never by the same chiropractor, just with your buddies."

And in that moment, I came to realize that my practice members were

receiving better care than what I was receiving, to no fault of my colleagues, to my fault for not demanding that I get the quality of care that I believed was necessary for all the people who chose to come and see me.

And so I made an appointment to get a complete spine and nervous system exam and discovered that the area of my upper spine, specifically from the last bone in the neck (C7) to the fourth thoracic bone. So from the base of your neck going down five levels, that area of my spine was a complete mess.

And you know, Dr. Z, and I know because we understand anatomy and physiology is that the area of your nervous system that brings the energy to your heart and your lungs comes from that upper thoracic region, from T1 to T4. And I started getting adjusted daily. My nutrition was still very good. I mean my physical activity was nil. I started getting adjusted daily.

And by the end of August, my pulmonary pressure, which was measured at fifty-seven, normal being fifteen, we don't need to get into the depth of that for the listeners. But the back pressure from my lungs into my heart was four times greater than what a normal heart can normally pump through.

And so my body, like everybody else's in its own innate wisdom, had compensated for that pressure and my heart had grown to two and half its normal size. And then it got to the point where it could no longer compensate. Like I said, by the end of August my pulmonary pressure had dropped from fifty-seven to twenty-seven. And I can tell you that I just continued to improve.

Today, 2015, we are twelve years post my diagnosis. It happens that last Sunday, shortly after my sixtieth birthday, I ran a five kilometer race in Kennesaw and actually placed second in my age group. Not bad for a guy who was supposed to be dead by 2005.

What changed? Well, I made the discovery that that area of my spine was in problem. I chose to be responsible, recognize that I'd erred by not taking care of myself at a level equivalent to what I suggested my own practice members

receive and certainly to what I suggest my children and the rest of my family receive care. And I really recognized that it was me. I mean I made the error and therefore I took this responsibility to move forward and truly get 100% healthy again. So today at the age of sixty, I am thriving when, in fact, according to medical science, I should've been dead by 2005.

And I recognize in writing my book *The Art of Responsibility* is that when people fail to accept personal responsibility, they have to live with the consequences of that. And so one of the common questions I ask people is, "When you choose to accept personal responsibility, how different might your life be? When you choose to take personal responsibility to discover what you require to be healthy and you choose those specific choices, you get to live the benefit of that responsibility."

Well, when you don't make those choices, you get to live off the negative consequences of those choices. And so what are the beliefs of those who accept personal responsibility is something that's important to me. What I discovered, again is that personal responsibility is really nothing more than my ability/your ability to take care of yourself by keeping healthy; by managing your emotions; doing whatever is required to keep a sound mind; treating yourself and others with respect, with kindness; showing gratitude for others; taking responsibility for what you say; taking responsibility for the actions that you take, and then accepting the consequences that come from those actions.

And always understanding that what you do, what you say, how you behave impacts you and also impacts everybody around you so as a responsible individual, you're given the capacity to determine what's right, what's wrong; what's good, what's bad; what's within or what's outside your control. And if you take that personal responsibility seriously, you're likely to move in the direction that you aspire living.

It's all about making a decision. Who do you want to be? How do you want to behave? What results do you want to have? What impact do you want to have

upon the world? And once you answer those questions and you're very, very clear and you start taking yourself seriously, be ready. Your life will change. But it will change for your benefit and the benefit of everyone that you be given the honor and the opportunity to serve whether it's a clerk at the grocery store or someone that walks into your place of business, anybody, someone in your church, someone that's sitting at the back because they're just too shy to walk forward, someone who's standing on the corner disheveled, broken.

The minute you have an opportunity to glare into a person's eyes, you are being given the opportunity to serve that person, to take that level of responsibility and help them discover the freedom that you've discovered to create their own life which hopefully you will be discovering through The Essential Oils Summit and through the interactions that you will have with the different guests on this Summit.

Dr. Zielinski: Wow. I have a question. And I want to read a piece out of your book. But before I feel really compelled just to tell everyone here, as a chiropractic researcher, what Dr. Lamarche shared is not an anomaly. We hear every day, all across the world, of people experiencing what are known as medical miracles when the body is released of structural and neurological interference. And so the body can heal itself.

Doc, hearing you makes me want to put on a Chiropractic Miracle Summit just so we could get just thirty/forty people with similar stories. I mean it is because for those of you who don't know, chiropractic was founded by D. D. Palmer who performed the first chiropractic adjustment on a man who's hearing was restored. And there is a very, very scientific basis for that.

It's not part of the discussion, but I feel it's very important because in context of our discussion and The Essential Oil Revolution, according to my research, according to everything that I've poured into these last decade and a half of my life, nothing next to a gentle, specific chiropractic adjustment with the intention of removing a subluxation, nothing on the planet can promote self-healing like essential oils. And that's why I'm so passionate about this

because people that have used essential oils have a very similar story to what Dr. Lamarche shared with chiropractic. And I feel they just go hand in hand.

So with that, I just have to let everyone know, this is somewhat normal in the chiropractic world. And that's why I became a chiropractor. And that's why I look at Dr. Lamarche as mentor and as a guide because we need to share our story. Doc, you mentioned something that I really want to expound upon here, our effect on others and how that affects others.

It goes into what you just shared yet I want to flush it out a little bit because I think that people can miss, miss the opportunity here that this is just all about me. No, it's really not just about you. *The Art of Responsibility* is really, truly about others. And when I'm reading your book, that's what I get. It's not only taking accountability for your own life for the purpose of serving others.

And I just want to read just a brief section out of the book and just have you talk about that for just a moment. And you write on page two, and by the way for those of you who are part of the summit, you're going to be able to have an opportunity to download Dr. Lamarche's book for free. It's his gift for all of you listening. So that's a great honor and a blessing to have.

Doc, you wrote, "Personal responsibility is your ability to take care of yourself by means of keeping healthy, managing your emotions, keeping a sound mind, treating yourself with respect, taking responsibility for your actions, accepting the consequences that come from those actions, in my opinion and most importantly, understanding that what you do impacts you and everyone around you."

So my question is when you're going through your healthcare crisis, when you were given that death sentence by the medical community, how did that really affect everyone around you? And how did that affect—because you were seeing what? 800-900 patients a week—how did you not taking responsibility for your health at that moment affect others?

Dr. Lamarche: Well, if I had not taken responsibility for my health, that would have been a completely different path, wouldn't it?

Dr. Zielinski: Yep.

Dr. Lamarche: I was raised in a culture of service. My father, my mother, were both very service conscious. The people that I interact with, the different mentors that I had from a very, very young age were people who always talked about service. I heard a quote a long time ago that said, "Always remember that service is the rent you pay for taking up space on the planet."

And I was like, "Wow!" It was a profound one for me. And then I recognized like most of my life, I did take personal responsibility for my health. I erred in one area. And I took responsibility for my health, so, yeah, so I could have a great life and a great lifestyle and be able to have fun and play with my children, enjoy my family, etcetera.

But I'll tell you that when I started realizing that my health was failing, I made the decision to get healthy for me first. I literally said, "If I'm going to do this, I am going to 100% engaged. And I'm going to do it for me because unless I get myself healthy, I can't serve anybody else." So temporarily I shifted my focus away from taking care of others to what am I going to do to take care of me so that invariably in time I will then be able to take care of others again and do it that much better.

And so when I speak to chiropractic audiences, for example, that's often one of the stories I tell is that, "Yes, I was what I thought was regular chiropractic care. But it was never with the same doctor. There was nobody in my community that actually had a chart on me that could have shared any information on the evolution of the function of my spine and nervous system."

So I really focused on me because I recognized that a person who has health has a thousand dreams or more. And a person without health has but one: to get healthy again. And so I went from being a person with thousands of

dreams and potentiality to one dream to do whatever it takes to get healthy. And as I mentioned earlier, I was not fearful of the fact that I just might die. I wasn't even angry. I didn't have an angry conversation with God saying, "Why are you doing this to me?" I recognized that I knew better, and I didn't do as well as I could have done. And I took that responsibility.

And then when I started, under regular care, which I've continued, by the way, since. I mean I moved to Dallas. I had a regular chiropractor there. I moved to Atlanta. I have a regular chiropractor here. And I'm very regular, and I'm well adjusted. And like I said, I'm running 5Ks again. And it's lovely. I mean I'm having so much fun.

I think that the questions that I asked myself are also in the book on page three actually, I believe they're on page three. They're early on in the book. And I'm going to paraphrase. I remember a few of them there. But one of them that I asked myself is: how can failing to make a change impact me in my future? If I don't do something different now, how is that going to impact my future?

Well, the answer was pretty easy. If I don't make a change, I'm probably going to die because I could feel that I was just getting worse. And then I recognized, you know, if I made the change, these were the possibilities. It was going to require effort. I mean when I started to walk, before I started running, I started to walk a block from the house and then a block back. And I worked up to two blocks and then three blocks and four blocks. And I started the concept of what I call, start with one. And what I focused on was my behavior, not my results. You know, I created a PDF form not too long ago that says, "Start with one. Think behavior, not results."

And the next question I asked myself was: what better choice can I start making today that I've not been making so far? And I'll tell you that a lot of the focus because when you're sick, anybody who's been sick will understand. When you're sick, a lot of what you've done in your life in the past, you just stop doing. You just don't have the energy to do it. So I'd even stopped

counting my blessings, for example. I had stopped saying thank you to the universe, grateful just to be alive because I could feel myself dying.

And like I said, even though I wasn't angry, I didn't focus so I started refocusing on counting my blessings, recognizing how grateful I was to have had like awesome parents and fabulous siblings and great team members to work with and phenomenal children and grateful for the relationships that I had had. And I started counting my blessings not just at the end of the day. I'd do it throughout the day. I'd stop. Almost every hour I would stop and just say, "Thank you. Thank you." And just recognize what I was grateful for.

And then I set my sleep schedule. And I started going to bed at the same time, making an attempt to wake up at the same time. I practiced just being kind more than I'd ever been before, being kind with everything and everybody. Because, again, when you get sick, you forget about that. And when you have no energy, maybe sometimes you're short with your temper. Not that I was angry but maybe I wasn't just as kind as I could have been.

And I started reflecting on how I could re-instill that into my own life. I made sure that I always said please and thank you to everybody. That if I was stuck in traffic, if somebody was trying to cut in, that instead of saying oh okay, I'm in a hurry to move through, I would actually stop and wave them in and let them in front of me. It sounds crazy to people that these little things could create that big of a change, but they do.

And I took a few minutes, a few times a day, just to simply be. Just to sort of bask in the possibility that I could be given more than another twelve months to live. And so living in that state of gratitude, trying to figure out where I could connect with people. Like I said, I mean I was ill. I was sleeping a lot. I was tired a lot. But I started reaching out just to say hi to people. And it was amazing. I'd send an email. I'd look at my database of people. It was before Facebook.

I would look at the database of people that I had and say, "Oh, I haven't talked

to John for a long time.” And I'm just going to reach out and say “Hello!” And not telling him anything about me but just see how he was doing. And that, I think, created a sense of wonderful ease. It made me feel calm. It made me be really aware of my emotions.

And then I started developing this ability to manage my breathing, if you like. Because I went from extreme shortness of breath that as I started getting better, I would just stop and just feel myself breathe, even though I couldn't breathe deeply. I would just feel the breath come in, come out. I'd feel my chest expand.

I would pay attention. I would sort of listen to my heartbeat. Feel it inside. And just have great gratitude around that. And those are the little pieces that I started implementing one by one. I didn't implement all those strategies on day one, but I started paying attention, becoming more aware.

Dr. Zielinski: Hey, Doc, would you say that...Because for those people who have never seen Dr. Lamarche, we're not talking a morbidly obese man who's a smoker, eating McDonald's every day. I mean he has been a healthy person. He has taken care of his life. I mean you look at his life, there's not much to light a candle at when it comes to health.

I'm just wondering, Doc, when you're sharing this, would you say that maybe at one point when you were in your just your prime, I mean you're just sharing the message of idleness with people. You're helping hundreds of patients of weeks. Thousands and tens of thousands around the world. You're ministering and coaching doctors. Would you say that you kind of rested on your laurels maybe at one point, that you said, you know what? I don't need to work on this. I got this thing.

Dr. Lamarche: You know what? I would say no and subconsciously maybe. But consciously definitely. I've never said consciously, “I'm going to rest on my laurels” because I was always very careful of what we ate at home because whatever I bought at the grocery the rest of the family ate. So I was always

very conscious around that. So for the health of my children.

Where I stopped I would say I stopped exercising regularly in 2000 because I started having trouble breathing when I running. So I just pretty much gave up exercise. But it wasn't even consciously saying I'm going to rest on my laurels because I was always careful. When I got really, really sick, and I got really, really tired, I would tell you that most of my rituals just fell away. It was not conscious. It just fell away.

I just had no energy and it's like I have no time. I no longer had any structure around creating this exceptional life around accepting this wonderful miracle that God has created in each of us. And it's like I forgot. And that's what happens to a lot of people. It's not conscious. They just forget to take care of themselves.

Dr. Zielinski: That is something that I hope everyone listening will take home that we need to constantly be intentional, which is one reason why it's a fantastic idea to have an accountability partner, to have a coach, to have a mentor, someone that could just remind you. Because what you're sharing with me is once you really started becoming intentional with everything—with your breathing, with your thoughts, with your gratitude, with just how you lived every moment of every day—that's when things just started flowing. It's a beautiful story.

And it's a reminder that none of us, I mean even myself. I'm thinking about myself. I'm a young man. I'm in pretty good shape. I'm healthy, but I cannot get lazy. Not that I'm saying you were, but I cannot. We need to always strive. And that's the message I'm getting right now. I'm being really inspired right now is to take my health and my wellness to another level. That's awesome. That is awesome.

You know, you quoted the business guru, Peter Drucker, in your book: "Do the right things consistently. And do them with a commitment to excellence."

Dr. Lamarche: Isn't it interesting you pull that quote off? Because that is exactly the quote I was going to share when you stopped talking. I said what I discovered that fateful day it was that it was imperative that I do the right things consistently and that I do them with a commitment to excellence. Nothing's ever going to be perfect, but I actually committed that day to making things good, to doing them right, whether or not I was going to survive.

And so I gave up the thought that, "Okay, I know I'm going to die probably within a year because I was getting so much worse," to, "You know what? Even if I'm going to die within a year, why not do everything I can do to the best of my ability?"

And by the way, for everyone, that quote is on page thirty-one. I remember that quote that well that I know what page it's on in the book because that was a pivotal moment for my life even though I used to do things as good as I could but that day when I read that and it came into the forefront of my mind. I said it's about doing the right thing. It's about doing it consistently. And it's about doing it with a resolve to commit to excellence.

Dr. Zielinski: So, Dr. Lamarche, I want to transition this talk into an opportunity to really empower everyone listening to take this art of responsibility to another level in regards to their health. When I travel the country and when I'm sharing the message of essential oils, I always quote, I always say this, it's become like a quote of mine: "Chiropractors practice chiropractic. Medical doctors practice medicine. My goal today in my class is to teach you how to practice essential oils. Take responsibility of your own health. Learn. Realize that not everyone is the same, and you need to take an individualized approach to your own health care and especially with the application of oils."

So in that vein, there's a quote on page four of your book I want to read here. And I have a question about enablement. I think this is really important for us to recognize what's happened in our society. And I want to get your thoughts of how to overcome this. So you wrote on page four, "You may have asked

yourself, 'Why is taking personal responsibility for my life so important? And how can failing to make a change towards responsibility create negative consequences?' It has been discovered that those who fail to accept personal responsibility often run the risk of becoming overly dependent on acceptance, approval, and affirmation for others."

And now, Doc, I would dare say that people who do not take personal responsibility for their health become reliant upon their medical provider, their health care provider, whether it be a chiropractor, a physician, whomever it may be, a naturopath. So what are your thoughts of doctors enabling their patients to become dependent on them and not taking responsibility of their health?

Dr. Lamarche: Well, I think that if we look at traditional medicine the way it's understood now, I believe that has happened. Now I'm not blaming anyone. I'm not saying it's the doctor's fault. I believe that sometimes the doctors are educated that way. They're educated to want to serve. I've got great friends that are medical physicians that have a huge heart that are always wanting to serve. But the reality is that the system has fallen that way.

When we look at the consummation of drugs in the United States, for example. The United States makes up less than 5% of the world population yet Americans consume more than 50% of prescribed drugs worldwide. Fifty percent! That's crazy. And when we look at all the health parameters that are measured by The World Health Organization, the United States ranks seventy-ninth out of eighty-one countries. That's a problem. Don't you think?

And that's the enablement part I think that you're referring to is that people have given the responsibility for their health to other people or they've given it to using pharma. It's crazy when we know that great chiropractic care, the use of good nutrition, exercise, essential oils to activate the human body's ability to fully heal that these parameters function well.

My children are free of what I call needle, lotion, or potion. They understood

health from the beginning. And I know that now on Facebook and everywhere else there's all this vaccination dogma conversation. I have three adult children that have never had a needle put into their body. They each have a daughter. So my three kids are married. Each couple has a daughter. Each of those children have never been vaccinated.

So we're not going to get into that because that's not the topic of conversation. But I took personal responsibility to do my research years ago. I took personal responsibility to make sure that what was in our refrigerator was quality food. People need to remember that every time you put something in your mouth, your body takes those nutrients or lack of to actually build your cells.

So are you wanting your cells that reproduce daily, are you wanting your cells to be made with great ingredients like fruit and vegetables, are you expecting your body to take the ingredients from Twinkies or soda to actually build your cells? And if it's taking the ingredients from Twinkies and soda, what's the chances that the cells that are being reproduced are not of the same high quality that the cells would be if they were taking the ingredients from fruit and vegetables, as an example?

Dr. Zielinski: I love it. I love it. So I'm going to give you an opportunity to put on your role, the hat that you have, it's a very profound hat because you've earned it, to be the leader because you are a leader in the healthcare profession. What would you say to doctors? What would you say to doctors right now, even chiropractors?

I know we call it chiro-nol. How many chiropractors enable patients to come in just for pain management and these patients come in on a regular just to get adjusted so they can get their neck pain away. And then they come back because they don't want to take aspirin. What would you say to doctors who are doing this (because there are many doctors listening to you right now) to challenge them? Because this needs to change.

Dr. Lamarche: I think that the most important aspect to hold in the forefront

of every doctor's mind is the definition of the word "doctor" - to be a teacher. Doctor's must teach. And we must teach from the knowledge that we have, and it's imperative that we continue to gain knowledge. For example, if you come and visit me at home, you'll see that recently I had this actually gorgeous library built in my study because I am a consummate reader. I am constantly reading about what can I do better, how can I share information with colleagues and the general population, how can I do that at a level that's higher than what's it's been before.

And I really want people to take personal responsibility for their health. And I would want every single doctor to choose to be more responsible for the information that they share, to make sure that it's real, that it's concise because the U.S. spent \$2.7 trillion in 2012 on health care. And they expect that it's going to double every seven to eight years. That's ludicrous!

It's actually ludicrous because the health of the population is not getting any better. So what can we do? I mean in 1931 the U.S. was ranked second as the healthiest country in the world. And now with all the technology and all the advancement, we are ranked seventy-ninth out of eighty-one when you look at the total health index that's measured by The World Health Organization. That's crazy!

So therefore as healthcare practitioners, no matter the discipline, it's imperative that you take full responsibility to share the knowledge and equip your patients, your practice members, with the knowledge and the tools where they can start taking a personal responsibility for themselves.

And obviously some of the knowledge is basic: what they're putting into their mouth with food, how they're exercising, how they're sitting, what's their posture like. Teaching them if you have a preponderance to learning more about essential oils. Teach them about the value of utilizing them so that their immune system can always be functioning at the highest level so that physiologically they are functioning the way they were designed to function, that their nervous system is functioning since that's the communication

system for the entire body.

But if we don't take that responsibility to teach what we know, to empower people, then we enable them. Enabling is not the answer. Empowering is the answer. That's our job. We have the knowledge. That knowledge is power. Let's use that power to empower others.

Dr. Zielinski: Doctors, nurses, chiropractors, physicians, you heard it. I'm going to challenge you to receive what Dr. Lamarche just shared and make it part of your practice, make it part of your daily life. Dr. Lamarche, I'm just so blessed and honored for you to take the time today, sir.

For those of you who found this content helpful, remember you can take it home with just a click on the banner beside or below and take advantage of the free book offer that Dr. Lamarche is giving everyone. This book, he told me before we started talking today, it's a simple book. No, it's simple in the fact that it works, meaning these are profound truths that Dr. Lamarche has learned through his own personal suffering, through years, decades, of practice as a health care provider, as a father, as a husband, a lover of people and a servant. There's just a lot of blood, sweat, and tears in that book. And I just encourage you all to take advantage of it. Doc, we just love you. We appreciate you. Anything you'd like to say to say good-bye to the group?

Dr. Lamarche: I'd say my closing comment was always remember that health truly is your most important asset. Ask anyone who's lost their health what they'd be willing to give up to be healthy again. Do what it takes. Get healthy. Stay healthy. And help others find that zest for life by being fully aware and really invigorated to play up your music.

Dr. Zielinski: That's beautiful. Well thanks, everyone, for tuning into The Essential Oil Revolution. And we'll talk to you soon.