

What are Side-Effects Anyway?

I bet you did not know that your liver produces over 500 different chemicals on a daily basis.

Those chemicals help with digestion, act as hormones, clean the blood, and do 497 other great things in the body!

What do you think happens when you introduce toxic foreign chemicals into that system? It throws off that delicate balance. The liver is the body's filtration system. Every poison put into the body has to go through the liver to be removed!

Have you ever had a hangover? A hangover is the result of toxic alcohol, a poison, that has been introduced into that fragile system. Drugs are no different, illicit or prescribed. There are not really side-effects, just effects, and when you take a

medication, the hope is that the good will outweigh the bad effects. But, remember, there are always bad effects.

Expecting a drug to act on only one specific area or problem in the body is like trying to place a drop of food coloring into the corner of a glass of water and expecting it to stay there.

God made the body with everything it needs to function inside of it. It has all of the painkillers, blood pressure and cholesterol regulators, and healing agents it needs. We just need to take care of it! That means exercise, good nutrition, and a properly functioning nervous system.

The next time for feel like reaching for a pain killer or muscle relaxant, just wait a little while and see how your body will handle it!