

Jennycat24

The example of Portugal's fight with drug abuse should be followed by all countries - they suddenly had masses of illegal drugs dumped on them in the 80s, and everyone was taking them from successful lawyers to disaffected teenagers - even injecting themselves openly in the street!! Hard sentencing failed (surprise - it has failed everywhere!) - but in a couple of areas people tried new approaches and those worked - and were brought to the rest of the country. Finding out WHY people were turning to drugs helped, and providing support to them helped them get off drugs - and pointing out that they had a problem which people were trying to solve, not making the victims of drugs criminals helped enormously too.... www.theguardian.com/news/2017/dec/05/portugals-radical-drugs-policy-is.. - this is called 'the long read' but I've rarely read something so enthralling and hopeful - and speedily!

Dr Álvaro Pereira is a hero who tackled this epidemic well and helped the country as a whole tackle the problem - as is Odette Ferreira and others "In Lisbon, Odette Ferreira, an experienced pharmacist and pioneering HIV researcher, started an unofficial needle-exchange programme to address the growing Aids crisis. She received death threats from drug dealers, and legal threats from politicians." - she's still here and in her 90s and still as lively as ever! "When dealers reacted with hostility, she snapped back: "Don't mess with me. You do your job, and I'll do mine." She then bullied the Portuguese Association of Pharmacies into running the country's - and indeed the world's - first national needle-exchange programme." This is a wonderful article and so very, VERY worth reading! (I've never taken drugs and don't drink alcohol so I read it to try and understand what people do and why - this is the best article on the subject I have ever read).

Posted On 03/20/2018

Guillermou

Hi Jenny. Spain was one of the developed countries where fewer opioids were used. Its use was limited to the treatment of cancer and the terminally ill. But these drugs are being developed at exorbitant prices and went on to recommend them for all types of chronic pain, says Nogracias, a platform that safeguards against conflicts of interest in Spanish healthcare. "GPs, orthopedists, neurologists or rheumatologists now use them routinely."

Mundhipharma is repeating in its territory the strategies that served to flood American health care products such as Oxycontin with opiate-derived drugs. The company owned by the Sackler family has the support of other opioid manufacturers have also been dedicated to minimize the risks of addiction of these drugs with the help of reputed Spanish doctors and Scientific Societies, generously funded by pharmaceutical companies. The strategy has included awareness campaigns about chronic pain and continuing education seminars that thousands of health professionals have gone through. In Spain people are still not dying because we have a public health system that introduces a security that does not exist in the US, but if the course is not corrected, we will soon have the same problem

Posted On 03/20/2018

stanleybecker

an interesting experiment Jenny - the removal of the element of "anti social " behavioral rebellion from the drug taking milieu has taken the aura of revolt away from this addictive fashion trend making it "ordinary" and nothing more than a personal choice that carries no charisma at all - Portugal is engaging in a social experiment of Global Interest

Posted On 03/20/2018

dpm39560

Excellent post, JennyCat! And I totally agree. Portugal is a vivid illustration of what I believe is our only true and long-term solution to this problem - Decriminalization and Education. The decriminalization would not only remove the stigma of "FELON" from the addicts themselves, it would also hugely ease the burden on law enforcement, the judicial system, and the prison system. Money saved there could be (but probably wouldn't be - politicicans! Bleah!) funneled into education. Decriminalization would also slash the rates of other, drug-related crimes, from theft up to murder.

The first element of education should be a drive for a grassroots culture change. Something every citizen can comprehend down in the depths of their souls - drugs are dangerous; you CAN get addicted; if you get addicted, HERE's what WILL happen to you, and here are the numbers to prove it. As the article says, the changes of law to decriminalize drugs were only a reflection of a more general overall culture change. And that's what we need most of all if we are going to conquer our opioid epidemic.

Posted On 03/20/2018

Decriminalization in the USA ain't gonna happen when you have lawmakers - politicians - that own stock in the private prison industry - people like the current USA Attorney General - Jefferson Beauregard Sessions III - a political "hack" if I ever did see one. Just yesterday the current POTUS recommended using the death penalty for those convicted of selling illegal drugs - Trump has also praised the approach of Philippines President Rodrigo Duterte, whose "war on drugs" has led to the killing of thousands of citizens, many at the hands of the Philippines National Police, according to Human Rights Watch: [time.com/5205467/donald-trump-death-penalty-drug-traffickers-opioid/].

My question is this: Where does Trump and Sessions and all the other politicians of both major political parties stand regarding the "Josef Mengele-like" approach of Big Pharma and folks like the Sacklers? I'll tell you - ALL of them stand at attention with their hands out palms up - MONEY talks and the rest walks with that crowd. The call for congressional hearings stated in the article gave me a good laugh, sadly so!

But change IS coming - pay attention to that coming change - watch what happens in DC this upcoming March 24th. There's a political ground swell that's a crouching tiger the likes of which the current "political scene" hasn't seen before - the #neveragain crowd won't be fooled again. While not much discussed in the news, these young folks KNOW drug use is part of the problem and they have "solution" ideas that don't fit with the "politics as usual" money seeking crowd. For the first time in a long time...these young folks give me hope for their future - they're smart and media platform use savvy. But MOST important to me...they CARE about and have respect for the sanctity of ALL life forms - they understand what compassion in action means. Be well! Love, blessings and peace!

Posted On 03/20/2018

The .01% do not want to "solve" the drug problem. They use the drugs and the war against drugs to control. The profits are ancillary but useful. The CIA et al do not have to ask Congress to fund their operations. The Vietnam war was to protect the Golden Triangle. All the big banks had branches in Northern Thailand to launder the money in the 50's after the CIA took over from the French and the Mafia after Dien Ben Phu. Remember the movie "The French Connection"? Anyone inside these criminal organizations who has a soul soon leaves or is kicked out and any reporter who uncovers these operations is soon blacklisted and is out of the media. Remember Gary Webb reporting on the CIA and crack cocaine in LA? The Iran-Contra Affair involved Oliver North and VP Bush among others in running cocaine. These things become part of the public record but are unreported or soon ignored.

Portugal is a nice example, but is ignored by most with the exception of people like Michael Moore. The war on drugs is a disease that has spread afar. I live in Ecuador. Baking soda and lye are really hard to get because of their use to process coca leaves into cocaine. Coca leaves can be had in any Mercado Central. I was dumbfounded when I found I could buy baking soda in 20 gram packets and then at the animal feed store. I bet the cocaine producers can get all they need easily. The war on drugs is a public control conspiracy that has many thousands of casualties and the .01% are happy with it.

A partial solution would be to nationalize the too big to fail banks. It is not hard to track illegal money if you want to. All the TBTF banks are technically insolvent so taking them over can be done today under current law. By the way the casualties from the Vietnam War was many millions. Mercola has fallen for the narrative that the only lives that matter are American. The headline was simply posted thoughtlessly.

Posted On 03/20/2018

dude01

iamblessed - so true regarding your comment. If Mr Trump is going to start issuing the death penalty for drug related offenses, he should start his investigation with the Sackler family and work his way down. Before he gets to the point where he incarcerates or kills drug dealers who are basically street people, he needs to get to the point where he exposes and convicts the higher ups who got the ball rolling in the first place. These slap on the wrist fines and warnings for the big boys are nothing but a bunch of BS.

axkershaw - good post. Excellent points.

Posted On 03/20/2018

Guillermou

The pharmaceutical industry in the US spends millions on lobbying, finances campaigns of politicians, "buys" doctors to promote and prescribe certain drugs and, with the taxpayer's own money, subsidizes the preparations that will then serve to deteriorate the health of the population American.

Pharmaceutical industry, doctors, governors, all play at the revolving doors, money makes it possible, corrupt institutions, to defend the drug, but most outrageous, to fight those who fight against drugs. As Dr. Mercola reports, it is a heartbreaking problem, the growth of deaths and overdoses in the United States due to drug use. Over five million people in the US experience a physical dependence on these analgesics. Doctors prescribe opiate drugs for the treatment of chronic pain, but they must be aware of the serious diseases they cause. Gøtzsche has compared the pharmaceutical industry with organized crime..

The effect of drugs is chained. The consumption of drugs causes young people to abandon their studies, and not to form. On the other hand, addicts move away from the labor market. And finally, the high rate of suicides, depression and overdose deaths. The epidemic hits especially communities, which already suffer serious economic problems. It is a vicious circle, because economic problems are also a source of despair and depression, prostitution and drug abuse, leading to medical treatment.

The doctor has a great responsibility in prescribing medications. It is necessary that alternative therapies are required by the medical professional. It is necessary, that his professional ethics, take him to advise the patients, on the natural means, to minimize the chronic pain. Moreover, your medical practice should lead to prevent pain, in a holistic way. If it does not establish that path, patients should involve doctors, within the pharmaceutical mafia. This medical practice should be the cause of a generalized complaint.

Posted On 03/20/2018

dude01

Gui, the concept of lobbying should simply be renamed BRIBERY. One of my grammar school classmates became a Congressional assistant for a local congressman sometime in the 1970's. I recently saw this classmate of mine at a school alumni reunion. I asked him whatever became of the congressman who he once worked for. He told me that the congressman retired and is now a lobbyist in DC. He said that the lobbyist was, "stealing every dollar he can get his hands on". From the tone of my former classmate's voice, it strongly appeared that he did not like his old boss one bit. It's a mess, Gui!

Posted On 03/20/2018

sonny08

I know of several people who have been helped with the herb Kratom - these people where Heroin addicts and so far they are drug free as Kratom takes away the craving I myself can testify to the benefits of LDN for my Rheumatoid Arthritis - my fingers where swelled to over 2x's in size , my joints ached to where I couldn't sleep - the meds given to me by the Cleveland Clinic Docs made my skin crawl and didn't help much - so once again I did my own research and came up with

Go Gluten free when possible - I still eat wheat products just cut way back - watch my nightshades - but what really helped was the tiny pill known as LDN - Swelling all gone , joint pain 98% gone , I move like I use to years ago. LDN is a miracle for me , took some searching to find a doctor in my neck of the woods who was knowledgeable with LDN usage and could write the prescription. My insurance wouldn't pay the \$30-\$35 monthly fee , and they didn't care that I could be on injections that cost \$1,000 a WEEK - and yes they would pay for all of that amount 100% but no not LDN , I'm 62 and have the bod of someone 40 - including a near sixpack lean and mean Dr Mercola is a most honorable man and I hope that maybe one day I can thank him in person and shake his hand

Posted On 03/21/2018

markuzick

The medical cartel and drug companies operate on the same principle as the black market drug cartels: using regulations and law enforcement to reduce supply and accessibility so they can make enormous profits at the expense of the addicts they recruit and the victims of the collateral damage of the drug wars. The only thing that will end this holocaust is to end all drug laws and regulations. That would make drug use, for those few who still choose to, no less unsafe than alcohol and addicts able to openly seek help if they wish to quit. Also: giving people back their right to personal responsibility and free choice - not just in medicine, but in all aspects of living too - would go a long way toward allowing people to feel they have purpose and control of their fate, replacing hopelessness and despair, one of the main catalysts of drug abuse, with fulfillment, pride and happiness.

Posted On 03/20/2018

stanleybecker

mark - Bill Gates believes that "people" have no rights other than to be slaves for his use only

Posted On 03/20/2018

Guillermou

Of course, markuzick, "personal responsibility". In a society dominated by consumption and property, people end up being valued for their power and money. Appearance often becomes values superior to responsibility. We are defending "the end justifies the means". We are encouraging society, to console their suffering, with the false welfare caused by the consumption of drugs.

Our young people are witnessing a society dominated by the lack of ethical principles and education, increased frustration, narcissism, lack of empathy. Power is pursued, because society prioritizes it. Parents, education, the media are defrauding ethical principles. The consumption of drugs is a consequence of the failure of society, irresponsible parents, the media, educational establishments, politicians and, in short, the corruption of institutions dominated by the money market that disregards the principles of solidarity, equality and I respect the ethics

Posted On 03/20/2018

acs4457

" unless we address deeper societal issues"... " epidemic appears to mirror a deeper, psychological and spiritual disconnect.".....You will have to bring science and religion closer together before you succeed at this.

Posted On 03/20/2018

Guillermou

Yes ACS. We must work with the values of protection such as self-esteem, self-control, empathy or negation skills can be one of the most effective strategies to avoid, in the future, manifesting problematic behaviors such as abusive drug use. We must train people, future adolescents and young people, with a critical capacity that can face the pressure of drugs, fashions or social stereotypes, seeking to maintain their own criteria. To achieve this, it is necessary that the family and the school begin to work with them from very early ages and that independent experts on the power of corruption guide people in this process of value formation.

Posted On 03/20/2018

SuzieC0

These stats are a disgrace. Can people not keep away from Dr's, as I do, or just plain refuse to fill and use a prescription ? Have people lost the power to say 'no' ? Or is it that they believe the professional medicine industry has all truth ? Unbelievable ! Have we really given up our wills to the 'experts' ? Very dangerous days ! Let the patient beware.

Posted On 03/20/2018

Almond

The problem runs much deeper. You are asking people to do their own thinking. To do a bit of study and research--all of which is easily accessible online. You are asking people to be responsible for themselves. You are asking people to solve their own problems. None of this is encouraged by the system where pharmaceutical companies promote misery-for-profit. Where social safety nets absolve people of the consequences of their actions. Where doctors see a patient for 10-15 minutes and only have time to treat the immediate symptoms, but not the cause. There is also something very sinister going on. Hundreds of doctors are dying under mysterious circumstances. Most are involved in some way in immune or cancer research. Historically, we have seen this type of thing before when innovative treatments are suppressed.

Posted On 03/20/2018

stanleybecker

Suzie - the Zombie Masses watch Television - Television is like a constant refresher program for Zombies - keeping the Zombie Masses brainwashed day in and day out - morning, noon and night

Posted On 03/20/2018

Guillermou

Hi Susie. The problem is that "our will" is dominated by the media governed by the power of corrupt money and by a society dominated by the lack of ethical principles and education, increased frustration, narcissism, lack of empathy. We must work with the values of protection such as self-esteem, self-control, empathy or negation skills can be one of the most effective strategies to avoid, in the future, manifesting problematic behaviors such as abusive drug use. The consumption of drugs is a consequence of the failure of society, irresponsible parents, the media, educational establishments, politicians and, in short, the corruption of institutions dominated by the money market that disregards the principles of solidarity, equality and I respect the ethics

Posted On 03/20/2018

dpm39560

Susie, it puzzles me as well. I have seen it in my parents - people I loved and who previously did their own thinking - buying into liberal media hype about everything from defending freedom to taxation to abortion. They simply buy what they are told and actively resist hearing anyone who wants to present a different point of view, regardless of what the evidence says. I have seen it even in my sister, who is even now battling pancreatic cancer metastasized to liver lesions, and doesn't want to hear about a ketogenic diet, but blithely pats me on the head and says she'll go with her oncologist's recommendation to slash, burn and poison. Never mind the fact that this treatment hasn't been shown to be effective in 99% of cases like hers. Sometimes I want to scream in frustration - why won't people LISTEN!?? Ah, well. I can't change others. I can only change me.

Posted On 03/20/2018

pigulla

President intends to kill Drug Pushers! a further look at how he INTENDS to kill Chinese Chemists that have been killing in New Hampshire with their made Fentanyl that is in the death reports the families are receiving! And how about killing and closing down Doctors and Hospitals that kill more Americans with Medical Errors and Hospital Associated Infections(3/20/2018, 8:18 am) med errors are 53,945 and hospital infections are 21,239 = 74,784) That more than a whole year of opioids, each year in the past. And its only March 2018. How about retired DEA agent on 60 Minutes Dec. 17th program where \$200 Billion a year McKesson Co. twice has been let go with but a real slap on the hand, on the distribution of million of opioids to very small towns in many STATES. Years of work and as he put it. Our government broke the men and women of the DEA was also laid to our ears! People need to watch the 4 parts on the "WAR ON DRUGS IN AMERICA". Open up your eyes people!

Jennycat24, thank you for bringing up your message. our government has made pocket money down the line at the lives of the people they are to protect. Swapping guns for cocaine and buying Pharmaceutical Co. for Warfare and using us and our military as guinea pigs. Money is giving to stop CBD and marijuana by large Pharma. I don't use either but I see threw the smoke and mirrors of this slime swamp government. Even with this new president. They have bad INTENT. At our expense. Schools, Jobs Etc. have falling into the death of Americas children's lives with a horrible future and its been going on for 40 years the tear down of our future Americans. And they didn't care then and they don't care now. But the government keeps on ticking and getting paid to do what they want!!!

Posted On 03/20/2018

stanleybecker

100% correct - the government IS a criminal cartel

Posted On 03/20/2018

dude01

Pigulla - yes I think Trump gets great joy in thinking and gearing his conversation toward killing drug pushers. Perhaps he can start his investigation at the CDC and try to determine the roots of the opioid crisis and expose those who promoted this dangerous drug for coping with things like discomfort from teenage menstrual cycles. There were supposedly videos shown to medical doctors where they proclaimed that opioids were totally safe and non-addicting. Who made that claim? Had to have been a person with the authority to do so. If Mr. Trump wants to talk tough, he should start at the top and pick candidates for legal earthly removal from the opioid labs and the CDC.

Stanley - Yes, it is!

Posted On 03/20/2018

naj4820

Aside from trying to protect us from such demons as opioids, I wish someone would write a book from the perspective of those who so willingly take opioids. This type of med scares the hell out of me. Years ago, I broke a few bones and the ortho doctor asked me what pain relief I wanted while in the hospital. I replied, extra strength Tylenol. He laughed...right out loud and said it wouldn't touch my pain. I asked him how he could possibly know that and also told him I don't take much of anything; therefor, a minimal amount usually did the trick. He insisted on leaving a script for pain med...just in case. The nurse persuaded me to take one so I could sleep. An hour later, another nurse gasped when she read my blood pressure. It was very low. That was the end of the pain killer. From that point on, Tylenol was all I needed if any was needed. I also found a new doctor. It is clear to many of us who pay attention that their is money to be made with these prescription drugs. Sickening. I am forever amazed how easily people will put something into their bodies without much regard to the consequences. So in controlling the opioids, I feel it is also critical to educate people to know that these drugs can kill us.

Posted On 03/20/2018

SimonSimple

Opioids and all drugs suppress symptoms, they don't cure problems. Fix the cause. Ban sugar from the home. Balance vitamins and minerals. Then most, if not all problems will, in time, fix themselves. Stupid epidemic then runs out of victims.

Posted On 03/20/2018

jamNjim

I've taken Kratom before when I crushed my right foot (exploding most of the soft tissues, arteries, and veins). Xrays showed I had ZERO broken bones or fractures after a 4,000 to 5,000 pound log fell from 6 feet and landed on my foot. Kratom didn't eliminate the pain but it made it tolerable without any side effects. If there was any side effect it was sleeping better. The only real problem was GUESSING how much to take! I never really figured out a dosage level or interval.

Posted On 03/20/2018

mar6915

My left foot was crushed in the 90's. Smashed sideways. Bent out of shape. Then massive doses of Tylenol . I wised up learning what it does to your liver and kidneys. Then they tried pushing the neurontin on me while i tried various new jobs to work. About wrecked driving in sleet. So said no to pills. What gets me is it is the cold weather made the foot hurt. I had to grow a new one. Bones tendons veins. When it happened (the very smash time) that was A # 10 pain. So when my neck back head pain is agony severe I call it a #7. Thing is foot was just so swollen so that made it impossible to walk. Swelling would not go down pain was no issue. So why those drugs.

Now presently I did get some Kratom feel it is expensive. I probably took too low a dose, got for neck and other pain. Read small amt gives energy, large can knock you down bit can make you nausea and vomit. I think I'll try again as yes I had intolerable pain in a spot near shoulder rib and got a pain prescript. I do Not do alcohol nor anything else. I doubt I can get addicted to the hydrocodone. I'll increase the curcumin. Curcumin and Bromelain 1,200gdu with boswellia helps.

Posted On 03/21/2018

bia1548

I've had nerve and muscle pain for many years now, but I knew early on that I didn't want to take the route of narcotics, so I started experimenting with herbs and found out that nervine and antispasmodic herbs were quite helpful for my pains. Some of these herbs which I am using with great success are, lobelia, wood betony, skullcap, saint john's wort; and of course I do use some anti-inflammatory herbs as well such as turmeric or the extract from it along with Boswellia and ginger. I've never had any negative side effects from herbs including lobelia about which I'm learning that many people are afraid about. I found lobelia to be one of the most wonderful herbs I have ever used.

Posted On 03/20/2018

19beets

That New Yorker quote is, ironically, so beautifully stated. The past week I've had such intense lower back pain. I have tried CBD oil, magnesium oil, Epsom salt baths, arnica, magnet, exercises I found online, a back machine I bought at a garage sale years ago. I even resorted to aspirin and came close to digging into an old container of Vicodin after surgery 9 yrs ago. (I didn't even use it then.) Yesterday, it occurred to me to stop eating, that fasting for a time could help as it does for so many conditions. It has now been 20 hours since I last ate. When I woke up this morning, I had the faintest awareness of the pain. I now have none. When this agony started, I had been eating two new foods daily for about a week, a gluten-free bread and soy-based chocolate drops, both from Trader Joe's. Not to disparage the store because I love it, but something in these likely caused this flare-up. If those in pain could try fasting, it might just do enough to eliminate synthetic pain killers that could eventually kill them.

Posted On 03/20/2018

Guillermou

BEETTS, good medicines. Pain is a warning that something in our body is wrong. The combination of severe chronic pain and treatment with opioids, cause a strong desire to ingest mainly sugars and starches. The long-term diseases are serious.

It is necessary to consume proteins of high biological value, such as fish, dairy and meat so that the organism disposes of the 8 essential amino acids that assimilated and metabolized, by the essential organs, glands, are directed to the nerve centers and the brain, where they are elements Basic for pain relief. These include endorphin, dopamine, serotonin and γ -aminobutyric acid (GABA). We also need enough minerals and vitamins for the synthesis of sayings. neurotransmitters, such as magnesium for dopamine.

Linking with Dr. Mercola's recommendations, a variety of natural anti-inflammatory compounds are able to decrease the synthesis of inflammatory mediators, or the modulation of inflammatory pathways, without causing unwanted side effects. Among them, omega 3, GLA, B complex, vitamin C, D and E, curcumin, ginger, MSM, melatonin, capsaicin, have been shown in studies. Fasting periods and a diet low in carbohydrate sugar, has been associated with a decreased sensitivity to pain and inflammation.

The B-complex vitamins, in addition to their importance in diet, axonal transport, neuronal excitability and neurotransmitter synthesis, with clinical utility for neuritis, lumbago, sciatica, lumbar vertebral syndromes, chronic headache, trigeminal neuralgia chronic pain related to diabetic neuropathy and rheumatoid arthritis.

Non-pharmacological options with scientific support to relieve pain include relaxation techniques, acupuncture, massage, Rolfing, Graston technique, special exercises, Epson salts, bone broth, homeopathy and essential oils such as peppermint and evening primrose, They can also be used topically or through aromatherapy, to relieve chronic pain.

Posted On 03/20/2018

Pet Rock

Don't forget unplugging the wifi and other wireless items in your list of getting rid of pain!!!! The pain from wireless is excruciating, and makes people think they are mentally and physically ill on top of it. The pain can vary by the person, but can include head pain, skin pain, joint and muscle pain, panic attacks, fainting, jaw pain, disorientation, depression. I see houses really near cell towers all the time. The people living in these houses must be so miserable and have no idea why they feel so bad. Drugs to the rescue!

Posted On 03/20/2018

DottiHunter

Everyone is missing the glaring cause of this and many other societal epidemics in our country. I just finished reading "The Deepest Well: Healing the Long-Term Effects of Childhood Trauma" by Nadine Burke Harris. I've been searching for my own answers as to my own life long physical and emotional issues these last 2 plus years. The results, from my prospective, always lead me back to the horrible abuse I experienced in childhood. I'm baby boomer, 64 year old female, 1 of 8 children, only now aware that what I experienced was child abuse and neglect to the enth degree; physical, emotional and sexual. It has affected my entire life; career, relationships, with life long depression, unexplained health conditions, even attempted suicide in my 20s. A sibling succeed suicidal when he was late 20s, an event our family has never talked about. I was duped out of the life our creator intended. What Dr Harris describes is right on target, but it's an ugly, sinister truth this country just doesn't want to face ... because it seems daunting to fix. It affects EVERYONE, and it cost everyone. So it stands to reason we're a country in deep emotional pain, including our well intended physicians. Big Pharm is merely answering to call to get rid of human pain. In addition to opioids, we also turn to alcohol, food, sex, illegal drugs, etc, to get rid of our human pain. When I took the ACE test, Adverse Childhood Experiences, I scored a 9 out of 10 on the scale, with the lower number on the scale the desired score, indicating ability to better handle day to day life stresses. I am, unfortunately, one of the undocumented statistic of untreated childhood abuse, as is my entire family of origin, and many other acquaintances. Why is this a possibility noone wants to talk about, admit? Shame, guilt, shattering illusions of who we think everyone wants to see? Wake up ... we're all in this life together, we all leave it the in the same manner. Read the book before render opinion.

Posted On 03/20/2018

jsmccord7

The great war on drugs.....how's that workin' out!!! Just like the war on cancer that started 40 years ago and \$90 BILLION in 'let's cure cancer' funding to date...!!!

Posted On 03/20/2018

Guillermou

"But President Donald Trump's proposed budget makes it clear this spreads far and wide, calling for \$27.8 billion for drug control efforts spanning prevention, treatment, interdiction, international operations, and law enforcement across 14 Executive Branch departments, the Federal Judiciary, and the District of Columbia." www.10news.com/.../the-cost-of-americas-war-on-drugs

To consider that US doctors issued 259 million prescriptions for opioid analgesics in 2016. Consequently 46 people die per day from overdoses of legal drugs containing oxycodone and hydrocodone. The sale of drugs generates about 280 billion dollars a year for the pharmaceutical industry in the United States. And surely, their profits would not be so high were it not for the sale of addictive medications, such as opioid analgesics.

Posted On 03/20/2018

dpm39560

This opioid epidemic has become so pervasive it has even made its way into mainstream fiction. Among many others, author Lee Child has made opioid addiction the central theme of his newest book, "The Midnight Line" (a Jack Reacher book). In this book, one of the characters states that no one who has not experienced the ecstasy of an opioid high can possibly understand the pull. . .I'm quite happy not understanding that, thank you. We should probably mount a letter-writing campaign to Attorney General Jeff Sessions urging him to "Consider The Evidence" and rethink his position on marijuana as the gateway drug to heroin. I heard this from my parents back in the 1950's, because it was the "in" thing to tell your kids at that time. I have intense compassion for all people suffering pain, whether temporary or chronic, and it frustrates me greatly when governments and other regulatory agencies consider anything other than proven, unbiased science when they promulgate drug restrictions.

Posted On 03/20/2018

Guillermou

Hi pdm. The boom of opiates and heroin has escalated this decade and is very influenced by the free bar that was given in the previous one to the medical consumption of potent legal analgesics, even though several states, following the battle of the nineties against tobacco companies , have sued pharmacists for having allegedly encouraged the use of addictive drugs by influencing countless doctors who prescribed them without restraint.

Substance abuse has also eclipsed cancer in terms of prevalence; and in the United States, the cost is greater than that of diabetes treatment. In the United States illegal drugs and the abuse of prescribed drugs, have caused young people to abandon their studies, which are away from the labor market, suicides, depressions and deaths from overdoses. The problem is growing in communities that suffer serious economic problems. It is a vicious circle, because economic problems are also a source of despair and depression, prostitution and drug abuse, leading to medical treatment. The result is sons, daughters, mothers, fathers, sisters, brothers and friends and their tragedies, leaving their loved ones, seeking answers, and requesting desperate help.

Posted On 03/20/2018

Brynn

I had an experience with narcotics, years ago, when a doctor prescribed Seconal for insomnia. I took one dose and knew I'd never take another one. The high, the ecstasy, frightened me. I knew how easy it would be to get addicted to that feeling.

Posted On 03/20/2018

truthlord

One reason why Americans are so vulnerable to drugs is that it is the only nation I know that has the strange phrase ^entitled to the right to happiness^ in their constitution This means that when things are not going well they feel they can turn to drugs. The right to happiness was only extended to whites not black slaves which gave an added impulse to this accepted idea. This concept was extended because of a shortage of labour in a continuously expanding economy which meant wages were generally higher in America than Europe The idea of happiness was associated with the natural sense of superiority living in a slave state produced and the sense of power destroying the Indians gave people Although after the civil war slavery was officially abolished it essentially continued in another form as segregation.

Following the introduction of mass production and with an abundance of cheap oil America began leading the world economically enormously aided by the destruction of Europe between 1914 and 1945. Since then Europe and other countries have all seen huge rises in their standard of living and acquisition high tech modernising technologies .The result has been a huge collapse in American morale including an awareness that compared to Europe and several other countries which have organised social structure with government health care etc they are falling far behind other western nations and seen as essentially backward and primitive however well and happily the top rich few percent live. There is no doubt that this produces an almost suicidal desperation to avoid the realities of present collapsed American society.. This situation will only get worse as other economies grow or until America moves towards a much more socialistic style society The drug situation cannot be separated from the political situation and Americas depressed situation The days of America being a uniquely modern apparently civilised nation are gone

Posted On 03/20/2018

stanleybecker

truthlord - the American psyche is karmically the result of the slaughter of the buffalo and the Native Americans and the enslavement of their fellow human beings - Bill Gates believes in slaughter - he asserts that this is "good for business"

Posted On 03/20/2018

stanleybecker

Jonesy - "promises, promises"

Posted On 03/20/2018

dpm39560

falselord - I am mildly distressed by people (like you) who embed a wrong assumption in their minds and charge off full speed in a direction based on that wrong assumption. The U.S. has no constitutional right to happiness. However, it is in our Declaration of Independence where there is a similar statement, which reads, "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness." Note it is the PURSUIT of happiness, not a right to happiness itself.

The glaring truth you don't seem to get is that underlying all our rights, indeed the rights of all humanity, is RESPONSIBILITY. I have a right to swing my fist wherever I like - but that right ends somewhere short of your nose. I also have a responsibility to respect YOUR rights, and the rights of every other person on the globe. Without responsibility, any right is meaningless, and nothing short of feeble justification for doing bad things.

Posted On 03/20/2018

One_Angel

I'm just mystified that there's such a great problem with this in the Midwest, where I live. When I worked for family practice and internal medicine doctors, they would send their patients to pain management specialists - aka anesthesiologists - for consultation and medical management if it appeared the patient was not responding to short-term therapy. The doctors I knew were not going to continue long-term pain meds. In addition, they had a relationship with pharmacies to report back to them if their patients demonstrated drug-seeking behavior - and the pharmacies would call our clinic. So, what's going on with the anesthesiologists?

A huge problem with using pain meds of any kind is the rebound effect, meaning that with withdrawal of use of the pain med, the patient's pain would come back much worse prior to the use of the drug. In addition, the effect of the drug also diminishes, causing the patient to crave a stronger dose to get relief. Poor folks are just in hell.

Posted On 03/20/2018

Guillermou

Hi Angel. It is terrible what is happening in the US, half of the people in the United States have some kind of chronic disease. Opioid addiction is probably one of the factors that contribute to a lower life expectancy. The outrageous thing is that all this addiction comes from the lightness of some doctors in prescribing opioids. The role of doctors, pharmacies and pharmacists is to promote addiction and then sell other drugs that eventually burst their brains and bring misfortune to the family environment. One of the channels of drugs is the cheap alternative from Mexico. Young people start with recipes and they turn to heroin.

A novelty of the epidemic is the profile of the addict, is that in the seventies his public image was that of a crack and black addict, associated with violence. The response of the public powers was the hard hand: arrests and imprisonment. The current addict is mostly white, they live in towns and suburbs: middle class suburbs on the outskirts of big cities. It is associated with addicts with predisposition to suicide. Addicts are no longer junkies: they are sick who suffer from substance abuse disorder and many of them will become chronically ill. They do not provoke condemnation but compassion.

Posted On 03/20/2018

One_Angel

True, Gui. Most unfortunate is that some of these addicted are also doctors. I think it's way overdue our society return to the days when pharmaceuticals were not advertised on TV, but then I would also hate to return to the days when in their place were ads for cigarettes and alcohol. I suppose bad news and poisons go hand in hand. Sigh. Oh, by the way, I used to be married to a pharmacist.

Posted On 03/20/2018

stanleybecker

Julieanne - "compassion?" - there is no compassion in the PUSHING OF ADDICTIVE DRUGS - only a destroyed capacity for enjoyment of life - these drugs falsify their efficacy claims - placebo's with no side effects are cheaper and work better

Posted On 03/20/2018

katguy

Hey Angel. The pharmaceutical industry hooded winked the FDA with manipulated studies "showing" that opioids had a fast acting effect and would not become addictive. They lied to get them approved. They are still lying. They should be the ones criminally prosecuted. Some states are actually pursuing court cases. We will see. I have a nephew battling this addiction. It is a nightmare.

Posted On 03/20/2018

One_Angel

For "rebound effect" if this is helpful to you - www.medicinenet.com/.../art.asp

Also, Katguy, Senator Claire McCaskill of Missouri is looking into the opioid problem as well is disturbed that pharmaceutical companies have been getting tax-payer funded breaks for their advertisements on television. Senator McCaskill is the one who kicked Martin Shkreli's butt!

Posted On 03/20/2018

SuzieC0

Sorry Julieanne for coming across with so little understanding or compassion towards people with debilitating pain. As you said, I certainly have been spared such. Twice I was in shocking pain, both tooth-treatment related. One was so bad I took a double dose of my child's paracetamol (which may have been expired.) That worked a treat. (Hubby and I never took painkillers or gave them to our ch'n, but a Dr prescribed some for a child once.)

In childbirth I took no painkillers but certainly squawked for some at the 'unbearable' stage in the first birth. The staff were out of the room just then, thankfully. A whiff of nitrous oxide (just since it was there and I could experiment with it) made me go dizzy for a moment, so not for me. Perhaps I have higher pain tolerance than I thought.

Apologies, Suzie.

Posted On 03/23/2018

Fenderman52

God gave us opium to relieve our suffering. "Behold, I give you all seed-bearing herbs." Genesis No man has the right to deny anyone what we choose to put or not put in our bodies. If any of these politicians were in half as much pain as I'm in they'd be screaming for their momma, Jesus and a morphine drip.

Posted On 03/21/2018

Ringer2

To prevent post-surgical dental pain, when I had a tooth pulled, my dentist gave me ozonated olive oil to topically apply to the socket, & there was no pain ever noticeable. As others have commented, magnesium helps, also, as part of the diet & as supplements, & can also be absorbed transdermally. Dr Mercola has much info about magnesium available. Thank you for sharing and caring.

Posted On 03/20/2018

palomiuxs

Not everyone relying on opioids is a criminal. Imagine you are in pain and no other option, other than opioids, is given to you, of course you will rely on opioids! Some of the blame will fall on the doctors who accept "gifts" from the big pharma to prescribe them, but the biggest culprits are the insurance companies that will not authorized payment when doctors want to try alternative treatments.

In Worker's Compensation 90% of the petitions for authorization of alternative modes of pain management treatments are denied, and to make things worse, after a short period of time they even deny authorization for the pain killer itself, leaving an injured worker still in pain with no alternative but to look for them elsewhere. Most doctors are completely ignorant as far as natural alternatives and some even laugh at them.

Posted On 03/20/2018

jansgrace

Pain denied (physical/mental) (karmic or not) with drugs or pursuit of money/power or.....We live the consequences globally. Thanks Jennycat for an example of a positive approach. Thanks to all for this forum.

Posted On 03/20/2018

GARand57

Growing up in the 1960's was a nightmare...until NOW. Heroin, PCP, and dozens of other "street drugs" took many lives and destroyed many people's will/soul/initiative. Fast forward five decades. This moment in history is Medical/Social Armageddon. Too many pockets profiting from this epidemic to ever see it stop. My dad worked for the Federal Government for over 40 years. He once told me that the sooner I stopped expecting people on the inside to truly care about those they supposedly "serve", the less disillusioned I would become. He said that the problem was not the inmates, it was those who run/manage/profit from the asylum. My heart hurts for those addicted to these damnable chemical concoctions. They have formed a "black hole" into which countless thousands have disappeared. We need deliverance from the heartless profiteers who have created and who perpetuate this cruelty! Thank you for sharing this information, Dr. Mercola.

Posted On 03/20/2018

Nicci6

Money!! Its all about the money! You all heard the saying "money is the root of all evil" well that saying is becoming the "root of all truth". Time to wake up world only the masses can make a change. I mean All! Time to weed out the bad. If any of you are upset, exhausted, and saddened by the way we are forced to live, then when are we gonna stop following and do something about it! The only reason people fall victim to something like opioids is because the people you follow only care about money. Best of luck to you all.

Posted On 03/20/2018

Nicci6

I lost my mother because of opioids. It was not from an overdose either! She had breathing problems and if you have any type of lung issues opioids make it very difficult. It does something to the flem or mucus in your lungs, which i believe also restricts blood flow to the lungs and the brain.

My mother wasnt an addict. On the day she passed away, she decided to take one of her pain meds...she stopped taking them prior due to the side effects, but because she couldn't bare the pain any longer she had to i suppose but little did she know that it would kill her. My brother and his family came back from camping the next day and found her lying there. My mother only took one pill of her prescribed pain meds!! One pill! Now for doctors to prescribe these killers to people with lung issues of all things makes me furious! Im sure they know as well as i do that opioids even methadone makes it harder to breathe. Smokers are in danger, along with people with asthma. So what i want to know is why doesn't anyone talk about people dying from this because it obstructed their breathing...all i see is people talking about overdoses!! I know overdose is an issue but keep in mind people the side effects are equally dangerous.

Posted On 03/20/2018

sharissejparker

Hi Dr. Mercola! Thank you for all that you do! My mother was severely addicted to pain and muscle relaxers for years until I took her to an accupuncturist friend. Miracle of miracles, she was "cured" of degenerative disk disease in a few sessions, never to feel pain again until her death at 87. A close friend had a minor surgery on his elbow and had chronic pain for months, until he went and got a massage! My son was given a two month's supply of Oxycontin! for a simple vasectomy. He is an Officer and Helicopter pilot for the Marines! Duh! THEY are in on this too!

Posted On 03/20/2018

yogadhar

In my experience, medical doctors are a BIG part of the opioid problem. Over the last ten years, I have had several doctors prescribe opioids to me, and when I refused them and asked for less strong painkillers, they reluctantly admitted that there were indeed other perfectly fine (and less risky) alternatives. All of these safer prescriptions worked just fine for my post-surgery pain, and I realized that most people would just blindly follow the drug-pushing doctors' advice, possibly with serious consequences. Many doctors are acting as shills for the pharmaceutical industry rather than doing what is best for their patients.

Posted On 03/20/2018

This opioid problem is exposing what our American Medical System is all about, MONEY, PROFIT, GREED, and AVARICE. This is NOT about the health of anyone. We know all morphine derivative products damage people greatly by causing cancer telomeres to grow and shorten the time to death. It is why hospice people are the first to offer morphine derivative drug to end of life people. It is nothing more than a form of a "death squad" in action. The idea is that the person is dying, so why not speed up their death and get that burden out of here as quickly as possible. "Make them feel good while they deteriorate faster."

Shameful! Our medical system is so bad. It drains all the money resources from a patient and when that is gone, they give up because their symptom treatment has failed once again.

Drug companies are in charge and responsible for this problem. All they have to do is make this process a part of the "standard of care" to promote this allowing our politicians to blame doctors for the problem.

I'm surprised the drug companies have not done what they did to vaccines and demand, blackmail Congress, to exempt them from prosecution for making these opioid drugs and promoting them heavily to doctors.

Psychotropic drugs are the major cause of all the gun violence and it is not being addressed. All we hear is that mental illness is causing the problem, but what is causing all this mental illness? Legal drugs!

Ever since psychiatrists have been given the ability to write prescriptions, the gun violence has skyrocketed! Then look how those psychiatrists have defined mental illness. Look at how they created that book they use to determine a person's mental state with a questionnaire and no physical test. This is how the Dumbocrats are attempting to take our guns and blame the drugged victim caused by the psychiatrists using the psychotropic drugs! The perpetuation of these drugs has to stop! Who is watching out for us? No One! Disgusting.

Posted On 03/20/2018

CAFFEE

If you add the travesty to the brain hijacking from the tech industry you have disarmed and disabled both old and young. I am particularly enraged by the fact that we have become so individualistic that we just don't care anymore and there is a huge population that are just unable to manage without assistance. I have a disabled daughter who's brain is already compromised and now she is dealing with addiction to oxy and her technology. She checks her cell every minute all day. Frankly I don't know which one to hate more. Industrialized medicine and corrupt officialdom have caused this and yet they are the ones who we look to for answers?

Posted On 03/20/2018

naj4820

I am sorry for your daughter 's health issue. I believe there is help, but it is outside of insurance. If you can find a good homeopathic doctor, he/she-can help your daughter with the addiction to oxy. He can also offer remedies for some relief of her health issues. It will not be a cure, but the quality of her life...and yours will vastly improve. Wishing you both well.

Posted On 03/20/2018
