



Black Lives Matter.

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Black lives matter. If you find anyone claiming in retort, “All Lives Matter!” (which they do), you will have found someone who has fallen for the Republican party/Fox News re-labeling machine. (They are probably not speaking their own words.) The importance of this cannot be over emphasized. Have empathy for those so easily misled, the last thing we need is responding to rhetoric with more rhetoric.

For clarity: If someone goes to the doctor with a severe left arm injury that will require immediate surgery to save the arm, and that doctor cries out “all arms matter!”, and proceeds to prescribe massage for that cramped up right arm that felt neglected, whilst appeasing the crampy right arm, another left arm is lost. All arms do matter; however, in the current situation, that is just a totally irrelevant response.

All lives do matter, but that phrase has become another part of the deft Republican/Fox News promote hate to create “conservative” values agenda. Why is this so important? What does it have to do with medicine, Doc? Everything.

The context in which you live plays an enormous role in your perception of stress. Stress, as documented through an enormous body of research, remains the primary cause of dis-ease and disease today. Our middle aged to elderly white population, so prevalent in San Luis Obispo County, willfully consumes misinformation driving stress and angst to all time record levels. This group primarily watches the greatest dispenser of reckless contempt in the history of humanity, Fox News.

This “All Lives Matter” re-labeling campaign has a brilliant de facto truth to it while intentionally leading people away from the actual truth. Living in a sound-bite world, as we do, makes “All Lives Matter” seem appropriate somehow. Like “Citizens United”, sounds great until you realize the entire purpose of “Citizens United” is to strip freedom from all but the 0.01% and broaden the grip of indentured servitude in which you live. Each relabeling campaign for which these unfortunate individuals fall (the Fox News viewership) corrupts the very basis of the civilization in which you live, making health nearly impossible for 99.99% of us.

Black Lives Matter does not say that other lives don’t matter. It addresses an important issue unbelievably relevant today: the disproportionate number of black citizens dying at the hands of police. It goes much deeper in pointing out how the entire criminal

“justice” system affects black lives at an enormously unconscionable way. Read [Chasing the Scream](#) (2015) by Johann Hari to get a true understanding about what the “War on Drugs” is actually about.

Read the following intelligently written pieces from the New York Times: [click here](#) , and the Huffington Post: [click here](#), to get an editorial view on Black Lives Matter. These articles use facts, not rhetoric, to help overcome the fear and hate-based concepts, espoused at misinformation websites and Fox, that this movement promotes violence to police or any other nonsense. I don’t agree with everything this movement has done, but the core reasons for its existence lie in recognizing the pervasive racism that exists in society today and not trying to deny this fact. White Supremacism has a mouthpiece in Donald Trump, don’t allow yourself to fall for “All Lives Matter”, it’s just a “nicer” way of spreading hate. Soon bigots might be able to proudly wear their white hoods in public while reiterating such vitriol.

My true hope for humanity is for us *all* to have the opportunities for health and happiness seemingly so fundamental to our American way. I cannot emphasize enough how important for health and humanity it has become for you to learn how to disconnect from such malevolent influences so powerfully trying to misinform you. Create an environment of loving kindness by also learning to love those who have been so misled.

I challenge you to disconnect from all news sources: internet, print, television, your cell phones, all of it, for three weeks. That’s 21 day, folks. Spend your new found time experiencing nature, being with family and friends, cultivating your meditative practice, or tending to your favorite form of self-expression. Feel how your inner conversation changes.

Your Journey to Health and Healing,
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