

GENTLE · NATURAL · EFFECTIVE
Chiropractic
Just say NO!

Say NO! To Drugs

- Be informed
- Ask questions
- Ask more questions
- Get a second opinion
- Work to strengthen your body
- If taking pain medications, use them when you know you will be resting - taking these drugs while working or competing in sports is a sure prescription for wearing out your body - permanently!

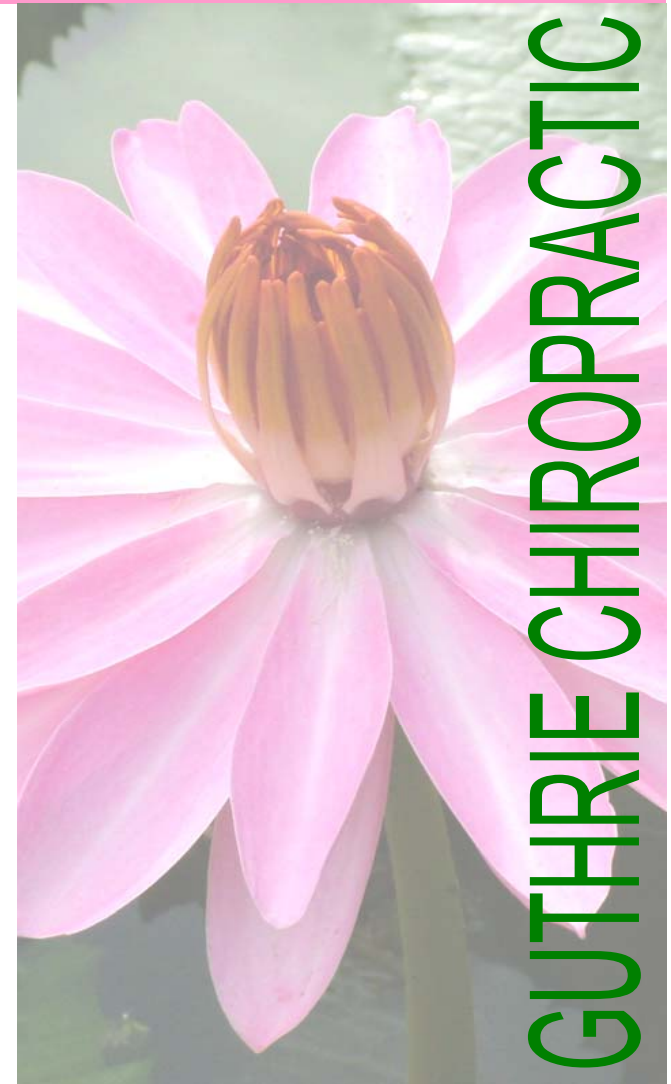
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Massage available evenings and weekends too.



Thank you for sharing
our brochure with others.

How can one best protect their health?

Optimal health is arrived at by making choices that promote the best possible health. One of the best ways to have optimal health is to be fully informed about the drugs that you take. Some drugs seem miraculous when first taken, but often they slowly cause imbalances in your body, that lead to disease and disability. One common example is the drug Ibuprofen. It is one of the most widely used drugs on the market.

People take Ibuprofen for control of inflammation, often on the advice of their medical doctor, even for chronic conditions like arthritis. The problem is that the anti-inflammatory effects are good for only as long as the drug is in your body. You must continue to take the drug to control the pain that the inflammation produces. The rub is that long term use of these drugs can destroy the protective layer of your stomach. An article in the June 17, 1999 New England Journal of Medicine (the most read medical journal in the world) declared that, "conservatively" the drug Ibuprofen -- and others in the same class (which includes: Advil, Aleve, Relafen, and Feldene, to name a few) -- kill some 16,500 people per year in the U.S. Also, in the November 25, 1994 edition of the same journal, the authors stated that one Ibuprofen, taken every four days, would increase the risk of kidney disease 8.8 times.

Are there are alternatives?

There are great alternatives to using these drugs. Wobenzym (a product from Germany) is composed of naturally occurring enzymes. This compound has been shown in head-to-head studies to be as effective as Ibuprofen, without any negative side effects. This product has been used in Europe for over 40 years!

Another example is the compound glucosamine. This is another case where this naturally occurring substance has been shown to not only control inflammation, but also promotes the full healing of arthritis. Again, there are no side effects. Also see our article on fish oil.



What are the consequences?

One of the more serious problems with drug taking, in general, is that some people take several drugs on a routine basis. Many studies have shown the dangers of this; with the risks of harmful drug interactions increasing with each additional drug being taken.

What can be done to prevent this?

In my office I counsel patients about alternatives to the drugs they may be taking. I make recommendations, regarding vitamins and other compounds, that may be wise to supplement with, in order to make up for any depletions caused by the drugs they are taking.

What else can I do?

Another important way to say no to drugs is to buy products which have not been contaminated with drugs. One of the most serious health risks facing people today is the over-use of antibiotics in livestock. Bacteria, like Salmonella, develop resistance to the antibiotics when they are in prolonged contact with them. A report in the April, 2004 issue of The Lancet (one of the more respected medical journals), warns of a multi-drug resistant strain which has developed in Taiwan. In this case there was no antibiotic effective against this strain. For those who feel that they are not at risk, because they don't consume meat; think again. This bacteria is present in many places in the environment and can attack vegetarians as readily as those who consume the livestock. It is a good time to remind you that keeping your optimum health is your best investment and your best protection. I use my skills to help people be strong and healthy, and in this way they can often do without the drugs.

HELPING YOU MAINTAIN A HEALTHY AND ACTIVE LIFESTYLE.
GUTHRIE CHIROPRACTIC