

Natural Pain Reliever Alternatives

- Ginger - Anti-inflammatory
- Turmeric - Anti-inflammatory
- Vitamin C - Anti-inflammatory + healing
- Valerian Root - Pain reliever
- Cayenne Pepper - Anti-inflammatory
- Arnica - Pain reliever
- Fish Oil - healing properties
- Evening Primrose Oil - healing properties + Pain reliever
- Borage Oil - healing properties

Also :

- Magnesium
- Calcium Lactate
- Passion Flower
- Glucosamine Sulfate
- Zinc
- Manganese
- Kava kava

Common Side Effects of NSAID's

- | | |
|-----------------------------|-----------------|
| Dizziness | Skin Rash |
| Nausea | Heartburn |
| Ulcers | Stomach Pain |
| Fluid Retention | Indigestion |
| Constipation | Rectal Bleeding |
| Rectal Irritation | Edema |
| Headache | Vomiting |
| Bloating and Gas | Diarrhea |
| Nervousness | Irritability |
| Gastrointestinal Irritation | |
| High blood pressure | |
| Abdominal Cramps/Pain | |

Nonsteroidal Anti-Inflammatory Drugs (NSAID's) are better known to the public as over the counter pain killers. Ibuprofen (Adviltm, Motrintm, Nuprintm), Aspirin, and Keptoprofen or Orudistm are a few of the most well know pain killers. And these drugs are just that, killers. Many of us take or have taken these drugs blindly, following their advertisement of everyday use without any

knowledge of the real damage that they cause. The fact is 76,000 people each year are hospitalized from reactions to NSAID's, as of the year 2000. Imagine how that number has grown in the past years. Because of their toxicity, NSAID's are now associated with gastrointestinal disorders, ulcers, kidney and liver disease, cataracts, high blood pressure, chronic headaches, and heart disease. The list does not end there. See the box below for the list of

common side effects that NSAID's cause.

The side effects are not the only reason to be weary of these pills. While they do "kill pain" they also allow us to remain active before our bodies have had the chance to heal. So without the warning of pain, we may re-injure or make worse a wound that has not yet completely healed. As NSAID's block the messages from the brain that tell us we are in pain, they also block messages that tell the body to

create collagen and elastin
which are necessary for healing.

Not only are these drugs causing
damage to internal organs, and
helping us to hurt ourselves
worse, but they are inhibiting
the body's ability to heal. Tell
me, where is the good? It is no
wonder that more and more of us
are turning to natural
healthcare for answers about our
families' health.