

Prescription Medications

What do medications do?

What is the primary reason you would go for a prescription?

1. Pain
2. Infection
3. Organ Dysfunction
- 4.

What can you do to prevent needing a medication?

What are the side effects of medications from?

What is the liver's role in detoxification?

Are you getting to the cause of the problem with prescriptions?

How can you strengthen your immune system?

Common medications and what they do:

How does chiropractic fit into your health equation?

What about herbs?

How can you get off the medications you are on?

Table 2: Top 10 Drug Side Effects that interfere with Patient Care and Positive Clinical Outcomes

TOP 10 CLINICAL SYMPTOMS DRUGS MOST COMMONLY USED	SIDE EFFECTS	KEY SUPPORT TO ENHANCE POSITIVE CLINICAL OUTCOMES
Cholesterol <i>Statins / cholesterol lowering medications: Lipitor, Zocor, Crestor, Pravachol</i>	<p>HA, muscle pain, tenderness or weakness, severe neuromuscular degeneration, insomnia, Paresthesia, abdominal pain, cramps, diarrhea, heartburn, rash, blurred vision, anaphylactic reactions (hives, throat closure, facial swelling) <i>Contraindications: chronic muscular disease, liver problems, drink alcoholic beverages, surgery, pregnancy, grapefruit & grapefruit juice may interact with Lipitor – the interaction could lead to potentially dangerous effects. Statins interact adversely with many common drugs including BCPs, Antibiotics, et. – talk to your doctor before taking Statins with any OTC or RX medications!</i></p>	<p>Hepatic detoxification & support: Milk Thistle / Silymarin, Schisandra fruit, Rosemary leaf, Beet leaf, organic cruciferous vegetable concentrations – Kale, Brussels Sprouts, Alfalfa sprouts, Spanish black radish, Tillandsia, Digestive Support: Okra Pepsin, Chlorophyll Perles (fat-soluble), Vit B & C complex, CoQ10, Soy Bean Lecithin</p>
GERD / Heartburn <i>Prevacid, Nexium, Protonix, Tums</i>	<p>HA, dizziness, nausea, diarrhea, chest pain, throat pain & severe abdominal pain, GI bleeding <i>Contraindications: liver problems, pregnancy</i></p>	<p>Okra Pepsin, Chlorophyll Perles (fat-soluble), proteolytic digestive enzymes, Licorice root, Chamomile Flower, Meadowsweet herb, Folic Acid, B12, Ca+, Fe+, Zn+, Vit D</p>
Depression <i>Zoloft, Paxil, Wellbutrin, Lexapro, Celexa, Prozac</i>	<p>HA, tremor, dizziness, Ataxia, Seizures, CNS Stimulation, Somnolence, nausea, Male Sexual Dysfunction, Decreased Libido, Asthenia, Abnormal Bleeding, Mania/Hypomania, Tinnitus, Myalgia, Arthralgia, Rhinitis, Fatigue, Impaired Motor Function, Pruritis, Respiratory Symptoms <i>Contraindications: liver or kidney problems, seizures, mania, suicidal thoughts, pregnancy, breast feeding, during or within 14 days of MAOIs, Anorexia</i></p>	<p>Hepatic detoxification & support, Okra Pepsin, Chlorophyll Perles (fat-soluble), St. Johns Wort herb flowering top, Bacopa herb, Schisandra fruit, Eleuthero root, Rosemary, Skullcap, Vervain herb, Damiana leaf, Alkaline Ash Minerals, Hypothalamus support</p>
Pain <i>NSAIDS, Oxycontin, Celebrex, Vioxx</i>	<p>HA, dizziness, stroke, MI, cardiovascular thrombotic event, blurred vision, ulcers, anemia, drowsiness, deafness, weakness, ringing in the ears, photosensitivity, dyspepsia, vomiting, kidney and heart failure, anxiety, weight gain, edema, flu-like symptoms, constipation <i>Contraindications: asthma, Urticaria, Allergic reactions to various medications (aspirin, sulfonamides)</i></p>	<p>Hepatic detoxification & support, Okra Pepsin, Chlorophyll Perles (fat-soluble) bioflavonoid complex, Boswellia, Willow Bark, Celery Seed fruit, Ginger rhizome, Turmeric rhizome, Californian Poppy, Corydalis, Omega-e Essential Fatty Acids</p>
Diabetes / High BS <i>Glucophage</i>	<p>HA, myalgia, dizziness, nausea, vomiting, diarrhea, lactic acidosis, fatigue, bradycardia, dyspnea <i>Contraindications: liver or kidney problems</i></p>	<p>Hepatic support & detoxification, GTF Chromium, Gymnema Sylvestre leaf, Proteolytic digestive enzymes, Okra Pepsin, Chlorophyll Perles (fat-soluble)</p>
Allergies / Antihistamines <i>Claritin, Allegra, Zyrtec</i>	<p>HA, back pain, dizziness, drowsiness, insomnia, fatigue, dry mouth, arrhythmia, seizures, anaphylactic reactions <i>Contraindications: pregnancy, breast feeding, liver or kidney problems, allergies to antihistamines</i></p>	<p>Albizia bark, Chinese Skullcap root, Feverfew leaf & stem, Vit C complex, Adrenal support, Hepatic detoxification</p>
Osteoarthritis <i>Celebrex, Vioxx</i>	<p>See list above for pain</p>	<p>Omega-3 Essential Fatty Acids, Glucosamine Sulfate, Boxwellia, Hepatic detoxification</p>
Osteoporosis <i>Fosamax, Actonel, Boniva, Evista</i>	<p>HA, myalgia, dysphagia, heartburn, esophagitis, gastritis, ulcer, stomach pain, diarrhea <i>Contraindications: GERD heart burn, gastritis</i></p>	<p>Okra pepsin, Chlorophyll (fat soluble), hepatic detoxification, cold-processed bone meal, Ca+, Vit C & D complex</p>
Sleep Disorders <i>Ambien, Lunesta, Nembutal, Seconal</i>	<p>Myalgia, dizziness, amnesia, clumsiness, ataxia, syncope (temporary loss of consciousness), SOB, hallucinations, severe confusion, anxiety, CNS depression, nightmares, depression, psychiatric disturbance, somnambulism (sleep walking), liver damage, megoblastic anemia <i>Contraindications: liver problems</i></p>	<p>Valerian root & rhizome, Spiny Jujube seed, Passion flower herb, Alkaline Ash Minerals including K/Ca/Mg+, Adrenal & hepatic support to reduce Cortisol levels balance blood sugar & the CNS</p>
Asthma <i>Advair, Serevent, Foradil</i>	<p>HA, myalgia, dizziness, muscle cramps, tremor, seizures, tachycardia, angina, anxiety, fatigue, insomnia agitation, hypo or hyper BP <i>Contraindications: tachycardia, lactose intolerance</i></p>	<p>Hepatic detoxification, Adrenal support, Immune support: Calcium, Vit C, Vit A, Chinese Skullcap root, Malabar Nut Tree leaf, Grindelia herb, Turmeric rhizome, Ginkgo leaf, Sweet Fennel</p>