

veritasoreventus

There are numerous natural pain killers available such as boswellia, turmeric, astaxanthin, devil's claw, MSM (taken with Vitamin C), fish/krill oils, bromelain, etc. plus dozens of formulas on the market. One that I've heard several people rave about is called Reuma-Art extra strength. These natural supplements can be taken separately or in combination (disclaimer: based on medical practitioner guidance) during periods of need, but for prolonged use I would first consider alkalinizing my diet. There are numerous websites that can help with that approach. Also sodium bicarbonate (baking soda) can be used to alkalinize short term (approx. 6 weeks) as suggested in this link: www.cancertutor.com/vitc_bsoda

Another baking soda link worth reviewing for anyone considering this approach:
simplecancertherapies.weebly.com/alkalizing-the-body-with-baking-soda...

One more natural approach that immediately comes to mind is water aerobics. My sister who has serious back and shoulder issues raves about the benefits of her water aerobics.

Posted On 05/24/2017

seg

Add white willow bark to vero...This is the baby that Bayer tried to mimic to create Aspirin..For most parts nature has it but you know today everyone wants to re-invent the wheel and rule the world,
www.youtube.com/watch?v=ST86JM1RPI0&list=RDg0_FvK51wOQ&index=3..

Posted On 05/24/2017

dauidle

I had a mild stroke in February, what did they prescript me? 325 mg aspirin and a statin drug. I refused to take the statin an quit taking the aspirin. They wanted my LDL below 70 and it was at 90. I went on line and looked at what Dr. Mercola had to say about low LDL and statins.

Posted On 05/24/2017

Kitera

I encountered the same situation - the statins and aspirin were just to get me back to Canada. I never took them. They sent with a long list of additional drugs I should take when I got home to Canada. The Canadian docs said none of that was necessary but prescribed a new blood thinning drug tried taking it but bruised so easily decided I wouldn't take it as well. If I had lived in the states and trusted their judgement I would have gone broke buying these unnecessary drugs. You don't need any imagination to read a future headline - blood thinning drugs destroy you kidneys, liver or some other organ.

Posted On 05/24/2017

Steve17593

I was in a doctor's office (ENT specialist) back in 2004 for pain in my jaw that would occur whenever I drank fluids or would lie down. After giving me a hearing test and examination of my throat, he said I had TMJ and prescribed a month supply of daily-dose NSAIDs. I refused to take them due to what I knew back then from what I had read. Even though the doctor got angry with me on my reaction, he didn't offer any alternative treatment. I am so glad that I didn't take the NSAIDs. Some time later it was discovered that the pain was due to a cracked molar and that since the crack ran parallel to my cheek, it wouldn't show up in an x-ray. I had the tooth pulled and an implant installed. I can't imagine what would have happened had I followed the advice of that ENT doctor.

Posted On 05/24/2017

Calli14

I think these drugs are probably much more dangerous than the public imagines - if someone comes in with congestive heart failure, renal failure, or an MI, how many times do they not mention maybe taking an NSAID a few days for backache or whatever. If I take even a few doses of Ibuprofen, I get swelling and hypertension - if I take it more than 2 days, my stomach gets irritated. These are not benign drugs as the manufacturers would have the public believe. I can't imagine having to take one chronically, as many people do.

Posted On 05/24/2017

Mudvayne24

Had a young woman in my work not long ago who went into acute kidney failure due to taking prolonged Advil. Most of the general public think that these are extremely safe tools and can be used in every day life... unfortunately that's the problem.

Posted On 05/25/2017

gr8tful2bme

My health is not yet where I want it to be... and I mostly don't take pain meds at all. I am seeing a nephrologist in hopes of an answer for my long term very high BP. The first one I saw commented that I would be surprised how many young people are on dialysis from overdoing the Ibuprofen. I'm reading the Fat for Fuel book and plan to do that... hoping for improvement with BP

Posted On 05/24/2017

queenoftheworld

Naproxen's / Naprosyn's listed side effects include that it will cause asthma in 25% of asthmatics who take this medicine. My dr. prescribed it to me, an asthmatic, and the asthma was probably the worst attack I've ever had. I never went back to that dr.

Posted On 05/24/2017

strangemagic

strangemagic has deleted the comment.

Mudvayne24

Agreed. Our nervous system signals pain for a reason and isn't meant to be ignored or numbed. I cringe when I see people who can barely walk rub BioFreeze on themselves and then run into a heavy workout because they can't feel the pain, which of course causes even more pain once it wears off.

Posted On 05/25/2017

Guillermou

In connection with Dr. Mercola, the literature showed that the possible health problems derived from the use of NSAIDs could be divided into five categories: electrolyte balance and hyponatremia; Acute kidney injury; gastrointestinal disorders; oxidative stress, inflammation and muscle damage and other medical concerns. This study aimed to investigate the cardiovascular effects of two commonly used non-steroidal anti-inflammatory drugs (NSAIDs), Voltaren (diclofenac) and Brufen (ibuprofen), on the heart. A total of 496 participants were included. The data revealed that both Voltaren and Brufen were associated with adverse cardiovascular effects, including pulse disorders and hypertension. Specifically, chronic use of Voltaren and Brufen was linked to an increased risk of heart-related complications.

jurnal.itscience.org/.../3792 (2024).-- www.ncbi.nlm.nih.gov/.../PMC10840051 (2024).--

Posted On 06/26/2024

Hollie123

Gui, is it known whether, in the case of adverse events associated with Voltaren (diclofenac), whether topical or oral administration of the drug mattered? My mom had been given diclofenac but had heart-related issues as a result and stopped immediately. She was given a prescription for topical Voltaren; however, even the lively commercials of people dancing after using it couldn't convince us to try it. She was in so much pain though. I can't help but wonder whether it would've been worth giving it a try.

Posted On 06/26/2024

Guillermou

Hi Hollie I can't answer your question but I understand that it depends on the amount of Voltaren applied to your dear mother

Posted On 06/26/2024

rjdeshayes

I have suffered pain in my shoulders for years and now am almost pain free. Black Cherry juice and Tart Cherry juice is awesome for relieving pain.

Posted On 06/27/2024
