

DR. BIAS THOUGHTS ON QUESTIONS ABOUT  
LAMAR ODOM FOR TMZ

I never met Lamar personally. I enjoy professional Basketball and enjoyed seeing him play.

Should Lamar pull through this, I would tell Lamar life is full of ups and downs. No one can make it up the smooth side of the mountain but the rough side. The rough side is where you cry, disappointments, pain. Life has seasons summer is when everything is well, fall is when you think about how good the summer was, and winter is where you believe all hope is gone and you are ready to throw in the towel. I would tell him to remember there is still one more, season spring. Spring means new beginnings. As long as there is breath in your body you can start again. Learn from your life experiences pick up the pieces and start again.

I would tell his family that we are living in a time of “suddenly.” Everyday “suddenly” people are thrown into the spotlight. Suddenly floods, mass murders, plane crashes, wildfires, ships sinking and all types of situations are disrupting families lives, eg. loss of life, wellbeing and property. We must let those that are important to us know how much we care for them because a suddenly can happen in a twinkling of the eye and they are gone. This is not the time not to have time! Let your love one know you love them today!

I would tell the athletes that addiction is a disease that destroys the tissue within the brain. This is the same thing that happens to people that have heart disease. They have to see a physician to be treated and healed. Those athletes that are addicted to substances have to understand they are destroying their brain, bodies, quality of life for themselves, those that care about them and their careers as athletes. They have the responsibility to come out of denial and seek physicians of value (programs, clinics) to help the overcome their addiction. Through faith they can put their lives back together again with love, time and patience. The best is yet to come!

HOPE IS NOT EXTINCT  
ALL PROBLEMS HAVE SOLUTIONS