

Medication Warnings

September 2004, December 2004 and January 2005 all possess outstanding events that were but mere 3cm by 3cm articles in the national newspapers. For September it was Vioxx, December Celebrex and January Bextra. What you may say, what language is Cyndi now speaking. What these underline names are; are prescription drugs for arthritis all posing health threats to the people who use them, with death being one of the side effects. The company who makes Vioxx made \$US2.5 billion from the product until its withdrawal from the shelf, conceding that it caused heart attacks and strokes. 300,000 Australian were using Vioxx .

Aspirin is not innocent

You're probably thinking, well this article has nothing to do with me, because I don't take drugs for arthritis. But don't stop reading as aspirin is also being implicated in dangerous side affects. A recent study published in a prestiges medical journal; found 70 percent of patients who took basic painkillers such as aspirin, ibuprofen or naproxen for more than three months suffered damage to their small intestines. The study concluded; "We have always known that NSAIDs (non steroidal anti-inflammatory drugs) can cause potentially deadly stomach complications but the extent of the impact on the small intestine was largely unknown until now".

Antidepressants are a Shame

In Australia, there was a 350 percent increase in prescriptions for SSRIs (selective serotonin reuptake inhibitors) such as Prozac, Zoloft and Paxil between 1990 and 2002. Unbeknown to the user these antidepressants not only don't work but are causing suicidal or violent tendencies among some users. The drugs are basically a narcotic, it's an upper, so no wonder you feel better. What is more disturbing is that the prescription for these drugs has increased dramatically amongst children and teenagers.

Too Much Money

The drug companies are where the tobacco companies were 20 years ago. Having a free ride! But more and more people are questioning the efficacy of many drugs. Last year Australia spent \$5.8 billion on prescription drugs. I'm happy to say I did not contribute one cent. And that is the attitude that many people need to adopt if we are going to stop the staggering death toll and injuries from the sham of some prescription drugs.

I must stress here that the drugs I am speaking about are the drugs that are used for ongoing conditions. There are many advances in medicine and science where drugs are necessary, such as in life saving surgery and other life threatening conditions. What I am opposed to are the drugs being used in lifestyle diseases

where a change in diet and lifestyle will produce better and more lasting affects and not contribute to the escalating costs of Medicare.

Popping Pills and Drinking Alcohol

I'm also opposed to the ongoing culture of popping a pill to make us feel better, whether that be; for a headache, pain relief or any other ache or pain that may cause discomfort. Even a glass of wine at night, flopping down on the couch and saying innocently, "that feels better", sends a message to our young people. This culture shows our young that it is alright to pop pills to feel better and that in my opinion is why our young so freely abuse recreational drugs and alcohol.

SICKO by Michael Moore

Michael Moore the most successful producer and director of documentaries in the history of movies with such scathing films on the Gun Lobbies and President George W Bush is now pointing his camera lens on the Pharmaceutical companies Make sure you don't miss his latest documentary, called SICKO.

With all the knowledge we have about health and wellbeing it astounds me that people still go to doctors who only offer prescriptions to manage illness. If you go to such a doctor then it is time to change your doctor and seek one who offers advice on diet and lifestyle.

The only way to ensure to not contribute to the profit of the drug companies is to have no use for them. In other words, stay healthy or get healthy. We know that technology driven food causes disease, so stop eating the plastic fantastic foods and start eating natural, healthy foods. To eat right is a good start, and then you add to it, with exercise, a positive outlook on life, freeing yourself of burdens that weigh you down and start smelling the roses.

A New Year

If the new year celebrations have taken you off track, don't dwell on it, just decide to start making new habits today. Open up Changing Habits Changing Lives and start again. The first chapter will only take a few minutes to read or listen to and then you are on your way again. Make sure you plan to exercise at least 4 mornings a week, and don't forget to do the incidental exercise of walking places or upstairs instead of using the car and escalators.

Until next month.

Happy Changing Habits
Cyndi O'Meara
www.changinghabits.com.au