

Terry Talks Nutrition



Alternatives to Dangerous Drugs

Are Prescription Drugs ALWAYS Bad?

Am I against *all* prescription medications? No. There are a few that are great life-savers. But I am against blindly accepting all foreign chemical substances as “helpful” simply because they bear the “prescription” or “over-the-counter” drug moniker. In too many instances to count, these synthetic chemicals have done grievous damage when a natural intervention may well have yielded superior and *far safer* effects.

A common drug like ibuprofen can cause the deaths of over 15,000 people a year—yes, I said 15,000 human beings *a year*—but if one person has an unusual or allergic reaction to an herb and dies, how long do you think that herb will remain on the market? The media goes into a feeding frenzy with “scary” sensationalized herbal stories, yet awful statistics about death and injury caused by prescription drugs are treated as an anomaly and the stories quickly fade.

Every day about **300 people die** from an adverse reaction to a drug that was supposed to help them. More than 2 million people a year have to seek treatment at a hospital for an adverse reaction to a prescribed medication. An adverse reaction can be something relatively mild - itching or an upset stomach - or something as serious as breathing problems or an irregular heartbeat.

There are a myriad of effective, natural ways to address illness and injury *without* putting a person’s life at risk. Let’s look at some examples of natural products that have been proven equal or superior to pharmaceutical drugs.

The Best-Selling Drugs in America: Reducing Cholesterol

Brand names: Lipitor (atorvastatin), Crestor (rosuvastatin), Zocor (Simvastatin)

Adverse effects: headaches; muscle aches and debilitating muscle pain syndromes; weakness; dizziness; abdominal cramps; memory loss; “brain fog;” increased cancer risk; increased Parkinson’s disease risk; interferes with natural CoQ10 production, which leads to heart muscle weakness; interferes with hormone production; linked to depression and congestive heart failure, as well as hormonal disruption.

Try this instead:

Omega-3 fatty acids bound to phospholipids; Indian Gooseberry; Bioavailable Curcumin, and Fiber

Remember that high **cholesterol is not the**

problem. *Low* HDL cholesterol is a problem, along with inflammation in the blood vessels and oxidation of circulating cholesterol. So a better idea is to raise HDLs, reduce oxidation in the body and eliminate inflammation in the blood vessels. Did you know that for every 1% you raise HDLs, you get a corresponding 2-3% decrease in heart disease risk? And if your HDLs are high enough, you will not get heart disease, regardless of the total cholesterol number.

Raise HDLs and balance cholesterol using clinically-proven **Indian Gooseberry** (*Embilica officianalis*). Published scientific studies show it reduces plaque in the arteries, impacts cholesterol synthesis, protects cells from oxidation, and in a human trial, **increased HDLs 14%** while lowering LDLs 21% for a much healthier cholesterol balance.

At the same time, reduce oxidation and inflammation with a highly bioavailable curcumin extract. Inflammation on the interior of the blood vessel is the first step in plaque development, and curcumin will greatly inhibit this process. However, not just any curcumin will do. Curcumin is hard to absorb. In order to get therapeutic levels of curcumin in the blood stream, it should have clinically-proven enhanced absorption. I prefer curcumin extracts complexed with essential turmeric oils and naturally occurring plant phospholipids. I never recommend those blended with piperine for absorption, because piperine (extract of black pepper) is hard on the liver, and interacts with the majority of drugs on the market, including anti-seizure, blood pressure, heart rhythm, and cancer drugs.

Omega-3 fatty acids are crucial for cholesterol

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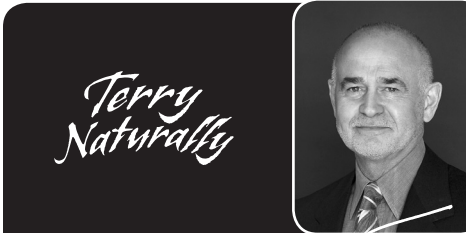
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Key Words

drug adverse effects, side effects, prescription drugs, drug alternatives, drug safety, adverse reaction, drug reaction, statins, menopause, cholesterol, estrogen, progesterone, SSRI, antidepressant, ulcers, DGL, deglycyrrhizinated licorice, black cohosh, hop cone extract, cimetidine, diarrhea, probiotics, curcumin, boswellia, AKBA, diphenoxylate, atropine, celecoxib, sinus, eucalyptus, myrtle, chemotyped oil, anxiety, diazepam, chlordiazepoxide, ibuprofen, clown’s mustard, Iberis amara, dicyclomine, hyoscyamine, prochlorperazine, peppermint oil, pseudoephedrine, nausea, vomiting, depression, anxiety

One of the greatest frustrations for anyone working in natural health is the prejudice that somehow prescription drugs are better, more powerful and safer than natural medicines simply because they are prescription drugs. The word “prescription” is like a halo that confers implied benefits such as “Ordered by a doctor” and “Clean” and “Powerful.” It is the slickest, most effective marketing campaign I have ever seen. Over the last 70 to 80 years, synthetic medication has pushed out natural remedies that have been used successfully for centuries. And the drug manufacturers have been going out of their way ever since to undermine the credibility and effectiveness of natural medicine. After all, you can’t make billions in profits from a simple herb. And what does it do to your bottom line if the simple herb turns out to be better than your heavily-invested drug? To what lengths would you go to protect those profits and investments? Obviously, some would go so far as to cause death and injury to innocent, unsuspecting patients, eager for a cure, but unaware of the toll the drug may take. Unaware they have other, safer options.

In this issue of *Terry Talks Nutrition*, we are going to look at some of these dangerous drugs, their adverse effects and which natural medicines are safer . . . and more effective, too.



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Alternatives to Dangerous Drugs

Natural Medicines that Outperform Drugs

Now that we have looked at the most prescribed class of prescription drugs, let's examine other examples of powerful natural medicines you may be taking for granted that in fact, outperform drugs. This list is by no means all-inclusive.

Indication	Common Drug	Risks	Natural Medicine	Effectiveness
Menopause	Hormone Replacement; synthetic estrogen and progesterone	Cancer, heart disease, blood clots, Alzheimer's	Black cohosh Hop cone extract	Shown equal to or superior in effectiveness
Ulcers, gastritis	Cimetidine (Tagamet)	Headaches, dizziness, male breast enlargement, confusion, low white blood cell counts, psychosis, depression, anxiety	DGL (deglycyrrhizinated licorice)	Shown equal to or superior in effectiveness
Diarrhea or loose stools	Diphenoxylate and atropine (Lomotil)	Intestinal blockage, dry mouth, constipation, headaches, limb numbness, convulsions (with excessive use)	Probiotics Curcumin	Shown equal to or superior in effectiveness
Sinus congestion	Pseudoephedrine (Sudafed)	Heart arrhythmias, increased blood pressure, risk for stroke, risk for heart attack	Chemotyped eucalyptus and myrtle oil standardized to cineole	Shown equal to or superior in effectiveness
Anxiety	Diazepam (Valium), chlordiazepoxide (Librium)	Addiction, sedation, confusion, falls, liver failure	Specialized low dose echinacea angustifolia root extract	Shown equal to or superior in effectiveness
Arthritis	Celecoxib (Celebrex), ibuprofen	Liver, kidney, and heart damage, gastritis, ulcers, death	Bioavailable curcumin and AKBA-standardized boswellia	Shown equal to or superior in effectiveness
Prevention of cancer recurrence	Various agents; chemo and/or hormone blockers are common	Immune suppression, hormonal disruption, pain, nausea, cancer, liver, kidney, and heart damage	Bioavailable curcumin	Preliminary results indicate equal to or superior in effectiveness, and may allow drastic reductions in chemo and associated adverse effects by partnering with curcumin
Irritable Bowel, Inflammatory Bowel	Dicyclomine, hyoscyamine, antidepressants, anti-anxiety, loperamide (Imodium)	Confusion, erectile dysfunction, constipation, weight gain, blurred vision, loss of taste, kidney damage, nausea, teeth grinding, anhedonia (loss of sense of joy and happiness)	AKBA standardized boswellia Enteric-coated peppermint oil	Shown equal to or superior in effectiveness
Nausea and vomiting	Prochlorperazine (Compazine)	Agitation, sedation, dry mouth, constipation, drooling, twitching, liver damage	Clown's mustard (<i>Iberis amara</i>) and supportive herbs	Shown equal to or superior in effectiveness
Mild to Moderate Depression	SSRIs (selective serotonin reuptake inhibitors like Prozac, Zoloft, Celexa, Paxil, etc.)	Weight gain, agitation, sedation, fatigue, headaches, nausea	St. John's wort	Shown equal to or superior in effectiveness

Long though this chart may be, there are literally hundreds—maybe even thousands—of other comparisons that could be listed. Hopefully, this demonstrates the great treasures to be found on our health food store shelves. It is certainly worthwhile to revisit these time-proven natural medicines. You will be amazed at the difference these supplements can make!

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balance and heart disease prevention/treatment. They balance cholesterol by reducing LDL while increasing HDL cholesterol, and reduce triglycerides. Omega-3s also have a great impact on systemic inflammation. But omega-3 fatty acids from fish oil are very poorly absorbed, and are bound to triglycerides. The *better* way to increase omega-3 fatty acids is to use salmon extracts utilizing Vectorization. This process yields a natural whole food omega-3 complex that has 50 times the absorption of fish oil with no rancidity or GI upset.

And last, greatly increase fiber in your diet. Why? Because fiber soaks up and transports cholesterol your body is trying to eliminate. Less fiber means more cholesterol is reabsorbed during the elimination process, and more fiber means it is effectively carried out of your body. Try for a total of 25 or more grams a day of dietary fiber from food, and add supplements if you cannot reach or exceed this total with diet alone.

These steps will be much more effective at balancing cholesterol (shifting away from LDL and towards HDL) and preventing heart disease than any statin drug, and all without damaging or life-threatening adverse effects.

For Healthy Cholesterol Balance look for formulas these ingredients:

Proprietary Complex 500 mg

Containing Indian Gooseberry (*Emblica officianalis*) Fruit Extract standardized to contain greater than 30% polyphenol content with emblicanins >20%.

Proprietary Complex 750 mg

Containing Curcumin CRX 791 (BCM-95®) Micronized (*Curcuma longa*) Rhizome Extract, phospholipids, turmeric essential oils.

BCM-95® is a registered trademark of Dolcas-Biotech.

Phospholipid Peptide Complex 292 mg

Containing Phospholipids, Omega-3 [DHA (docosahexaenoic) and EPA (eicosapentaenoic)] and hydrolyzed peptides extracted from Atlantic Salmon (*Salmo salar*), in a balanced ratio as found naturally in salmon; not chemically altered or spiked with DHA/EPA

When in doubt, always consult your physician or health care practitioner. This column is to provide you with information to maintain your health.