

...And yet you ask, "Which pain-killer is 'right' for me?"

An article which appeared in the Los Angeles Times titled, "Analgesics may kill more than pain," reinforces the chiropractic principle that drugs are not the desired method to relieve pain or to obtain and maintain health.

"Analgesics" are a category of drugs which include most over the counter pain medications such as: Ibuprofen®, Advil®, Nuprin®, Motrin®, Tylenol® and Anacin®.

Quoted in the article is Dr. William Bennett - director of health sciences at the University of Oregon, reports these medications, when used long term or at an increased intensity for a period of time have the potential to cause permanent kidney damage! Dr. Bennett was on a National Kidney Foundation panel that urged unsuccessfully the FDA to mandate a warning label for kidney problems for these types of medications.

Dr. Bennett estimates that over the counter pain killers are responsible for at least 20 percent of the 125,000 cases of end stage kidney damage per year in the United States. If Dr. Bennett's estimates are accurate, the Federal Government is spending over 500 million dollars per year for the medical costs associated with kidney disease caused by these analgesics.

A Federal Government study published in May 1996, concluded the risk of serious kidney disease tripled in those people who took this type of medication for a prolonged period of time.

Drugs, whether pushed or prescribed cause deleterious effects on your body systems!