

My Statement of Personal Responsibility

I believe that all individuals have the right and responsibility to make their own healthcare decisions, based upon their own research. That research can include, but is not limited to:

- Reading books, medical journals, and online articles.
- Talking to others who have had similar experiences.
- Consulting medical practitioners or practitioners of other health professions.
- Most importantly, asking God for wisdom and guidance.

I believe that the information contained in this book is only one source of information that can be used to make healthcare decisions.

I also believe that people are competent to make their own healthcare decisions and should be encouraged to do so. Whereas mainstream culture encourages us to make no decisions about our health without first consulting a medical doctor, I believe that each person has the right to make informed decisions about his or her health without necessarily first engaging in such a consultation. Not only is all the information available to physicians in the form of textbooks, medical journals, etc. available to the average person if they choose to avail themselves of such information, but each person's common sense provides him or her with an important and sound basis for making decisions. I believe that people should learn to educate themselves, to care for themselves, and to ask God for wisdom, rather than feeling as if they must only rely upon an "expert."

I have chosen today to take full responsibility for my own health and the choices that I make. I have chosen to take the information provided by my healthcare providers and this book, and do further research. I will then consult my family and God (in prayer) before I make a final choice, which I realize is my own responsibility.

Signature _____

Date _____