

# Raising Super Healthy Families

**The 100 Year Lifestyle Way**



Dr. Eric Plasker

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## FOREWORD

This ebook is a transcription of a presentation given by Dr. Eric Plasker to attendees of the Fifth International Public Conference on Vaccination held by the National Vaccine Information Center.

## INTRODUCTION

### Barbara Loe Fisher:

Our next speaker is Eric Plasker, who is a doctor of chiropractic and bestselling author of the book *The 100 Year Lifestyle*. Dr. Plasker is a 1985 graduate of Life University and has been a family and performance-based chiropractor in private practice for 35 years. He and his wife Lisa are parents of three naturally immunized children who are all practicing chiropractors today, and were raised using good nutrition, a positive attitude, and chiropractic care to optimize health and immune function.

During his career, Dr. Plasker served as team chiropractor for youth sports teams that won state, regional, and national championships. He believes that everyone deserves to be healthy from the time they are born through their last breath of life and travels the world speaking on the principles of chiropractic and *The 100 Year Lifestyle*. He is a strong advocate for healthcare freedom of choice and informed consent.



## Dr. Eric Plasker:

Hi everybody. Dr. Eric Plasker here and welcome to this presentation on "[Raising Super Healthy Families The 100 Year Lifestyle Way](https://the100yearlifestyle.com/raising-super-healthy-families/)" (<https://the100yearlifestyle.com/raising-super-healthy-families/>). This is such an important conference. I often think about the [National Vaccine Information Center](#), their history in my life, my family's life, the difference that Barbara and everybody at [National Vaccine Information Center](#) made when my wife and I were raising our children. We'll talk about that in just a little bit. Just so honored to be a part of this important international conference. And congratulations and thank you to Barbara and the entire NVIC team for putting this together under crazy circumstances. You're going to get a lot of great information today.

Just to give you a little heads up, I'm going to cover a lot of content today and I won't be able to go in depth with all of the content. So, if you want to follow up on certain things, we're going to give you a couple of follow ups to go to. The first is [100yearlifestyle.com](https://the100yearlifestyle.com), our online magazine is updated constantly with new information to support your families knowledge about health and decision making protocols. *The 100 Year Lifestyle* book, Second Edition, we're going to give you for free. We're also going to talk about breakthroughs in neuroscience as it relates to your longevity, vitality, and families well-being. There is an ebook on that as well that will be a gift to you. It will fill in some of the gaps that we're not going to be able to cover.



# Chapter One – Raising Healthy Kids, Then and Today

Let's get right into it. I'm going to say that I am feeling very blessed that my kids are older now. Raising three kids in this world that we live in today is certainly a challenge. My wife Lisa and I, way back 31 years ago, 32 years ago when our oldest son Jacob was born, we had no vaccines, no shots. My background is as a chiropractor. I graduated from Life University, Life Chiropractic College, in 1985. I learned about the body there and I learned a lot about vaccines from people like Barbara and [National Vaccine Information Center](#). It was 1985, and if you've seen the movie [1986: The Act](#), well, I was in school when the political battles were going on that you saw in that movie. And so, I became an activist.



I didn't go to school to become an activist, but I became an activist because of what I learned out of those experiences. My wife and I, we raised our three kids unvaccinated, naturally immunized, growing up healthy, and we learned a lot along the way. Back then, we were considered crazy people.


## RAISING SUPER HEALTHY FAMILIES



Now, every concerned conscious parent wants to know how to do this. I'm so excited for you that you are not alone. That you are not an outcast or an outlaw for your choice, although we're going to talk about the fact that if we don't take action, that you may become an outlaw because the laws may change. We don't want that to happen. We want to equip you, empower you and your loved ones to raise healthy, drug-free families. And we're going to give you the benefit of a lot of experience and wisdom today as a result of our own wisdom.

But not just my wisdom. We have trained over ten thousand doctors, chiropractors around the world on how to do the same things that we're teaching you and that our international bestselling books have exposed countless numbers of people to. So, again, we're honored to be with you. Let's get right to it with a poem (in the image below).

# RAISING SUPER HEALTHY FAMILIES



From day number one  
The blueprint is clear  
Healthy and strong  
Through your 100th year

*The first generation  
That's acutely aware  
Your choices mean more  
Than the genes that you share*

Take care of your body  
Your mind and your spine  
Make healthy choices  
That keep you in line

You've got to have nerve  
To adjust to it all  
Your 100 is coming  
You make the call!

**The 100 Year Lifestyle**  
Live Yours!

[www.100yearlifestyle.com](http://www.100yearlifestyle.com)  
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## Chapter Two – Your Innate Intelligence and Natural Immunity

It is absolutely true that from the moment of conception your body, your innate intelligence, had the blueprint inside already when the cell from mom and dad came together. The blueprint to live to 80, 90, 100 years and beyond, healthy. No disease, no deteriorating. If you made good choices, you did not kill yourself, you did not sabotage your own life, then you had the capability to live quality years to 80, 90, 100 years and beyond. You say, many people say, "Well, Dr. Plasker, is this really true? I mean, with all the COVID concerns that are happening out there in the world, is this really true?"

Well, yes, it is really true. And the fact that, and I love this, this is one of the articles on [100yearlifestyle.com](https://100yearlifestyle.com) that we just recently wrote where we said, hey, we have some good news for you, you just survived the pandemic. [Your 100 is Still Coming](#). Centenarians are still one of the world's fastest growing group percentage wise. The centenarian population is expected to grow eight-fold between now and 2050, which is a staggering statistic.

Still, some of you say, "But why? We survived a pandemic. What if there's another one? And what if there's another one?" Well, it is also true that 100-year-old people have survived COVID and several other pandemics. Yes, these people were once children and back then, and we're going to get into this a lot, they were not vaccinated. These people were not vaccinated. There were no vaccines back then. Or they were just starting to introduce vaccines.



# RAISING SUPER HEALTHY FAMILIES



Congratulations, you just survived a pandemic along with 7.8 billion other people. The odds of you living to 100, whether you like it or not, are increasing. In fact, you can **calculate your minimum potential years remaining right now.**

The Pew Research Center reported that the world centenarian population is projected to grow eight-fold by the year 2050. This is a staggering statistic considering that the population over the age of 80 and 90 is also expected to skyrocket.

The evidence is everywhere. Assisted Living Centers are popping up like coffee shops in nearly every community. The children, grandchildren, and great-grandchildren of these **aging seniors** are moving their beloved elders closer to home to oversee their care and ease their suffering.

You have their **genes** and this is your advance notice!

**There were not mass vaccines.** There were not extensive vaccination schedules. These people built natural immunity because there was community, sanitation was improving, there was cleanliness, they were not poisoning the environment. Because of all of that, people started building stronger immunity. And now we have an incredible number of 100-year-old people. You survived the pandemic. Some people now have survived multiple pandemics. Some people just survived COVID, healing from COVID. We all just survived the pandemic. The odds of you living at least this long or longer are increasing every day.

 FOX 13 Tampa Bay

## 102-year-old woman born during 1918 pandemic beats COVID-19 -- for the second time

WESTCHESTER, N.Y. - A 102-year-old New York woman who survived the Spanish flu pandemic in 1918 and beat cancer has now overcome COVID-19...

Dec 4, 2020



**top** The Washington Post

## Army veteran survived coronavirus to celebrate his 104th ...

'He just got better and better': 104-year-old veteran beats coronavirus in time to celebrate his birthday.

Apr 3, 2020



And I love what Andy Wakefield just put up on social media today. I think it was yesterday, he put up the same conversation that we're having, that we're teaching people through [The 100 Year Lifestyle](#). His post was about a woman that said, "Hey, I made it through an entire century without vaccines." She is now 103 years old. She survived the pandemic at 103 years old.

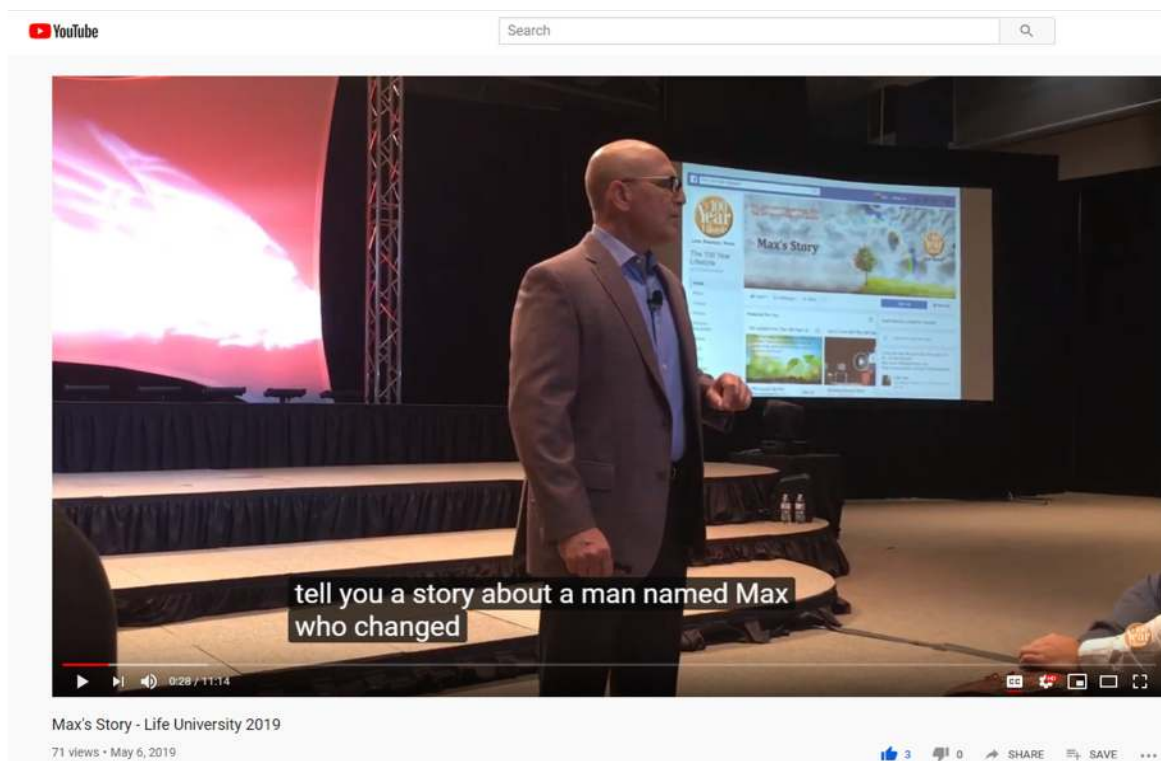
So, we're going to talk about how we make this happen and why this is so important to understand the longevity question

here and quality of life and longevity. We are not just looking to get to 100, we are looking to get there in style, with health and vitality, with every single person, you, your children, your spouse, your significant other, every person functioning at their highest level for a lifetime.

## Chapter Three – Max, Our Inspiration

These are the principles that are [The 100 Year Lifestyle](#) way. People ask me all the time, "Dr. Plasker, you're a chiropractor, how did you get into this whole 100-year-old conversation?" The answer is, it is interesting. I'm not going to tell you the long version of the story. If you want [the long version of the story](#), you can go to <https://the100yearlifestyle.com/meet-max-our-inspiration/>, or our YouTube channel or Facebook page. We don't have time to get into all of the details of it. It is a great story.

The bottom line of this story is that this man came into my office at 98 years old. This was way back in 1993, I believe. So, in 1993, he came in as a crippled, broken, alone 98-year-old man. He asked me, "Dr. Plasker, can you help me?" I was young at the time, I was literally a kid brand new in practice, and I said, "You know what, Max, I have no idea. But as long as you're alive and breathing, let's give it a shot."



## RAISING SUPER HEALTHY FAMILIES

And so, here was this poor, beautiful soul. He was such a beautiful man. His spirit was beautiful, but he was trapped in this crippled body. He was in excruciating pain. You could see the pain lines on his face. Based on the history that we took, we knew that he was suffering for decades and decades and decades. To make this long story short, which again, [watch the long version](#), you'll like it, Max started to respond. He started to get better. We started to gently adjust his spine and get him to understand some simple changes that he needed to make in his life and before you know it, he was walking without pain and moving without pain. He started to get a lot of spunk back into his heart, his soul, his spirit. We fell in love with this man.

We tried to adopt him. We wanted to give him complimentary care. He would have none of it. We fed him though and he did take the food. And we did give him rides periodically back and forth. Again, just a beautiful relationship. He never missed an appointment. Max was doing amazing. Until one day at about 99 years old now. He had gone for an entire year never missing an appointment. Then all of a sudden, one day, Max missed an appointment. And we tried to reach out to him, tried to call, visited his apartment, his home, and there was no answer anywhere. So, at 99 now, what do you think we're thinking happened to Max? And you're probably thinking, "Well, he passed." Some people say, "I don't know. Did he have a girlfriend?" Well, we don't know anything about that. And so, we just we had no idea what happened to him.

So, we said a prayer for him. We said goodbye. Went about our business. Well, another year goes by, Max is now over 100 years old, and guess who comes walking through the front door one day without an appointment? Yep. Even though this is the short version of the story, I'm sure you guessed right, it was Max. Well, I heard my assistant scream out like she was seeing a ghost. She screams, "Max. Oh, my God! Max! Oh, my God!" And I'm in the back adjusting our patients and I heard his name, and I was like, "Oh, my God, Max?" I only knew one Max. So, I sped up, cleared out all the rooms, and went up to see Max. I gave him a big hug and asked him, "Max, where have you been? We've missed you so much."



## RAISING SUPER HEALTHY FAMILIES

Max looked up at me with a tear in his eye, his eyes hollow, bones protruding through his face, exhausted, looking like a man who was ready to go. He said to me, "Thank you, Dr. Plasker. Thank you." And died. Right there in my reception room.

Well, I couldn't get it out of my head. ***If Max had known that he was going to live to be 100 when he was 10, 20, 30, 40, 50, 60, 70, or even 80 years old, how would he have lived his life differently so that he didn't get there crippled, broke, and alone?*** I started asking everybody this question, "Hey, if you knew you'd live to 100, how would you change your life today?" It became the question that was the spirit behind [The 100 Year Lifestyle](#). Max is the spirit behind the 100 Year Lifestyle.

We would ask questions to parents, people like you that, ***"Hey, if you knew that your baby was going to live to be 100, had the potential to live to be 100 years old, how would you raise them differently? Would you fill their diet with toxic food? Would you allow their nervous system to have interference? Would you allow the environment to toxify them in a way that caused deterioration over time so that they would have struggles and pain and suffering for decades just like Max?"*** We wondered if Max had been raised differently, if Max lived his life differently, if he didn't wait for a crisis, if he focused on good long-term choices with long-term vision in mind as a priority, how would he have lived his life differently? How would his parents have raised him differently so that he didn't get to be 100 crippled, broken, and alone? And how much healthier, better would his journey have been?

# Chapter Four – Living at 100% for 100 Years...or More

Are Vaccines safe? [Informed Consent Xpress](#) has a [video](#) that will provide answers to this topic. This is extremely relevant today as we have a generation of neurologically damaged children, toxic children, poisoned children, that in so many ways are suffering at very young ages. We have parents who are suffering because of this toxicity. We have parents who are struggling to find answers on how to raise super healthy kids in this world where it's hard to find clean food. Forced vaccinations are part of mandates with toxic consequences that are causing just horrific challenges for families. We don't want that for you. So, we want to give you the tools and the resources to think about living at 100% for 100 years, making choices that enable you and your loved ones to live at 100% for 100 years and beyond.



Wouldn't it be great for you and your loved ones to function and perform at 100% for 100 years, your highest level throughout your entire lifetime? This includes being healthy and performing at work, in your hobbies, your passions and activities that are most important to you. For your children it includes growing healthy and strong, performing at their best in school

and during extracurricular activities.

**100% for 100 years** is a great goal! It sure beats 75% for 82 years, 68% for 87 years or 57% for 96 years.

All of us know people who compromise themselves. This may include you, allowing yourself to function much lower than 100% because of destructive habits, injury or illness or chronic conditions that you've let go and are causing deterioration over time. This compromise can create a limited belief that your health cannot improve or a lifelong dream cannot be achieved.

There's a movement going on through The 100 Year Lifestyle about this. We want you to make the most of and enjoy the journey every day along the way while you also set yourself up with a strong immune system, healthy thoughts, and healthy lifestyle that support you in living at 100% for 100 years. Which, by the way, sure beats 75% for 82 years. It sure beats 68% for 87 years or 57% for 96 years. We want you to live at 100% for 100 years. We know you can do that by making the right choices and having a healthy compass. Listen carefully, a compass.

# Chapter Five – Your Compass, The Best, Healthiest Technology Ever

I know you're getting a lot of how-tos and a lot of things to explore. The most important thing from our perspective is that you get the compass set in the right way, in the right place, true north, so that you know what the potential is. You need to know what your innate potential is so that you and your loved ones can live at 100% for 100 years. So that your children do not become a burden. So that you are not a burden to those children, and your parents are not a burden to you.

## Learn From the Sandwich Generation

We see much of that today with the sandwich generation. People like maybe some of you who are caught in the middle where you're raising challenged kids, or autistic kids, or kids with learning disabilities, or kids that have weakened immune system, toxicity issues and things like that while you're also having to deal with aging parents who did not know they were going to live this long. We don't want that for any of you. We want you to enjoy 100% for 100 years. This is what The 100 Year Lifestyle is all about.

Today, everybody is searching for the latest technology, the latest gizmo, the latest gimmick, the ultimate healthcare technology. Your personal Innate Intelligence is the ultimate gizmo. If you understand [The 100 Year Lifestyle](#) principles, if you nurture them, if you use them as the centerpiece for decision-making as it relates to optimizing your health, your children's health, over the course of a lifetime, you will be maximizing the ultimate healthcare technology, your personal Innate Intelligence.

## Chapter Six – Interference

That Innate Intelligence is the power that's inside of you that is running your body. It's what grew you from one cell into 80 quadrillion cells that were organized and specialized to keep you healthy and functioning at a higher level throughout your entire lifetime. This is the intelligence that guides the processes, which turns the food you eat into cells, which eliminates waste products, that coordinates muscle contractions. This intelligence communicates with or without your conscious thought to every cell, tissue, and organ of your body, and it will always do the right thing as long as there's no interference.



The Ultimate Health Care Technology requires no batteries or electricity of any kind. It adapts to changes in weather, food intake, stress levels, and work habits. It also adapts to changes in your environment and the intensity of your physical training and exercise. You can direct it to perform at the highest level possible with your choices. This Ultimate Health Care Technology is your body's Innate Intelligence.

The

### **You Have This!**

reason why you enjoyed this entire NVIC conference ([National Vaccine Information Conference](#)) without having to think about your heart beating is because of this innate intelligence. It does all of this for you. The blueprint that we talked about earlier, from the moment of conception this blueprint was present, driven by this intelligence to have your baby be born, to have you be born. As long as there's no interference, you have the potential for optimum health for 80, 90, and 100 years and beyond. Now, we're going to talk a little bit about how can people get unhealthy, what happens, and what is The 100 Year Lifestyle way? "Dr. Plasker, here you are, you're talking about this Innate Intelligence. Then your baby's born, then what do you do? Are you going to vaccinate it?" First, you have to do your research, your homework, because only you and your child are going to live with the consequences of your choices.



Well, remember what I said, we chose to not vaccinate because we realized we had a choice. We want you to fight for your choices and be a member of NVIC and support NVIC.

## Interference Principle

There can be interference to the expression of this Innate Intelligence. There are three basic types of interference that I'm going to briefly go over with you now. Again, I have only so much that I can cover. I give 18 hour continuing education seminars to doctors on this topic, so I can't cover everything here. I'm going to give you the nuts and bolts of this. [There is an hour-long presentation on the interference principle](#), it's a playlist on The 100 Year Lifestyle YouTube channel. Watch it if you want to get more details on all of this.

The nerve interference can happen when there is an injury from the birth process—maybe to the spine, maybe to the brainstem—where there's a pulling and twisting. There can be injuries to the nervous system that affect the function, the health, as a result of childhood falls or learning to walk. These are ways that the nerves can get interfered with. Head injuries. Traumatic brain injuries. These are things that can cause nerve interference.

As a chiropractor for 35 years, I've spent my entire lifetime removing this interference in babies, kids, and families. We actually have a network of offices around the country under the 100 Year [Lifestyle Providers link](#) on our website that do the same. So, nerve interference is something that, through chiropractic examinations, chiropractic evaluations, you can make sure that there is no nerve interference in yours or your children's spines that may be affecting their health. Because if you eliminate nerve interference, because the nervous system controls and supports a healthy immune system, children can be healthier, children can function better. We'll talk more about that as we get into some of these case studies in just a few minutes.

## RAISING SUPER HEALTHY FAMILIES



So, there is the Nerve Interference. Then there's the Lifestyle Interference which are the habits that people have. Maybe some of the habits that you have interfere with the expression of your Innate Intelligence, affecting your health. For example, if you're eating toxic foods, if you're eating foods that are filled with all types of artificial ingredients, if you're overeating, if you're taking lots of medication, polypharmacy things like that, these are lifestyle interferences. If you take antibiotics on a regular basis, if your children take antibiotics on a regular basis, this is not [The 100 Year Lifestyle](#) way.

If you nurture the body's intelligence through healthy lifestyle choices, good chiropractic care, maintaining a healthy nervous system, removing lifestyle interference, your body will have a greater chance of adapting. The immune system actually builds muscles. They're not actually muscles like you see in your bicep, but your immune system, your adaptive immune system, gets stronger because it gets used to dealing with things on its own. Whereas if you change the body chemistry, it changes the way that your immune system reacts and can even cause harm.

## RAISING SUPER HEALTHY FAMILIES

For example, you need to allow your body to have a fever, you need to give your immune system a chance to work and to build those muscles. If there's a little bit of a cold in your body, or maybe some type of flu or a bronchial infection, and you don't give your immune system a chance to work because you immediately suppress your cough when the body's trying to get coughing gunk out of your chest, it can prolong your illness. Drugs might make you feel better in the moment, but you are changing the way your immune system reacts. Now you've fooled the immune system and it's going to adapt. You have created an interference.

Our kids rarely got sick. Our kids grew up, they were nursed, they did not have any shots, they did not have any interference. We ate clean, we kept our environment clean for the most part. All of these habits helped our kids build healthier immune systems. We were not afraid because we had confidence in the body's Innate Intelligence, the body's ability to adapt, especially because there was no nerve interference.

So, nerve interference, lifestyle interference, can negatively impact your health on many levels. Now we're moving to environmental interference. Environmental interference can cause toxicity in the body that triggers inflammatory reactions that cause symptoms and can make you unhealthy. As your immune system works overtime to try and help your body adapt, the strain on your body can weaken you and make you a more vulnerable person. So, the core of this from a compass perspective is that if you understand the innate intelligence of the body and you work to keep that highly functional, and you keep the interferences out of your lifestyle, you will be maximizing your body's ability to be healthy and thrive for a lifetime.

Vaccines are a form of interference. When mercury, thimerosal, aluminum and other types of toxic substances are injected into the body, then the body has to try and adapt. This causes environmental interference, inflammatory reactions inside the body that can affect the body's ability to adapt and function normally.

## RAISING SUPER HEALTHY FAMILIES

So, we want you to begin to adjust your lifestyle, to eliminate the things that you know are toxic, and to work with empowering the body's Innate Intelligence to function and communicate without interference. While drug companies can create all types of vaccines with all kinds of issues, which by the way, we know by now have never been double-blind tested and should not be mandated, they have never been able to recreate a single cell in a laboratory. Your body creates millions of cells a minute. New cells every minute. It knows what to do.

You should have more confidence in your body's innate intelligence than any doctor or any shot.



## Chapter Seven – Superbugs and Germs

That brings me to this. Another important piece of this compass is the germ theory versus the host terrain theory. There's a great article called [Superbugs and the War on Germs](https://100yearlifestyle.com/superbugs-and-the-war-on-germs/) that is on [100yearlifestyle.com](https://100yearlifestyle.com). Why it's such an important article is because it talks about how the assault on germs has failed miserably and it is causing a generation of superbugs. If you really want to get an example of the effect of this on a population, you just need to look at what's happening in hospitals with the overuse of antibiotics. In hospitals they're scrubbing antibiotic everything, giving antibiotic everything everywhere, and 90,000 people per year die in hospitals from superbugs, costing just the United States alone \$2 billion annually. Come on, that's a crazy number. We need to learn to live in harmony with the germs.



The assault on germs has failed miserably and is creating an epidemic of superbugs, especially in hospitals. In their attempt to kill germs and wipe out bacteria, hospitals have implemented a highly toxic campaign against bacteria and viruses to try and protect patients. It is failing, as a whole new form of bacteria called superbugs have been created as a result.

Most of you have heard about superbugs and many of you have been affected by them through the illness or loss of a loved one. These antibiotic resistant bacteria kill 90,000 people per year in hospitals costing the nation more than \$2 billion annually, according to a study in *Health Affairs*.<sup>1</sup> These statistics reference people who acquire infections in the hospital that they did not have when they originally sought out treatment. With sky-rocketing costs, all of us are paying the bill.

The combination of the overuse of antibiotics, severely invasive procedures, and extremely resistant bacteria that have adapted to the assault on them has created a problem that is now an epidemic. *Measles infections, with only 1,164 reported cases in 2019 and no confirmed deaths<sup>2</sup>, represent a small fraction compared to hospital infections and are getting a severely disproportionate amount of attention.*

There is a supplemental article on our website, if you want to read it, called [Maggots Kill Elephants](#). They don't by the way, it's a parody. It's breaking fake news. But you will understand if you review this article that it's not the germs. We need to understand it's not the germs. We need to live in harmony with the germs. It's about keeping the host, the terrain theory, which is making a comeback, keeping the terrain, the host, strong. Keeping the immune system strong. If you do that, then it's exciting because you can live without fear.

A big part of [The 100 Year Lifestyle](#) way of raising a super healthy family, if you honor the Innate Intelligence of the body, and you believe and trust and have faith in nurturing your body's Innate Intelligence with good healthy lifestyle choices that make for good neurological function throughout your body, removing environmental interference, then you can live without fear.

## Chapter Eight – Fear and Common Sense

A big part of what's happening in the world right now, I believe, is that we are being preyed upon. In fact, fear is being used as a weapon against us. If you're afraid, if you don't have this knowledge and you don't have this power, then it's easy to manipulate you with fear, even if the things that are being discussed are not true.

If these messages are said with conviction and if the lie is big enough, and the repetition is frequent enough, then you get trapped and you end up being scared into making choices that are ultimately not good for you. Billions of dollars a year every year are spent on this. Maybe even more than that, tens of billions of dollars being spent on the repetition of these false messages, these fearful messages. They literally can put you in a living hell of uncertainty. They put kids in a state of fear where they are afraid of bugs, they're afraid to get dirty, constantly scrubbing with antibacterial everything, not even realizing that they're weakening their immune system.



THE100YEARLIFESTYLE.COM

### **The Epidemic of Fear | The 100 Year Lifestyle**

Fear has become an epidemic that is leading to severe health cons...

And so that's why I say in this article that's also on [100yearlifestyle.com](http://100yearlifestyle.com) that talks about how fear is being used as a weapon, and that with all the love in my heart, I say to my phobic friends, it's time to wake up.

**"Just because I'm not afraid, it doesn't make me reckless." And, "Just because you are afraid, doesn't make you noble."**

It's just that I have an understanding that I want you to have about the body's innate potential to live to 80, 90, 100 years and beyond free from disease, healthy functioning at a high level for a lifetime or 100% for 100 years. You deserve that, too. You deserve to not live in fear. Hopefully, as a result of this entire conference, you are able to do that, live without fear from now on and for the rest of your life making choices that way.



There is no illusion greater than fear –  
ancient Chinese philosopher Lao Tzu

With all the LOVE and COMPASSION in my heart, I say to my phobic friends,

**YOUR FEAR IS BEING USED AS A WEAPON AGAINST YOU.**

The actual pandemic numbers and science do not justify the level of fear that many people are experiencing. Is your phobia out of control? Do you know someone whose phobia is out of control, overusing antibacterial scrubs, soaps, sprays, everything? You do know that antibacterial does not affect viruses, yes?

To make this shift of being less fearful, more confident, it's important to understand that it does take courage. And here is another poem, by the way (in the poster below):

## RAISING SUPER HEALTHY FAMILIES



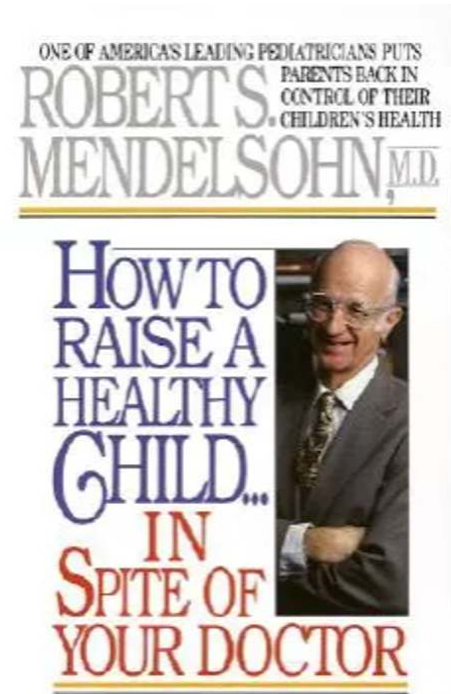
It takes nerve to grow  
It takes nerve to thrive  
It takes nerve to live your  
life fully alive  
It takes nerve to discover  
It takes nerve to excel  
It takes nerve to empower  
yourself out of hell  
Time will keep ticking,  
it's on your best side  
It takes nerve to  
conquer the  
great divide!

It's so important for you to know that it takes nerve, it takes courage, it takes guts to make these choices. We have helped people—thousands, tens of thousands, millions of people—through our network of [100 Year Lifestyle chiropractors](#). In our own practices, we've helped families for 35 years empower themselves out of hell by taking care of their nervous system, making healthy lifestyle choices, honoring the innate potential of their body, their genetic potential, their lifestyle potential. They, with this long-term vision and chiropractic care, took care of their nervous system, and made common sense choices.



## RAISING SUPER HEALTHY FAMILIES

There is one great resource that I highly recommend. If you don't have this book, you should get it. It was written in 1987 by pediatrician Robert Mendelsohn. It's called *How to Raise a Healthy Child In Spite of Your Doctor*. Common sense. Dr. Mendelsohn talks about it too. For our family it was chiropractic care and Dr. Mendelsohn's common sense. Honoring the Innate Intelligence of the body. Sadly, he passed away a long time ago, 1988, but his book is still selling like crazy because in my opinion, the current pediatric industry is lost. They are completely lost. They have been brainwashed by Pharma. They do not have common sense. If every parent had this common sense and raised their kids free from nerve interference, you would live without fear and you would be a lot healthier.



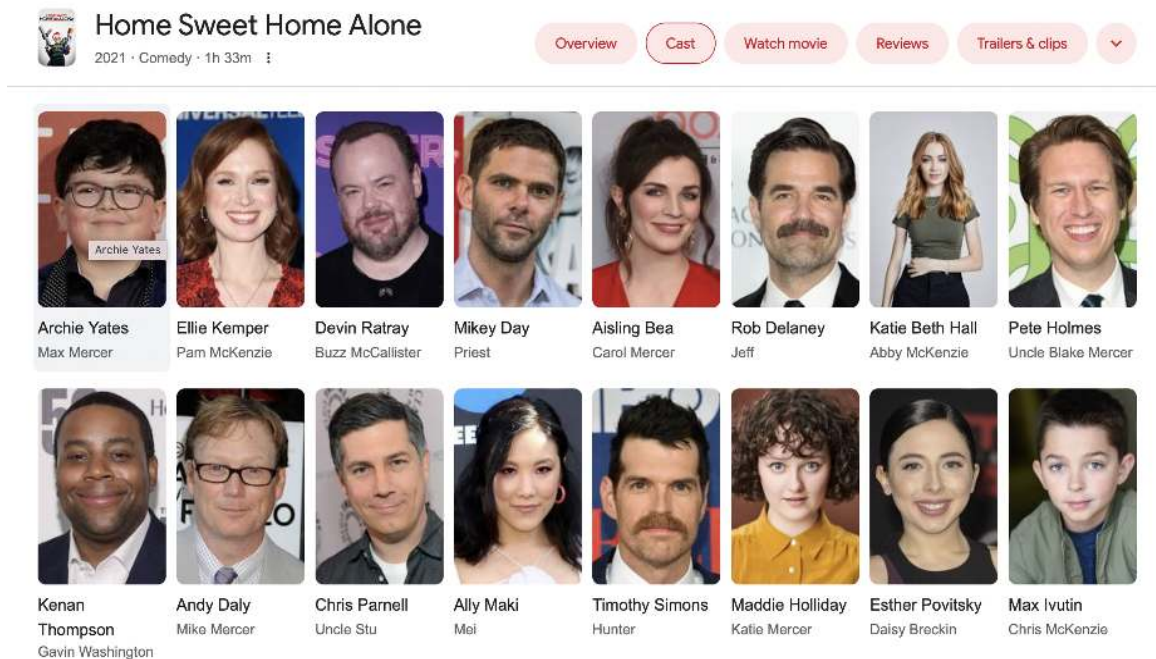
# Chapter Nine – Real Kids, Real Health

In this world of technology, through every age of growth and development, you see children now, you see their posture changing, forming, creating stress in their spine, in their body, they're starting to look older in their posture. You see them sitting playing games and talking on their phone, or constantly on iPads or things like this. Affectionately we call them hunchbacks in the hood. Come on, this is not healthy.

When you have kids that have neurological interference from vaccines, from autism, and on top of that you add all of these insults that are happening to a child's spine, then it is very scary and dangerous for a child as they grow. Research shows that 10% of children under the age of 10 already have signs of this degeneration on MRIs. That's a crazy statistic. So, you see older people getting younger, you see younger people getting older, all because of the way that they are taking care of themselves. It does not have to be that way.

One child in particular, whose name was Max had an amazing before and after story and he is now living his dreams as a young child actor he had difficulty getting certain parts because of his posture. He had a mild curvature in his spine that was affecting his ability to stand up straight. His friends noticed and so did the casting agents. Fortunately, Max's family learned about the benefits of chiropractic care from a friend and he started to get adjusted. Within 30 days his friends on the school bus noticed his improvement. They commented on it. This gave max an extra dose of confidence to go along with his awesome smile and charisma. Max began getting more opportunities and was just recently seen in the remake of *Home Sweet Home Alone*.

# RAISING SUPER HEALTHY FAMILIES



What's important for you to understand is you have to look at your child's posture. If they cannot stand still, or they cannot sit still, or when they do sit or stand you see unevenness in their ears, they have posture problems and have stress in their spine. Look at the difference in ear height on this child. Look at his shoulder height, one shoulder, the left shoulder bulging out more than the right shoulder. You can see it very easily in the wing bones of the shoulders, in the pelvis where you can see how they're unbalanced.

This is very important for you to understand because when a child has a neurological insult, maybe it was autism, maybe it was a birth trauma, maybe it was a vaccine reaction, maybe it was not eating the right foods, maybe it was having tics and aberrant motion that was happening on a regular basis, you can see how they're holding this insult in their posture. Something that can aggravate that exponentially is nerve interference. Issues related to the nervous system, postural problems, these are things that need to be addressed if you want your kid to grow healthy, as a part of a lifestyle, making sure that these things are functioning the way that they're supposed to function. When you do that and you start at an early age, it helps development.

## RAISING SUPER HEALTHY FAMILIES

We have a two-year-old kid that just started coming in about a year ago. Now, actually, maybe it's 10 months ago. The two-year-old was not speaking yet. He was constantly covering his ears. He was unconsciously, trying to block out the sound.

One thing that we see in our practices and with families, if a child has got auditory issues where they're very sensitive to sound, people think it's the ears. Well, what we've realized is that what they're really trying to do is they're trying to block the sound. They'll do this because the sensory input coming from all over is affecting their nervous system. If there's nervous system imbalance, then it could cause that irritation. That irritation could really cause problems and make these children less tolerant. It can affect their learning. It can affect their growth and development. It can affect positive sensory input. It can cause a lot of static up and down, neurological interference and imbalances up and down the nervous system.



This kid's name is Leo. Within just a couple of adjustments, he started speaking. Then he starts speaking two languages because his mom is Spanish. They speak two languages in the household. Then his hands all of a sudden come down and he stopped covering his ears. His body calmed down. The neurological imbalances within start to level out. When that happens, you can have faith that the body's innate intelligence, if you remove that interference, gives them the ability to adapt to whatever life has to offer. Some kids take much longer than others. I mean, depending on the insult, depending on the level of inflammation, depending on the level of reaction.

## RAISING SUPER HEALTHY FAMILIES

You eliminate that nervous system interference, you keep that interference out of their life, you make that a part of a lifestyle, and then you put positive input in their nervous system as a part of a lifestyle. You create a supportive environment that nurtures that Innate Intelligence. Then all of these kids have a greater potential than they would have had if they did not have this compass, perspective, and care.

Here's another story of a little baby who the family, after these experiences, chose not to get vaccinated. This child after birth did not have any shots, but was born with a crick in his neck, so to speak, which is all too common in children. This is certainly not [The 100 Year Lifestyle](#) way, creating interference in his body. As a result of the interference, he was not having bowel movements. He did not have a bowel movement for eight days.



Think about the toxicity level, the interference, which being that clogged up was causing this child. Then all of a sudden, this child, after eight days of not having a bowel movement, comes to get an adjustment. After removing the nerve interference, he's able to move his head instantaneously. He looked up at me, and I don't remember the exact words, but it was something like this. He looked at me, smiled, turned his head in the direction that his head wouldn't turn before and said to me, "Damn, dude, who the heck are you? And what did you do to my neck?"

And wouldn't you know it, the next day he had a bowel movement. The dad sends me a text message and says, "Holy crap, Dr. Plasker, no kidding," because literally eight days' worth of poop appeared in his

diaper.



## RAISING SUPER HEALTHY FAMILIES

Here's what's important about understanding this child's potential, this family knew because they were educated the way that you're being educated. Okay, my child has an Innate Intelligence, they have a potential. Something's blocking the function of the way the body is supposed to function. Let me remove the interference so that the body can begin to work the way that it's supposed to again, and let's try that before we cut out the intestines, which would have been the allopathic way, or before we started giving drugs and invading the body in those types of ways. Let's see if we can get the body working naturally the way that it's supposed to, the way that it was designed to. Which, for this child, happened very quickly. Now here he is on the right with his twin sister, and their goofiness is conveyed. He's living a great life.



Also, they are healthy, unvaccinated children who are living without interference. The reason why I bring this up is that every parent faces choices like this. Every parent faces choices to either honor the innate intelligence of the body and work with the body first, or to live in fear, not have the common sense that is out there to learn with the resources that we're providing you on [100yearlifestyle.com](http://100yearlifestyle.com). Dr. Mendelsohn's book that I mentioned, [NVIC](#), these are places that you can go to to get these types of resources. With these resources you can have confidence to make these choices in a way that helps these children grow. It's important that you do that because they will grow.

## RAISING SUPER HEALTHY FAMILIES



Then they get out into the world, and they'll grow, and they'll want to do sports and all types of activities. If you live with this compass in mind, then they have the potential of performing well in whatever their endeavor is, whatever their choices are, whether it be athletics or something else. There is this national championship soccer team that I happened to be the team chiropractor for. We taught those kids these principles. We kept the interference out of their life with performance based chiropractic adjustments. We taught them good nutrition. We made sure their environment was conducive with positive thoughts, positive attitude, positive clean environment, clean food choices, clean nutritional choices.

## RAISING SUPER HEALTHY FAMILIES



## Chapter Ten – Our Job in This Ebook



People say to me, "Well, Dr. Plasker, tell me what to eat. Tell me what to eat." You've probably heard a lot of that over the conference. Again, we have a lot of resources on this. So, you can go to those resources and get that information. My job today is to give you the compass so that as time goes on, you make yourself A Least Vulnerable Person instead of a more vulnerable person. Becoming a least vulnerable person for you and your children, and raising your family that way, is super-duper important.

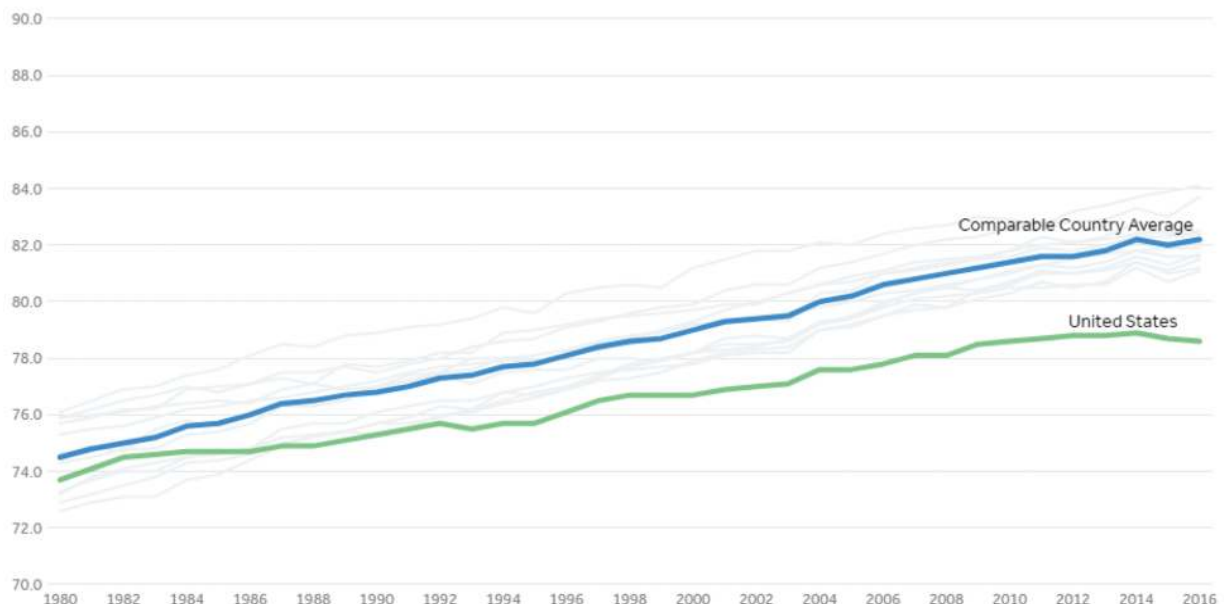


# Chapter Eleven – Longevity: Giving Children the Tools

Now, when it comes to longevity, we are not doing as well as other countries. When you look at the graph there you realize that the United States is lagging in life expectancy and quality of life expectancy. This is not because of our Innate Intelligence. It is because of our lifestyle choices.

Also, in many ways the vaccine schedule that we are on is creating a culture and a society of neurologically damaged children and adults. For children, the life expectancy is going down for the first time in history, and it is affecting these children in a way that is getting to them and causing them to live with fear. They're seeing their aging parents and their aging grandparents suffer in their longevity. They don't want to be like that, so they're living in fear.

Total life expectancy at birth in years, 1980-2016



Notes: Break in series for Canada in 1982; Belgium & Switzerland in 2011. Canada & France data for 2016 are not available. Data for the nearest year are used in the comparable country average for that year.

Source: Kaiser Family Foundation analysis of 2018 OECD data: "OECD Health Data: Health status: Health status indicators", OECD Health Statistics (database) (Accessed on December 03, 2018).  
[Get the data](#) • [PNG](#)

Peterson-Kaiser  
**Health System Tracker**



## RAISING SUPER HEALTHY FAMILIES

When you raise your children in this consciousness that we're talking about, this human potential, 100% for 100 years consciousness, this 100 Year Lifestyle consciousness, and you give them the tools, the mindset, the knowledge, the faith, and their Innate Intelligence the opportunity to grow and thrive with proper choices, they can take control over their choices. They can take control of their choices in such a way that empowers them when they're around their peers and so they can make good choices when they're on their own. They are not trapped by the fear that is trapping so many people.



Are your children's health and longevity threatened by your lifestyle choices? The answer is yes!

Think about how long your children could live and what their quality of life will be like along the way? According to the *Lancet*, 50 % of the babies born since the year 2000 are expected to live over the age of 100. Additional research is

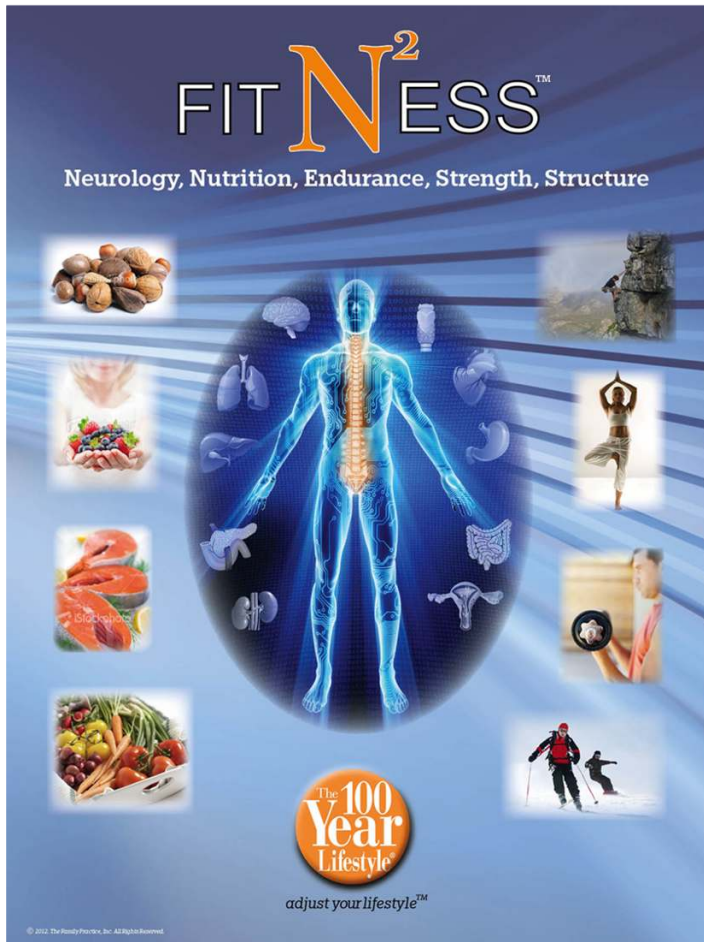
concerned that our current generation of children may be the first in recent history to see their life expectancy go down.

How can this be? Doesn't it seem like a contradiction to see so many children living longer while the overall life expectancy goes down? The answer is sad yet simple in that the other 50% of children are expected to die younger and sicker than ever, not because of their **genetics**, but because of unhealthy lifestyle choices.

Again, we don't have time to get into this, the five principles of the 100 Year Lifestyle, the details, the neurology, the nutrition, endurance, strength, and structure. There are articles on [100yearlifestyle.com](http://100yearlifestyle.com) about that. The podcast is there, et cetera. The website has got all of this in detail for those of you who have been inspired. What is important is that you understand that we have this [Epidemic of Nerve Disorders](#), and this is not because of what is inside of us naturally, it is because of the environment that we are living in and because of the choices that we are making. The vaccine choices we are making, the vaccination schedule, all of these things are setting our children up to have neurological damage or being neurologically injured.

## RAISING SUPER HEALTHY FAMILIES

There's an informative video that was put out by [informedconsentxpress.com](http://informedconsentxpress.com) entitled *Do Vaccines Make Us Healthier?* The research presented in this compelling video is important for every parent to watch.



With cleansing programs, chiropractic care, good nutrition, good mindset, and stimulating the brain, you can reverse many of these processes and get kids on a different course just like that baby that I talked about a little while ago who got on a healthier course and is living a healthier life today.

With the options that you have learned about during this entire conference and this presentation, you're getting on track to function at your highest level for a lifetime. We do a lot of work with [Moms Across America](#). They're an advocacy group just like [National Vaccine Information Center](#), which every one of you should be a part of and be involved in. Working with them we're learning more and more from you about what your needs are as parents.

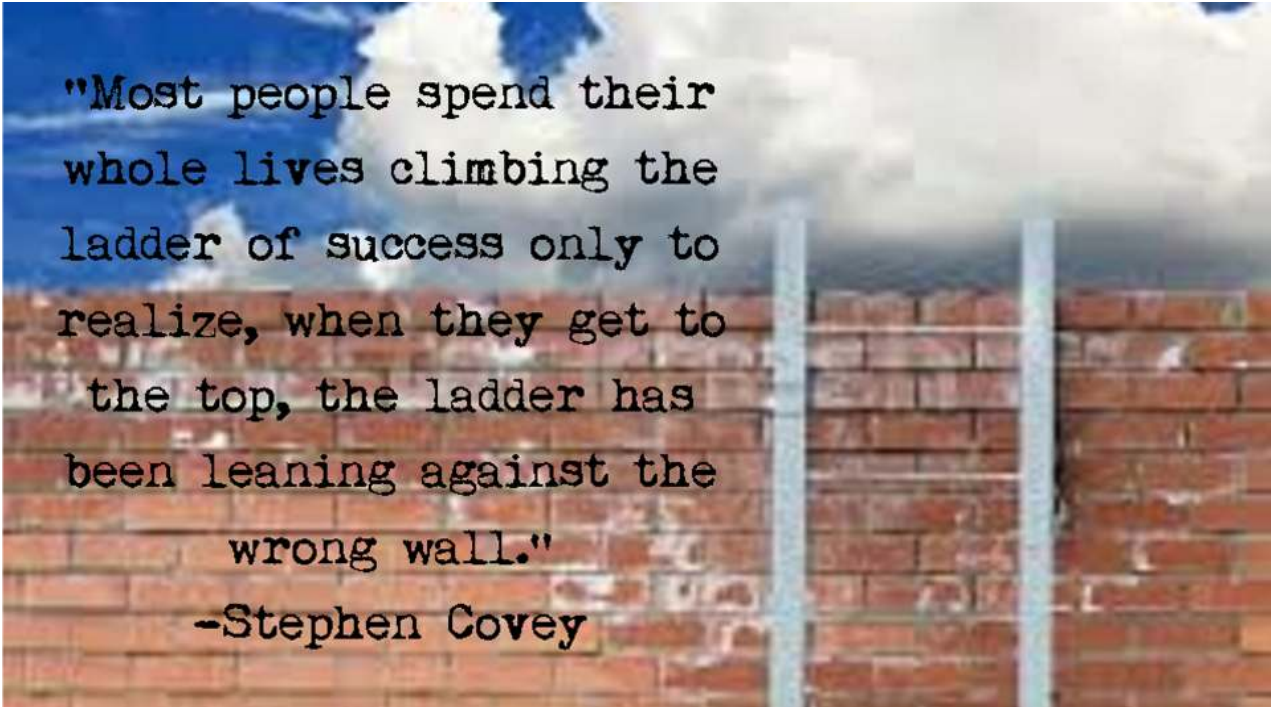
# Chapter Twelve – Closing Thoughts

I'm going to fly through a couple more slides here, I have so much I could keep going for a long time. What I do believe is important is that as you make your choices and navigate this new pathway that you are on as a result of what you're learning here, you should learn to love the things that are good for you. Don't necessarily be mad about what happened or where you're at. Start doing the things that are good for you. The things that you enjoy. *"Learn to love the things that are good for you and make them your new lifestyle."* And get in the game from an advocacy perspective.

There's a great quote by Stephen Covey. He said that "Most people spend their whole lives climbing the ladder of success only to realize when they get to the top, the ladder has been leaning against the wrong wall." Well, we have an entire healthcare system right now with the ladder leaning against the wrong wall.

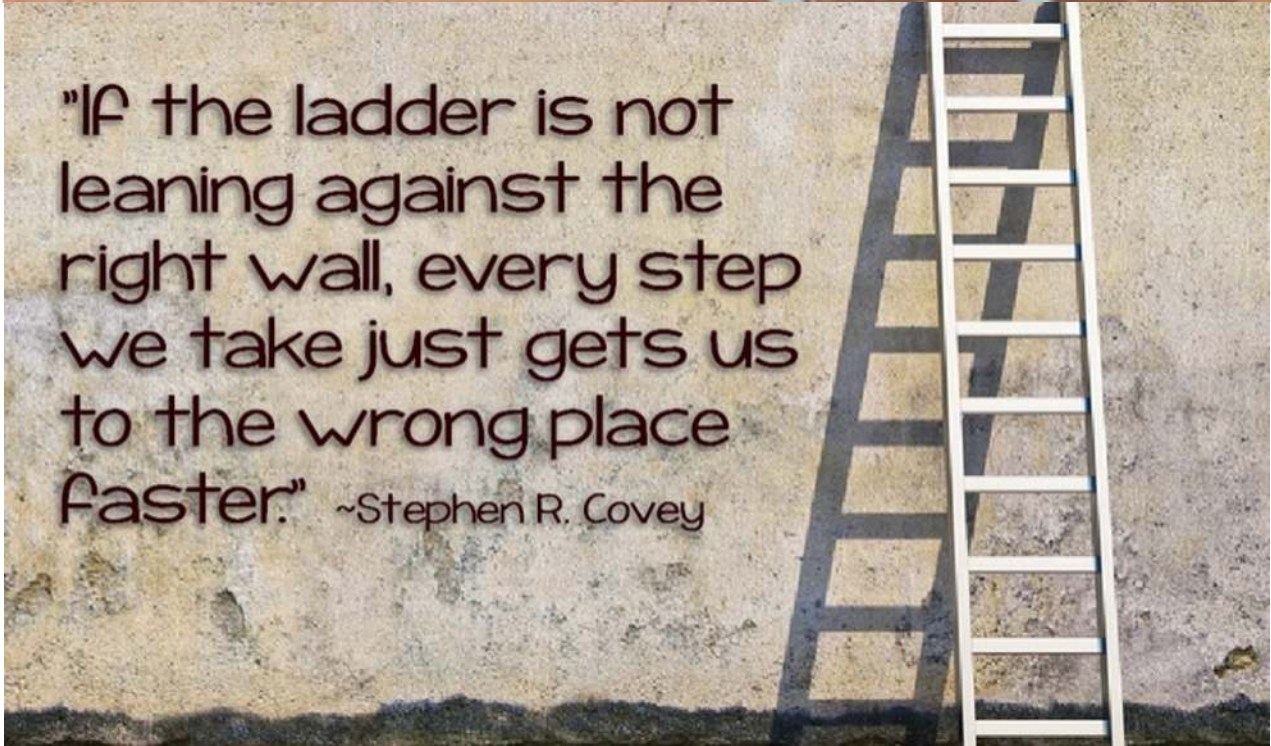
His next quote, "If the ladder is not leaning against the right wall, every step we take just gets us to the wrong place faster." Which is why getting on board with [NVIC](#), watching this movie *1986: The Act*, and realizing what happened after that act, are both so important. We went in the wrong direction faster. If Andy calls it *1986: The Act*, I call it *2020: The Coup*. There is an assault on our freedoms going on right now like there has never been ever. My wife and I had a choice to raise our family The 100 YEAR LIFESTYLE way. We want you to have a choice. I want my children to have a choice to raise their families this way. We cannot let this coup happen. We have to get involved.





"Most people spend their whole lives climbing the ladder of success only to realize, when they get to the top, the ladder has been leaning against the wrong wall."

-Stephen Covey



"If the ladder is not leaning against the right wall, every step we take just gets us to the wrong place faster." ~Stephen R. Covey

## RAISING SUPER HEALTHY FAMILIES

As I wind down, again, if you want more information, we have so much for you. [Go get this ebook. This is free, we're giving it away. It's exciting neuroscience breakthroughs](#)

[<https://the100yearlifestyle.com/neuroscience-ebook/>]. It's a transcript from a podcast that we did. We're going to give you the 100 Year Lifestyle second edition to get you on track with your choices. And as a result of that, I just want to say in just closing thoughts, please, again, support [NVIC](#). If you want to reach out to me, you can email [admin@100yearlifestyle.com](mailto:admin@100yearlifestyle.com). If you forget you can get that through our website. Please spread these messages to every person you know. It's time for all of us to step up and be activists in this movement.

### The Doctor of the Present!

**"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*."**

*Thomas Edison  
January 2, 1903*

**"The *DOCTOR* of the *PRESENT* 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 *DIS-EASE*. *BE PRESENT!*"**

*Dr. Eric Plasker  
October 25, 2010*

\*Except in life-threatening situations  
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## RAISING SUPER HEALTHY FAMILIES

Thank you so much for being a part of this vital and very important weekend. And thanks [NVIC](#) for being a rock for this movement for the last, I don't know, I'm going to guess, 40 years. So, love and appreciate everybody. Thanks again. Looking forward to meeting you sometime down the road.



