**The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.**

One thing we see time and time again clinics is patients coming off painkillers and taking back control of their life. We know that painkillers only mask the pain; they don’t touch the root cause of the pain at all. There are real problems going on underneath that we need to look at solving.

We want to make sure we are preventing disease by keeping our bodies moving, eating a balanced diet, drinking enough water etc. Prevention is so much better than cure.