

## **It's your health, it's your life**

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When I read the news about Vioxx being pulled from the shelves it just confirmed what I have come to believe, "It is my life and it is my health!" If you did not see or hear about Vioxx, it is being removed from the market because it doubles the risk of a heart attacks and many people have died while on this drug already.

According to articles about the studies and test that had been done on Vioxx, the FDA had been warned for years that this drug and other drugs in the same class as Vioxx should be removed from the market. I question why it took them so long.

Just for information sake Vioxx is in the same class of drugs as Celebrex and Bextra. There is also a direct link to ibuprofen(Motrin) and naproxen(Aleve) which is related to the same class of drug just not as strong. This is why they are over the counter medicines now. My point with all this information is this; you need to get all the facts yourself. Don't just take drugs, vitamins or herbs without doing your own research.

In the past year there have been several drugs removed from the market. It is scary to think that the research did not catch the problems with these drugs before they caused so many health issues after being released. Part of the problem is the small number of people that they test the drugs on. It seems it is only after millions of people have been on the drugs do we get a true picture of what the warnings should be.

If you catch any of the advertisements on TV about drugs it seems the warnings about the health risks takes up more of the advertisement time then the actual information about the good the drug can do. Logically there is something wrong with this picture!!

A doctor from Cleveland Clinic who brought the Vioxx concern to the FDA was on a news program this week. He also pointed out that most people do not read the papers that come with the drugs nor do they put a lot of importance in what they read. He said this adds to the problems of complications.

Unfortunately most drugs do not heal!! They only mask the problems within our bodies. There are a few exceptions. Antibiotics do kill infectious germs that could kill us. There is a need for drugs but lots of times they block, shut down, or cover over the problem.

In my research for many of my clients I have found that some of the symptoms that they explain to me seem to match the symptoms that are reactions to the drugs according to the drug interaction information available. There are plenty of books for research and one of the best is a PDR reference book that can be purchased at book stores. PDR stands for Physicians Desk Reference. Drugs and their side effects and even some interaction with vitamins and herbs can be found in a PDR book. I find many times if a client is on several drugs and two or three of them have the same side effects that their body may be reacting to the drugs. If this is the case then it is suggested that the client talk this over with their doctor. No one should ever stop a prescription drug without consulting their physician first.

Also, scientific research tells us that prescription drugs do deplete nutrients out of the body.

Examples:

- Statin drugs(Lipitor) lowering cholesterol depletes the vital heart enzymeCoQ10.
- Bactrim antibiotic affects the intestinal bacteria and may cause a loss of Vit. K
- Birth control pills deplete B6, folic acid, and Vit.E
- Prednisone depletes Vit. D interferes with Calcium, Potassium, B vitamins and folic acid absorption.
- Blood pressure medications can maximize potassium so be careful not to over supplement this mineral. Drugs can cause this type of effect also.

Even some over the counter products can cause depletions such as: Aspirin interferes with absorption of Vit. C and reduces the levels of folic acid, and iron. Maalox and Mylanta interfere with the normal calcium metabolism in the body. Exlax, depletes Vit. D and calcium.

In most cases you can see why it would be wise to use a good all natural daily supplement. The Journal of American Medical Association in June of 2002 recommended that all adults take a vitamin supplement. I will take this one step further and suggest that this be an all natural not a man made vitamin supplement. The body can use up and process the vitamins and minerals that come from plant life better then those that are chemically made. This one thought about all natural moves me to talk about what a Holistic approach is all about.

A Holistic approach for better health means looking at the body as a whole unit. Are bodies are like a fine tuned machine. If one part is out of balance then it can set off a chain reaction and pretty soon something else is out of balance. Holistic means “as a whole” so you would not look at the body from the neck up, waist down, or just between these areas. It takes all the body parts to be in good health to make us run like a fine tuned machine.

Someone who is a consultant with herbs and vitamins would search to find the core of the problem that has manifested into an illness and work to heal the core problem. An example would be if a person was under extreme stress, which weakens the immune system, might end up with a stomach problem. If the client can work on reducing his/her stress level and supplement with the proper vitamin and herbs then this is the best step towards healing the stomach problem.

Another example of healing a part of the body so another part would get better would be this: If the small intestines are inflamed and they can not function properly then the nutrition we need can not get distributed into the blood stream. Every part of our body needs nutrition and it is easy to understand if the small intestines aren't working properly then it may cause other parts of our bodies to have problems. So let's heal the small intestines and then other parts of the body will stay healthier. This is a very simple picture but I think you can get the point I am making.

Here are some Holistic approaches to better health that you may not have realized would be Holistic.

1. Eating fruits and vegetables can add lots of good vitamins and antioxidants.
2. Stop smoking is one step to a Holistic approach to better lung health.
3. Get more sleep so the body can build and repair itself.
4. Understand what side effects and depletions that prescription drugs can cause so you can work to help your body fight back when you have to use drugs.
5. Take natural supplements so your body can process all of the vitamin or herb.
6. Study to see what may be causing a health issue you are having and learn what you can do to heal the problem not cover it up.
7. These seem like very simple things and really they are. A simple approach may be the best approach.

I hope I have stressed enough that “This is your life and your health.” It is time in this fast paced, hectic, and stressful life style we lead we take more time to become responsible for learning all we can about health care issues especially when it involves prescriptions drugs.