

What You Need To Know About Pain and Anti-Inflammatory Medications

By Toni Eatros, MS, Dipl Ac, AP

Anti-inflammatory medications are some of the most commonly prescribed drugs. More than 100 million prescriptions for these medications are written every year in the United States. This number does not include the over-the-counter use of (non-steroidal anti-inflammatory drugs) NSAID's such as aspirin and ibuprofen.

Examples of NSAID's include:

- Aspirin
- Celebrex
- Voltaren
- Ibuprofen (Motrin)
- Indocin
- Orudis
- Naproxen (Naprosyn)
- Piroxicam (Feldene)
- Vioxx

What Do NSAIDs Do?

NSAID's are used to treat inflammation in the body. They are a class of medications that poison an enzyme in the prostaglandin pathway. They may help with symptom relief, but they do little to promote healing. In fact, the long-term use will actually inhibit healing.

The Purpose of Inflammation in the Body

Although inflammation in our body is uncomfortable, it is a natural process and serves a number of purposes including:

Recruiting certain immune system cells that promote healing of an injured tissue.

Sends a message of pain telling us we need to rest the affected area to prevent further injury.

Prostaglandins recruit white blood cells to an injured area to prevent infection and clean up cellular debris.

Body Triggers of Inflammation

- Bacteria and Viruses
- Drugs
- Environmental Toxins
- Food Allergies & Leaky Gut Scenario
- Fungus and Yeast
- Injury and Trauma, such as a sprained ankle
- Parasites

Which of the above conditions do NSAID's treat? The fact is NSAID's do not treat any of the above triggers to inflammation, only the resulting inflammation. In fact, the long-term use of NSAID's will make many of these conditions worse, leading to more inflammation.

The better approach is to look for the underlying cause of inflammation and treat the cause instead of suppressing the symptom.

Our body is amazing and if given the correct raw materials (vitamins, minerals, enzymes, water, rest, etc) complete healing will often occur automatically. Remember, inflammation is not a result of a NSAID deficiency, it is a normal response of the body to an injury.

Side-Effects of NSAID's

Any time a crucial enzyme is poisoned or a receptor is blocked by a medication, multiple side effects can occur. Some of the adverse side effects of NSAID's include:

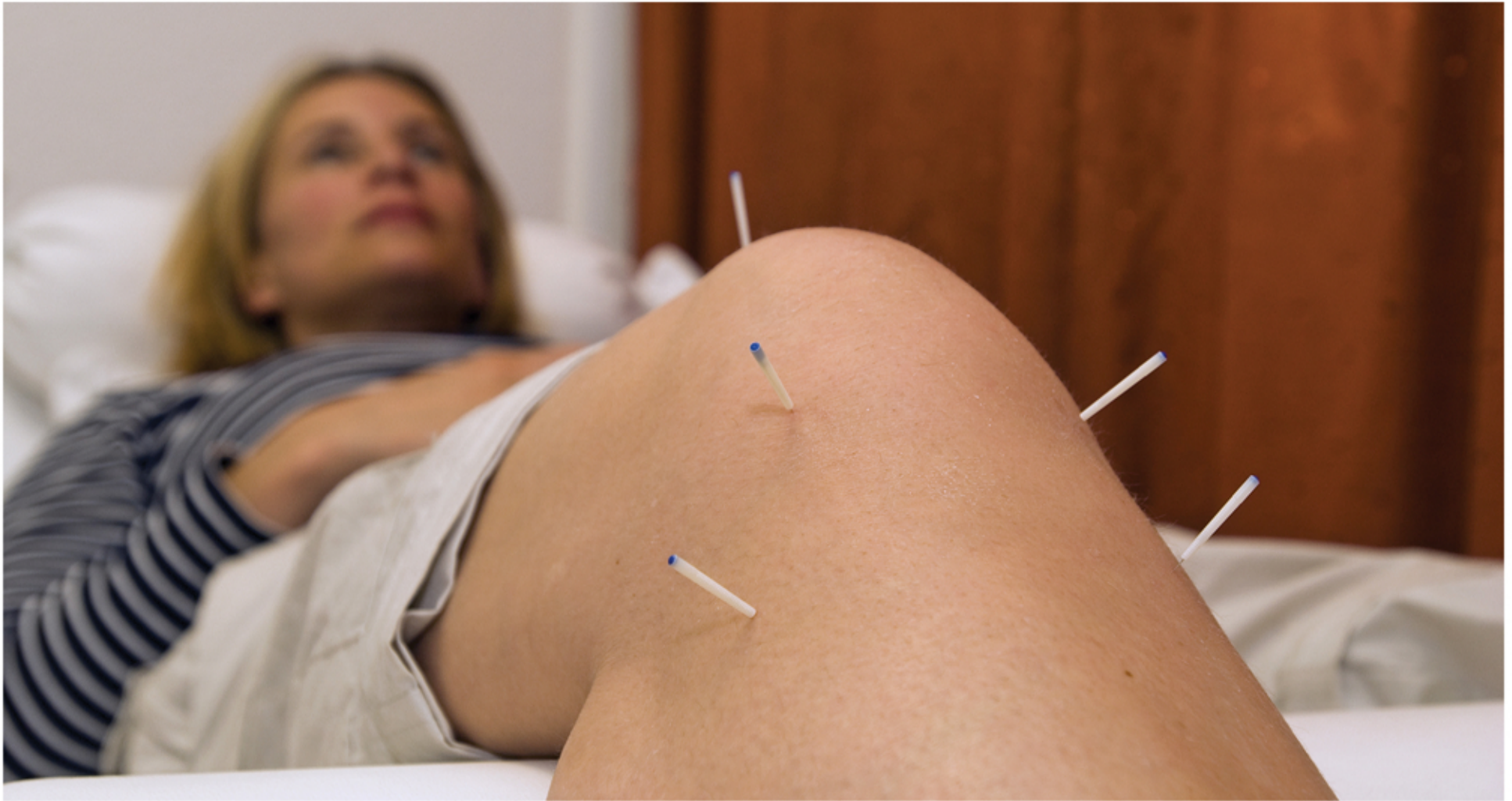
- Bleeding
- Constipation or Diarrhea
- Decreased Appetite
- Depression
- Dizziness
- Edema/Fluid Retention and Decreased Action of Diuretic Medication
- Headache
- Increased Risk of Heart Attack
- Kidney Failure and Reduced Blood Flow to the Kidneys
- Leaky Gut - Increased Gut Permeability Allowing Toxins to Enter the Blood
- Liver Failure
- Nausea and Vomiting
- Poor Healing
- Rash
- Shortness of Breath
- Sleep Disturbances
- Ulcers

NSAID's and the Kidneys

It is known that long-term use of NSAID's adversely affect kidney function. It is estimated that over 2.5 million people in the U.S. experience kidney side effects as a result of NSAID use. These drugs affect the kidneys by:

- Decreasing blood flow to the kidneys
- Slowing down the rate of waste filtration happening in the kidneys
- Causing edema in the body
- Increasing blood pressure
- Causing interstitial nephritis





Researchers have found that people on a salt-restricted diet, using diuretic medication or those with preexisting kidney disease, high blood pressure, congestive heart failure, or liver disease all have an increased risk of kidney dysfunction when using NSAID's. This resulting decrease in kidney function then leads to an accumulation of homocysteine and a marked increase in death from heart attacks and strokes.

A recent study in the British Medical Journal found several NSAID's associated with an increase risk of heart attacks as a result of poisoning the Cox-1 and Cox-2 enzymes.

Voltaren (55% increased risk)
 Ibuprofen (24% increased risk)
 Naprosyn (32% increased risk)

Should NSAID's Ever Be Used?

These drugs can be helpful in certain short term situations. However, it is extremely important to remember that any drug that poisons a crucial enzyme should be used only with extreme caution and only for the short-term. Long-term use of these medications should only be used as a last resort. There are many natural alternatives to NSAID's that are much safer for the body.

Natural Anti-Inflammatory Alternatives

- Acupuncture
- Auricular Medicine - the use of the ears to treat the entire body
- Essential Fatty Acids such as Fish oil (3 grams per day), Flaxseed Oil, Black Currant Oil, Borage Oil, Evening Primrose Oil
- Healthy Diet that has the correct 4:1 balance of Omega 6 / Omega 3 fatty acids.
- Glucosamine Sulfate (the correct sulfate form is essential) - try 500mg - three times daily for six weeks
- Systemic Enzymes such as Serrapeptase - Enteric Coated, 3 capsules, 2-3 times daily on an empty stomach
- Vitamin C - 5000 mg daily, if you get diarrhea, lower the dose - For acute inflammatory conditions, a higher dose or IV Vitamin C may be required. It is nearly impossible to control inflammation without the use of Vitamin C.

Adequate Water Intake is Essential - Dehydration is a major cause of inflammation. Early morning stiffness is a cardinal sign of dehydration. To figure out the amount of water you should be drinking, take your weight in pounds, divide by 2.

This is the number of ounces you should drink daily. If you are drinking adequate amounts of water, then adequate intake of unrefined celtic sea salt is required to keep electrolytes balanced. Take 1/4 tsp of Celtic sea salt mixed in 1/2 cup of water for every 32 ounces of water ingested.

At Acupuncture and Natural Health Solutions, we strive to provide many alternatives to pharmaceutical use. Stop poisoning your body with these medications and let us help you treat the root of the illness instead of suppressing the symptoms. Call today, 239-260-4566 or schedule online at www.AcupunctureSolutionsOnline.com

Yours In Health & Wellness,
Toni L. Eatros, AP
**Acupuncture & Natural
 Health Solutions**



239-260-4566

www.AcupunctureSolutionsOnline.com