**How to Get Off Dangerous Prescription Medications Forever**

There is an alarming statistic that has been published recently in a respected newspaper that “106 000 people die annually in the US from properly prescribed drugs”. This is distressing as these drugs are prescribed to help us and to heal us not harm us, but unfortunately that is the harsh reality. There are however, alternatives and this article serves to highlight the most dangerous drugs on the market today, and how to overcome the need for them and replace them with alternative therapies and remedies.

**Prednisone**

The short term therapeutic benefits of this pharmaceutical can be valuable but the long term side effects of this drug can be detrimental to your health. There is quite a list of side effects which include:

* Elevated blood pressure
* Fluid retention
* Potassium loss
* Muscle weakness
* Osteoporosis
* Peptic ulcers
* Intestinal haemorrhage
* Skin thinning
* Poor wound healing
* Diabetes
* Reduced resistance to infection

The good news is that you can wean yourself off of this drug. It is recommended that you taper off prednisone over a period of 3-6 months and supplement your dietary intake with omega 3 fatty acids and a good multivitamin. [1]

Another problem with prednisone is that is it structurally similar to the hormone cortisol manufactured in the adrenal glands. Thus prolonged exposure to prednisone can inhibit your adrenal gland function. Thus is you suddenly remove the cortisone, there will be no cortisol in the body. By tapering the dosage you give you adrenal glands time to resume their normal cortisol producing function. Cold turkey removal of prednisone will result in withdrawal symptoms which may include severe fatigue, weakness, body aches, nausea, vomiting and light headedness. [3]

**Chemotherapeutic Drugs**

Chemotherapy drugs, such as methotrexate, are actually poisons that are prescribed to kill cancer cells in the body. These drugs also damage and kill healthy cells in the body. Chemotherapeutic agents are also prescribed to treat ailments such as rheumatoid arthritis. Health risks associated with extended use of chemotherapeutic agents are fetal death, congenital abnormalities, liver toxicity, kidney toxicity, lung disease and suppressed immune system. These drugs, especially for the treatment of rheumatoid arthritis, are used in conjunction with cortisone. [1]

Methotrexate, a common drug used for treatment of arthritis, functions by antagonizing and inhibiting the absorption of folic acid, which is necessary to prevent the accumulation of homocysteine in the arteries of the heart, so without this nutrient available, it increases inherently cardiovascular risks. [2]

There are many alternative remedies on the market that can treat rheumatoid arthritis and other such autoimmune diseases.

**Warfarin**

This pharmaceutical is often prescribed to alleviate hypertension (high blood pressure) and functions by thinning the blood thereby putting less pressure on the arterial wall and allowing the heart not to pump as hard. But there are many devastating side effects. Besides thinning the blood to such an extent that if an incidental injury occurs, it is almost impossible to stem the bleeding, it also weakens the blood vessels increasing the risk of stroke substantially. [1]

There are many simple and economical alternatives to blood thinners to improve and treat cardiovascular health. For example:

* **Vitamin C** – 1000mg per day can give you significant protection as it coats the red blood cell walls and prevents them from breaking and bleeding.
* **Vitamin E** - 400 IU coats the red blood cells and binds collagen in blood vessels making the walls stronger and lessening the risk of stroke and bleeding.

**Cholesterol Lowering Drugs**

There is much debate in the medical field over cholesterol levels and what they signify, but it is generally recognised that a lower cholesterol level is recommended and can be maintained by healthy diet and exercise. Yet the medical profession insist on prescribing dangerous drugs that have appalling side effects.

* **Statins** – These pharmaceuticals reduce the production of cholesterol in the liver and alter the way in which LDL (low density lipopolysaccharides) cholesterol enters the cells. Side effects include liver toxicity, muscle inflammation, gastrointestinal symptoms and eye issues such as cataracts.[1]
* **Bile Acid Sequestering Agents or Resins** – These absorb bile acids which are produced from cholesterol in the gastrointestinal tract and allow them to be excreted thus lowering the circulating levels of cholesterol in the blood. These drugs have side effects which include constipation, nausea and bloating. In addition there is reduced absorption of the fat soluble vitamins A, D, E and K and long term use may cause bleeding ailments, vision complications and high triglyceride levels. [1]
* **Atromid/ Lopid** – These drugs raise the HDL (high density lipopolysaccharide) levels and lower triglyceride levels. According to research conducted by the World Health Organisation, Atromid actually increased deaths from non-cardiac causes by 44%. These deaths were primarily attributed to cancer, gall bladder complications and pancreatitis. [1]

A preventative approach is a better one, including a diet rich in enzymes, antioxidants, vitamin E, vitamin C, beta-carotene, folic acids and vitamin B12 lowers the risk of cardiovascular disease significantly and certainly safer for your body’s biochemistry.

There are safer and more natural ways to lower cholesterol levels including a low fat, high carbohydrate diet, exercise and drinking enough water. Nutritional supplements are also recommended and should include enzymes, antioxidants, minerals, fiber and essential fatty acids. Vitamin C has been shown to reduce cholesterol additionally.

Research suggests that oxidized LDL’s are the culprits that do the damage to arterial walls and this can only occur in the presence of free radicals which are produced in animal products when exposed to heat and air during the cooking process. Antioxidants bind to this free radicals and make the unavailable to bind to LDL, essentially removing them from circulation. [3]

Omega 3 fatty acids are essential to reducing cholesterol and can easily be incorporated into the average diet in the form of cold water fish or supplements.

Niacin, particularly as inositol hexanicotinate, has been proven to lower LDL cholesterol levels and raise HDL cholesterol and can be safely used with no side effects.

**Prozac**

Depression is a terrible and crippling disease. But some of the drugs prescribed to treat depression can be just a debilitating and not to mention addictive. The mechanism of action of this class of drugs alters the levels of the neurotransmitter serotonin in the brain. Serotonin is one of the neurotransmitters that affect mood, agitation, anxiety and sleep. Too much of this neurotransmitter causes anxiety and obsessive behaviour, whereas too little causes depression. These drugs block the re-uptake of serotonin by nerve cells, thus leaving more serotonin to bind to receptor sites which alters mood and behaviour. [3]

A debilitating side effect of this drug is known as “akathasia” which literally means unable to sit down and refers to the fidgetiness and anxiety experienced by as many as 10 – 25% of Prozac users. This is often accompanied by suicidal thoughts, hostility and violent behaviour. [1]

There also is concern for people who have undiagnosed bipolar disorder (manic depression). Antidepressants have the potential to provoke manic episodes in these people, the FDA says. Doctors, patients, and family members should be on the aware of any symptoms of mania, including feeling extremely happy or very irritable, inflated self-esteem, not needing as much sleep as usual, talking, or being more active than usual.

There are natural solutions to depression such as aerobic exercise which actually alters the brain’s chemistry by increasing endorphins which are the body’s “feel good” hormones.

St John’s Wort (*Hypericum peroratum*) is a ubiquitous flowering plant has been used to treat the symptoms of depression for decades and it is inexpensive, widely available and efficient.

Tryptophan is an essential amino acid which is a building block for proteins utilised by our bodies and is incidentally, one of the building blocks for the neurotransmitter serotonin. Thus supplementation with tryptophan does not flood the system with serotonin such as Prozac, but provides the materials it needs to generate its own supply. This compound also aids sleep which can also alleviate the symptoms of depression.

**Amphetamines**

This class of drug is used predominantly to treat behavioural disorders such as ADHD but it has been shown ad nauseam that these drugs do not treat, they mask the symptoms and create problems such as psychological addiction and dependency. There is an increasing trend of depression and suicidal thoughts as a result of taking these types of drugs. [1]

There are many safe and natural alternatives for the treatment of ADD and ADHD. Essential fatty acids and zinc in combination have been shown to have a very positive effect on children and adults suffering from attention deficit type problems.

**Diuretics**

These pharmaceuticals are used to increase the kidney’s normal mechanism of action, thus causing an increase in excretion. This is used primarily in cardiac patients who are hypertensive, however, the long term use of diuretics depletes the body of essential minerals. This is called “mineral wasting” and the most dangerous minerals that are lost are potassium and magnesium which are essential for muscle and heart function. These drugs have their place in the treatment of congestive heart failure for example, but they should not be used on a long term basis and there are natural, safer and healthier ways to decrease fluid accumulation. [2]

One sure fire way to naturally lower your blood pressure is to increase your water intake, reduce the amount of fat in your diet and exercise for at least 30 minutes per day.   
  
**Proscar**

The death toll from prostate cancer is close to 40 000 men per annum and it is increasing. Surprisingly, almost every human male over 70 years old has some cancer cells in the prostate gland. These do not usually cause issues, only when they escape the capsule surrounding the gland do they cause problems. This drug was used to reduce prostate cancer and hypertrophy but has serious side effects. So serious, that females are advised not to handle the drug or have sexual intercourse with men who are on the drug, as exposure to treated semen could cause urogenital defects in male offspring. [1]

A natural remedy that also blocks the conversion of testosterone to dihydrotestosterone, is the lipid extract of the herb *Srenoa repens* (Saw Palmetto) which is economical, less toxic and incidentally more effective than Proscar.

**Diabetes Treatments**

For insulin dependent of Type I diabetes, whose pancreas produces too little insulin, insulin replacement is generally necessary. But with an appropriate diet, exercise and nutritional supplements, the amount of insulin required will be reduced, as will the long term complications of insulin dependence.

Type II diabetes, which is the more prevalent type of diabetes, is often treated with oral drugs such as micrnase, glucotrol and tolinase, which can cause problems such as hypoglycaemia, headaches, gastrointestinal disruptions, fatigue and liver damage. Over and above these side effects, there is also the increased risk of death from heart attack and blood vessel disease. [2]

Nutritional supplementation is critical to the natural control of diabetes. It replaces the nutrients lost during excessive urination and helps balance the body’s homeostasis.

Chromium picolonate facilitates the action of insulin and maintains glucose, protein and lipid metabolism. It improves insulin sensitivity and thus reduces complications from diabetes by lowering blood glucose levels.

Vanadul sulphate is an insulin analogue which can be used to enhance glucose metabolism and reduce the need for insulin in diabetics.

Gamma linolenic acid (GLA) is an essential fatty acid that is essential to metabolism and has been shown to improve the complications of diabetes, especially neuropathy.

Biotin functions to lower blood sugar and supplementation with 16mg per day has been shown to reduce blood sugar levels in diabetics.

**Arthritis Medication**

This inflammatory, painful and debilitating disease is remarkably prevalent in society and comes in many forms. It largely affects the joints but can also have detrimental effects on connective tissue and the musculature. The most common prescription for pain maintenance is for NSAIDs (non-steroidal anti-inflammatories) which in themselves have detrimental side effects and result in the deaths of 6000 people per year!

The problem lies in that this is a treatment of symptoms rather than treating the underlying cause of the problem. The side effects include gastrointestinal disorders, bleeding, kidney and liver damage, as well as sodium retention and the problems that come with that. But what is worse, is that NSAIDs destroy the cartilage lining the ends of bone and thus result in fragile joints and increased potential for fracture.[3]

There is a school of thought that suggests that arthritis is caused from infection with *Mycoplasma sp.* and thus supplementation to eliminate the infection is recommended rather than treating the symptoms. A natural approach can reduce the inflammatory response and rebuild cartilage thus curing the underlying cause for the pain rather than just masking it.

Supplementation with glucosamine sulphate and chondroitin, which are building blocks of glycoaminoglycans found in cartilage, is said to restore joints. It has a high water retention ability and imparts cartilage with its shock absorption capabilities.

**Cold & Flu Medication**

Almost all of us self-medicate from time to time with aspirin, ibuprofen and decongestants without a second thought. These medications can actually suppress your immune system at a time when your body is under attack by an army of invaders. [1]

There are many natural anti-viral remedies on the market today that are effective and have no side effects.

Colloidal silver has been used in traditional medicine for eons and for good reason. It is tremendously against bacterial infections.

**Beta Blockers & Calcium Channel Blockers**

These encompass the class of drugs used to treat high blood pressure but have detrimental side effects such as lowering libido, impotence, fatigue and unfavourable blood lipid concentrations. Worst of all they compromise cardiovascular function as they weaken the heart and relax the blood vessels. [1]

Beta blockers inhibit the response of the heart muscle to epinephrine which stimulates heart rate and raises blood pressure. Although they do function to lower blood pressure, long term use can result in shortness of breath, cold extremities, heart palpitations, congestive heart failure and hypertension. [2]

Calcium channel blockers are also used to lower blood pressure by inhibiting the entry of calcium into arterial cell walls. This has a vasodilatory effect. But it has been recently shown that there is a correlation between the use of these drugs and death from cardiovascular disease. [1]

High blood pressure can be alleviated naturally with an appropriate diet, exercise and stress reduction techniques. It is recommended to drink sufficient quantities of water and eat 5 servings of fruit a day. Supplementation with magnesium, L-carnitine, L-tuarine and Co-enzyme Q10 can naturally lower blood pressure without the need for dangerous and toxic pharmaceuticals. [3]

These types of drugs cannot just be stopped. They need to be weaned gradually and under the supervision of a physician to avoid a dangerous rebound effect and myocardial infarction.

In the final analysis, although prescription medication is a part of life for many people, but over-prescription and the increase in toxic and synthetic ingredients in the medication we take today, has put a dampener on its efficacy and safety. There can be serious health consequences as a result of prescription medication, but luckily there are many natural treatments and remedies that are just as effective (if not more so) and safe to use with minimal side effects.

**References:**

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