

## Granny on the warpath

I have had the best pain relief from two things: curcumin and a hot bath with Epsom salts and soda in the water. Being a "genuine antique" in my seventies, I am prone to pushing my body to do what it used to do years ago and end up in pain. I refuse to admit that I am too old to mow the lawn, do heavy yard work, lift and move whatever I feel like moving whether it's furniture or big plant pots, load and unload Costco sized packages, etc. A hot bath with a generous cup or more of Epsom salts and a cup of plain old baking soda, sink down in the tub up to my chin and dream of being on a tropic isle somewhere...a good night's sleep and I am ready for another day. This summer is my sixty year HS reunion....but I am still a teenager at heart (with sixty years of experience!)

Posted On 06/14/2017

## mirandola

It's true. At one point, my back went out for mysterious reasons, and to so much as shift my weight in bed and roll over, was an excruciating maneuver. Get up out of bed? Forget about it! in that state, my chiropractor told me: Take a bath with baking soda. Add 1 cup to the bath and soak for 45 minutes. It really helped, tremendously! I was not pain free, but was able to move again. The reason, said my chiropractor, is that the baking soda removes lactic acid from the muscles, which splint them when there is an injury and this causes pain and stiffness. What a difference! I bought a 10 lb bag of the stuff at Costco and keep it around for household chores, laundry, etc and god forbid, if my back ever goes out again (it doesn't), then there it is! A good emergency supply to have on hand.

#### **Wetiko**

Wow, thanks Granny! I am just like you. I act like I am 30 and am over twice that. Boy, some days after working outside all day I really ache. I have taken Epsom salt baths and they help but I have no clue about baking soda! I am going to try that tonight, because I have several hours of weed whacking ahead of me today and lots of garden weeding. I also suspect that less physical activity would be helpful for less pain......nah.....not gonna happen. lol

Posted On 06/14/2017

#### iamblessediam

Get some CBD oil in your body. Better yet, consume raw cannabis - why - your endocannabinoid system [ECS] biochemically regulates pain response - actually - your complete homeostasis mechanism - do...the...research. If you truly understood your ECS, you'll would be screaming from the roof tops for an "open grow as vital food" cannabis law - cannabis is the most effective medicinal herb for supporting one's ECS - do...the...research! LBP!

Posted On 06/14/2017

#### seg

I joke around a lot, but a "granny on the warpath" is definitely not someone i would want to mess with..Go granny go, give em hell...

## **BlackNikolaTesla**

The level of spiritual strength of the average people is very low nowadays...not to realize that indeed those big pharma groups are drug dealers and in a class out of this world!!!!!what's more under the 'legal' apparatus...there really is something deeply satanic about the whole thing not only in the fact that they do this cynically and in that we as the people struggle so much to put a stop to it...david vs goliath...now more than ever we seriously need to find a God-made sling...

Posted On 06/14/2017

#### chavah

We have one. It's called prayer and repentance, but too many think they're above it. They think they're too "enlightened."

Posted On 06/14/2017

#### veritasoreventus

Another report from today on the attack on kratom: DEA Might Get a Backdoor Way to Ban Kratom – Act Now! I Posted on June 14, 2017 Natural Health News http://www.naturalblaze.com/

Posted On 06/14/2017

#### chavah

"Billionaire and millionaire executives at pharmaceutical companies should be frog-marched out of their door in suburbia, handcuffed and surrounded by DEA officers, with their children and neighbors watching to send a message and begin the process of some real behavioral change...." so says Anthony Bourdain: www.foodandwine.com/news/anthony-bourdain-knows-who-blame-americas-opi..

#### stanleybecker

hi chavah - to Bourdain [ I'm sure], if you eat sh!t, you are sh!t - being a foodie makes this formula patently clear - like Michael Pollen the conclusions are written on the Wall [Daniel will interpret if necessary] - Drug Pushing is BIG MONEY - and God is on our side - www.youtube.com/watch

Posted On 06/14/2017

## **Tom\_Cornwell**

I absolutely agree. Instead of grandma serving 15 years for giving an acquaintance 9 or 10 of her pain pills, perhaps Purdue execs should be doing that time. Ironically, it is the DEA which regulates production quotas for these 'medications'. How sweet it is!

Posted On 06/14/2017

## njlady

Anti marijuana politicians are as responsible. They are not allowing a natural, healing herb to be easily available, especially for people with medical issues that could get relief more safely than with these horrific drugs which cause more harm in the long run. Legalizing marijuana would force the phama companies to change the way they do business, and I'm guessing that would be a good thing.

#### caws

Big Pharma is now using Congress to try to take away Kratom. They isolated the active ingredients & want to market it as a drug [enhanced with fluoride]. Unable to get it banned last year; they went to Congress & there are currently two bills before the Senate & House [how often do they push this fast to pass a bill?]: S1327 and HR2851. Dubbed the SITSA act; it will Stop Importation & Trafficking of Synthetic Analogues. Under this act coffee could be illegal !

I must correct Dr Mercola here on Kratom being addictive. There are NO PEER REVIEWED or DOUBLE BLIND SCIENTIFIC studies that show this; only so called statistics. The one loose study done in SE Asia showed that "addiction" & bad behavior found in field workers that had used it for decades [so they could do back breaking work in hot sun] was most likely caused by the large amounts of alcohol they also consumed. Kratom is taking the rap for the other drugs that are always found in the system when there is an overdose or accident. There have been no deaths caused by Kratom alone. Sure if you take a large amount or combine it with other drugs it may harm you [most likely you will vomit first as it tastes vile] but so can too much water or food. Please go to www.americankratom.org and learn more about this lifesaving plant used for hundreds of years & call Congress before it is made illegal.

After 19 surgeries[all of which they gave me opiods but I was smart enough to discard after two days], 27 years of fibromyalgia, chronic fatigue, multiple chemical sensitivity, allergies to most antibiotics & many foods , heavy metal & fluoroquinolone poisoning, gastritis from massive doses of said antibiotics, and now fighting LYME & BABESIA at age 65 ; I can tell you with impunity that Kratom is not addictive but has given me hope & mobility again. I have NEVER felt euphoria, craving, nausea, rash, or any other side effect except pain relief for 4-6 hours. Recently reduced from 3x day to 1x no withdrwal at all.

Posted On 06/14/2017

#### seg

Bourdain is good i like to see the various countries and hot spots he visits.. You also get to see all the different cultures as well ...This coming Sunday i might watch it, CNN be airing a nice Caribbean island...

## iamblessediam

Me wonders what Bourdain thinks of Jefferson Beauregard Sessions III - The POTUS pick as current USA AG?!?! Knowing the guy, me thinks one word would sum it up - KNUCKLEHEAD -[well...really...Anthony would use some form of the f-bomb...like \*\*\*\*head] and here's why: [www.nydailynews.com/news/national/jeff-sessions-prosecute-legal-medica.. ] and [www.leafly.com/news/politics/sessions-congress-end-medical-cannabis-pr.. ]. Political "consequences and truth time" folks - another example of people electing their own health assassins. The truly sad thing is - EVERYONE pays the price. LBP!

Posted On 06/14/2017

# forbiddenhealing

Love Bourdain...but as a subsidiary of CNN you hafta notice the political spin...Like his Libya trip..so spun!

#### rrealrose

iamblessed to chavah above, Dig a bit deeper, you will quickly find the structure of current American corporations is mostly to blame for this short-term, profit only focus: solely beholden to returning money for shareholders and behind the drive for quarterly profits. Almost anything in their way gets pushed aside, flattened or mowed over. There is no "long term strategy" - or, there may be one on paper, however most long term focus is missing. Sure they lied about how addictive their latest painkillers are, after all, their marketing excecs waiting to advertise and distribute! Its a big gamble and the only balance is FDA approval, for what little that may be worth these days. Seems with only short term required testing and fudged or unpublished trial results, the system has more or less morphed into a license to maim and kill??

NOT the case 50 years ago, when now enormous public corporations were much smaller, run by sole proprietors or were family businesses. Now executives, the BOD's and prominent shareholders run these publicly-traded corporations. One way is to fine them for an entire year of gross profits, this could easily scatter most corporate board members, the execs and their financial support. However, we all know the DEA and FDA are in bed (embedded) with these guys, so that's not happening. Not yet anyway.

Posted On 06/14/2017

#### iamblessediam

True rrealrose...the focus is on quarterly profits driven by a "be damned all else" corporate culture mindset with NO regard to liability - and why should they - they got their "political hacks" on Capital Hill covering their back sides - just do a search on "House passage of limiting liability laws" and you'll get 39,000,000+ "hits" in .54 seconds that favor Big Anything at the cost of the taxpayer. LBP!

#### chavah

I've seen people on this site get all jazzed because companies like Monsanto and those of BIG PHARMA might be getting sued. What they fail to understand is Econ. 101, "They pay fines as a cost of doing business in an industry which generates billions of dollars in annual revenue." This is a good example -Drug companies sued for flooding West Virginia county with 40 million doses of opioids: news.vice.com/story/drug-companies-sued-for-flooding-west-virginia-cou..

Posted On 06/14/2017

## Randyfast

Any corporate executive knows that it's "the cost of doing business"! I've said it before: They couldn't care less about humanity. They're only half human, themselves!

Posted On 06/14/2017

#### stanleybecker

Randy - half human! - these guys are so dehumanized that rats are more 'human' than them

Posted On 06/14/2017

#### seg

Stan i knew it would take a post by chavah to "bring you back." Wilcomen young chappy, Randy was getting worried :)!

## iamblessediam

Hi Stanley -- Those executives are black mambas - you should know about them - they be in your neck of the woods;-))! Anywho, that's why it pays to have a mongoose mind - of which and about the "cost of doing business" mindset - hell, people in the USA let their elected officials "handout" tax breaks in the form of "charge offs" to BIG Anything in the name of job creation. The average USA taxpayer allows the likes of Monsanto and Big Pharma to rob their pocketbooks/bank accounts via tax breaks and they don't even know it - I mean DAAAAH! Keep drinking your "political kool-aid" folks - your politicians love yah for doing so - so does K Street, Monsanto, Big Pharma and their stakeholders! LBP!

Posted On 06/14/2017

# Acroyali

We mustn't insult the rats like that ...! www.buzzle.com/.../607773-27329-14.jpg

(Welcome back, Stan!! It's great to see you!)

Posted On 06/14/2017

#### acs4457

High doses of Vit. C and be can ease toothache and even clear up abscesses under teeth. I wonder what effect long term usage of these drugs has on the brain as far as Alzheimer's and Parkinson's is concerned. Every time I come out of kidney stone opps my memory is effected. Seems only mechanism to recover it is fasting ?One's memory is obviously a very valuable asset.

### **Krofter**

The two farmers markets I attend are both in a planned retirement community. The other day while helping a customer a woman in an electric wheelchair plowed into the end of a run of 3 tables next to my booth, pushing them all about 7 feet and spilling the contents everywhere. She was unharmed but she was oblivious as to what she had just done - she never said a word while I and others helped her get squared away and back on her way. It's an accepted fact that when driving in this community one needs to be diligent. Older drivers on drugs commonly run red lights, stop at green lights or just stop in the middle of the road. Lots of accidents...

Posted On 06/14/2017

### iamblessediam

Too true Krofter - and really - everyone needs to be vigilant because based on the Tiger Woods example - there are too many people zooming around on legal drugs that "scramble" the critical homeostasis keeper - the Endocannaninoid System [ECS]. About 12 years ago, I got hit by a driver while riding my bicycle - the dude kept squinting his eyes - I told the police officer the guy was probably messed up on legal drugs. The police officer said he thought the same thing but admitted there wasn't a blood test that'd show that to be the case. It's one of the reasons I advocate cannabis as a vital food with an open grow policy. Anyone that has a different view - do some research on how important your ECS functions are and the best ways to support the ECS functionality - in three words consume raw cannabis - PERIOD. Do the research if you don't believe me - for whatever your reasons are! LBP!

Posted On 06/14/2017

#### **Schniergmeister**

Good article, but I wince every time I see the phrase "honing in". It should be "homing", like a homing pigeon. Approaching a target. Honing is what you do to sharpen a blade.

#### turkthagoras

Home in vs. hone in - Grammarist grammarist.com/eggcorns/home-in-hone-in/

Posted On 06/14/2017

## **SadieKay**

I'm sure pHARMa is delighted with the knowledge that one-quarter of the population is addicted to their toxic opioids. Boycott pHARMa. They have nothing of value to offer humanity.

Posted On 06/14/2017

#### veritasoreventus

A couple of additional supplements that I find helpful for pain relief: 1-I take 4000 mg of MSM (4 1000 mg capsules) along with 1000 mg of Vitamin C for relieving back pain from herniated discs for a couple of days prior to doing any heavy duty outdoor yard work. This has worked effectively for me for years and it is also reported to be especially beneficial for osteoarthritis. 2- Devil's Claw - Excellent natural anti inflammatory (Not yet well known in the USA)

www.herbwisdom.com/herb-devils-claw.html

Posted On 06/14/2017

#### seg

Try this one when you have some time to get back that beach bod lol.. https://vimeo.com/84607877

# Acroyali

Yucca root and/or White Willow Bark can be a great pain reliever/anti-inflammatory too, but as with anything herbal interactions can happen and some people can't tolerate it. (Usually a good idea to not take either, especially WWB, on an empty stomach even, for most people, it's easier on the stomach lining than asprin.) Arnica and traumeel can be really, really butt-kicking when it comes to pain. Traumeel is almost always with us whenever we do any kind of activity with our dogs; it's easy to administer and works quickly.

Posted On 06/14/2017

#### veritasoreventus

seg -I know I've seen that workout before. I think it was being done on one of those 'blue zone' videos by a group of centenarians. lol

Acroyali - Thanks for the additional info on natural pain relievers. By the way, who gets the arnica and traumeel, you guys or the dogs? lol

Posted On 06/14/2017

## Acroyali

Verita, both dogs and ourselves (cats are no exception either!) have received traumeel and/or Arnica :) Great stuff!

#### ellivoc

In the UK it say on opiods, do not drive or operate machinery as they cause drowsiness. So there is not really any excuse. I also expect people double up the dose to get did of more pain. I would say don't take them or only in absolute emergency! Jennifer in England

Posted On 06/14/2017

#### jmiller739

The Orthomolecular Treatment of Drug Addiction-- Addicts can eliminate heroin or methadone intake without experiencing withdrawal symptoms, they lose their desire for the drugs, and should they take a "fix" it is immediately detoxified and produces no "high." The orthomolecular treatment regimen is simple and non-toxic, may be administered orally, contains no narcotic drugs, is inexpensive and requires no hospitalization. It comprises administration of 25 to 75 or more grams of sodium ascorbate per day plus large doses of vitamins, essential mineral and amino acid supplements. After several days, appetite returns and they eat voraciously, they also have restful sleep. After about 6 days, the dosages are gradually reduced to holding dose levels (about 10 grams sodium ascorbate a day) and the ex-addict is now ready for rehabilitation or psychotherapy programs. www.whale.to/.../kalokerinos2.html

Posted On 06/14/2017

# forbiddenhealing

J...Also the backbone of a protocol for most any disease.

# jmiller739

forbidden, I agree! I appreciate your constant emphasis on Vitamin C. Mainstream medicine along with fake news outlets have suppressed the truth. The Vitamin C Foundation is a great online resource for those who are interested... www.vitamincfoundation.org

Posted On 06/14/2017

## iamblessediam

Yah...well...do some research on how your Endocannabinoid System [ECS] works and the best way to support your ECS at the orthomolecular level - I'll tell you ahead of your ECS research - CBD's. LBP!

Posted On 06/14/2017

### chavah

One of the most depraved aspects of opioid addiction is addicts who are hurting their pets in order to get the drugs: news10.com/2017/01/17/addicts-hurting-pets-to-get-pain-reliever-common..

Posted On 06/14/2017

# forbiddenhealing

How bout trashing Afghanistan?

Can't grow grains in Afghanistan to export it'll cut into the US market..Poppy now that is big moula compared to growing wheat or other grains...www.afghanistan-analysts.org/on-the-cultural-history-of-opium-and-how-..

Posted On 06/14/2017

### iamblessediam

Paramilitary groups just love situations like Afghanistan and it don't take a whole lot of rocket science to figure out why - three guesses and the first fifty don't count;-)))))! Does the word "purveyor" fit into the picture - you can bet your sweet bippy it does - it's all a game of smoke and mirrors: [www.youtube.com/watch]. LBP!

Posted On 06/14/2017

## forbiddenhealing

Hey, If itsa prescription it's cool...like that Kennedy kid sleep-driving in D.C....who then hypocrited with his war on cannabis....Inane Idiocracy.

Posted On 06/14/2017

## iamblessediam

AGREED! That "Kennedy kid" needs to hold a conversation with David Wells - if you follow baseball you'll recognize David Wells: [www.youtube.com/watch ]. LBP!

#### farmercist

Tiger has all the money he could ever need. I'm surprised he doesn't have a driver.

Posted On 06/14/2017

#### seg

Farmer Tiger has lots a drivers, i believe they are mostly Woods tho :)

Posted On 06/14/2017

## iamblessediam

Posted On 06/14/2017

#### seg

Yam LOL, i think they call it eh-vilution, or praaps de-vilution ..

Posted On 06/14/2017

## iamblessediam

Or is that elevation: [www.youtube.com/watch] - ain't giraffes cute;-)))))))! LBP!

## **Keeplivinon**

Let's not forget Frankinscence oil. Boswellia Sacra essential oil, taken with some coconut oil. Works for pain and inflammation too!! I've taken many courses of this miracle oil. Well, Some may find this suggestion difficult to do, but coffee enemas cleanse the liver of toxins, reduce the body's toxic load, and provide great pain relief. I can vouch for this method too!! I know it works

Posted On 06/14/2017

### identicaltwin2

Tiger Woods legal wrangling consisted of money and influence that got him off I imagine. He needs an addiction program since he is obviously afflicted. He won't change until he is held accountable.

Posted On 06/14/2017

#### braveheart51

twin2.....he will not change until HE feels he is accountable......

Posted On 06/14/2017

## iamblessediam

Tiger Woods needs to talk to David Wells: [www.youtube.com/watch]. LBP!

## jeanschl

Last week I dislocated and fractured my elbow. Thanks to eliminating sugar, grains, dairy, all processed foods, and eating mostly organic veggies and greens. Also some organic meats, salmon fish and lots of good fats, I didn't have barely any pain through this. Therefore I took no medication what so ever. I wasn't in much pain right after the initial mishap! Amazing.....now that is seeing results from all my changes and efforts. I am 59 years old. I love it!

Posted On 06/15/2017

#### winlink

I also love Epson salts. However, I think it should be noted that Tiger Woods admitted to taking 4 oxycodone pills and a Xanax. That is drug abuse pure and simple. You could say the same for any drug like alcohol or smoking a bunch of weed. Tiger woods was charged with DUI the same as if he abused alcohol. The point is not in the drug, it is in drug abuse. If you take a prescription drug the way it is supposed to be taken...One pill every six hours, do not mix with other drugs, there is no way you would be impaired beyond one glass of wine or a very minor amount of cannabis. We have a substantial drug abuse, problem in the U.S. I think you need to ask why this is happening. I have a few scrips that I could abuse, but I don't...There are so many people depressed and unhappy with life that they feel then need an escape by numbing themselves with drugs. And it sounds like this is happening with smoking weed as well...13% using it for recreational purposes...OMG!!!

#### david48

I've recently found that Kava (previously known as "Kava Kava") tea helps \*tremendously\* to relieve bodily pain for me. Muscle spasms in the lower back area especially. Unfortunately, the relief is short term only. Just for 2 hours or a little more. Also, it is somewhat pricey. Bodily, it does have a few side effects that I'm concerned about. \*\* Has anybody here ever tried it for relieving of pain and/or getting more sleep \*\* and do you have any advice or resources to recommend? Thanks! (P.S., e-mails work well for me, if you're comfortable w/ that mode of communication. Otherwise, ", I can try to respond to / navigate this message board system. In other words, I'm not too "tech-y" -- technologically savy.)

Posted On 06/14/2017

### brr206

Electron Paramagnetic Resonance Spectroscopy (EPR), an advanced cousin of MRI, can monitor the levels of many molecules in a person's blood as well as other parts of their body non-invasively. Small EPR machines exist and software does as well that can be used to test for drugs as well as nutrient levels.

The reason EPR is not a mainstream diagnosis device is because many shy away from its complexities and many who dive into them are primarily concerned about using them for academic purposes. If you have money and want to invest in something like this, contact a University with an EPR laboratory that incorporates electronic excitation and nuclear magnetic resonance technique. There is a laboratory in Illinois that specializes in many EPR technologies.

#### rrealrose

Thanks Dr M for the link to the film "Chasing the Dragon" in your article. Must have missed it the first time it was linked. Managed to watch about half of it while developing a "hole" in the pit of my stomach watching some dramatized scenes...reminded me of why the British (and French) had their now-infamous Opium Wars against China in the 19th Century: www.britannica.com/.../Opium-Wars - At the time, China had a huge numbers of addicted citizens, and China lost to Britain, and later to Britain and France. Does history need to repeat itself over again? British and French maritime fleets were flourishing by trading in drugs. Change a few names, the US now has it at our doorsteps.

Posted On 06/14/2017

# BigKahuna27

A question that is continuously avoided is, What was Tiger Woods doing out and about driving his car in the middle of the night? Where was he headed / where had he been?? Obviously, he was aware that he had taken the drug cocktail at some point in time. Surely, he isn't so stupid and uninformed that he is unaware of the mental and physical impairment these drugs cause. . . . Or is he?!! He is clearly lacking in good, or even average, judgement when he loads up on his drug cocktail and goes out driving his car in the middle of the night. This is a very, very irresponsible individual.

## Alldogsgotoheaven

About 3 or 4 years ago I had a very minor medical problem. The doctor prescribed hydrocodone. I told her that I did not think that I needed that. She said get it filled anyway. Ok, I did but never took one. Heck I did not even take an aspirin because it did not hurt. Amazing how easily that stuff is handed out. My house was broken into several months later and the police told me to check my medicine. I had forgotten that filled prescription was there in the back. Thankfully the thieves did not find it. The policeman told me that if they had they probably would have been back. I took that back to the pharmacy and disposed of it. Seems they hand this stuff out like candy. I have known other people who say they actually need it for chronic pain but have a hard time finding a doctor that will prescribe it.

Posted On 06/14/2017

### resilientme

Also, Tiger could really benefit from neurofeedback to help re-balance his nervous system. (And a rebalanced nervous system would help his golf game!). I work with athletes and the top benefits they see are: calming performance anxiety (better ability to stay in the zone), improved ability to focus and improved sleep. Very safe and effective. God speed Tiger!

## Guillermou

Close to 17% of Americans are taking psychiatric drugs with side effects such as acting aggressively, being angry, or violent and acting on dangerous impulses... Psychotropic drugs are hardly helping when their side-effects include worsening depression, new or worsening anxiety, agitation or restlessness, panic attacks, new or worsening irritability, acting aggressively, being angry, or violent, acting on dangerous impulses, an extreme increase in activity and talking (mania), and other unusual changes in behavior or mood. "Rather than helping the individual, psychotropics alienate, and push them into more and more potentially dangerous behavior," states the president of the Florida chapter of CCHR, Diane Stein.

This situation was so egregious that in 2004, the Federal Drug Administration issued a "black-box" label warning indicating that the use of certain antidepressants to treat major depressive disorder in adolescents may increase the risk of suicide, homicide, and other acts of violence. A study entitled Prescription Drugs Associated with Reports of Violence Towards Others declared In the 69-month reporting period we identified 484 evaluable drugs that accounted for 780,169 serious adverse event reports of all kinds.

The violence cases included 387 reports of homicide, 404 physical assaults, 27 cases indicating physical abuse, 896 homicidal ideation reports, and 223 cases described as violence-related symptoms." "Psychiatric Drugs and Side Effects The Unseen Hand Behind Violence in America", Citizens Commission on Human Rights www.globalresearch.ca/.../5819075 (2023)

## juststeve

Head med's inflaming the conditions they are touted to prevent. Brought to you by the same people who brought us Opioids, C-19. Trust them because they tell you to do so.

Posted On 03/28/2024

### juststeve

Jimmy Dore Dr Drew interview: www.youtube.com/watch Head med's for depression to people who are bipolar may cause depression to be lowered but then enhance the Mania, then leading to disaster.

Posted On 03/28/2024

### Guillermou

Yes Just, the pharmaceutical industry in the US spends millions on lobbying, finances political campaigns, 'buys' doctors to promote and prescribe certain drugs and, with the taxpayer's own money, subsidizes preparations that will later serve to deteriorate health of the American population. Pharmaceutical industry, doctors, rulers, they all play at the revolving doors that money makes possible, they corrupt institutions, in order to defend drugs, but most outrageously, to combat those who fight against drugs. As Dr. Mercola reported, the growth in deaths and overdoses in the US due to drug use is a heartbreaking problem. Over five million people in the US experience a physical dependence on these painkillers.

Doctors prescribe opiate drugs for the treatment of chronic pain, but they must be aware of the serious illnesses they cause. Gtzsche has compared the pharmaceutical industry to organized crime. The effect of drugs is chained. Drug consumption causes young people to abandon their studies and not train. On the other hand, addicts withdraw from the labor market. And finally, the high suicide rate, due to depression and deaths from overdoses. The epidemic especially hits communities that already suffer serious economic problems. It is a vicious circle, since economic problems are also a source of despair and depression, prostitution and drug abuse, which lead to medical treatment.

## **bchristine**

I would have to say it may be more like 50/50 for drugged drivers vs inattentive drivers using cell phones and texting. I have been the victim of (3) accidents over the past 10-12 years where this was the case - all the fault of the other drivers. And the thing is - I don't even drive much! Close to my home and work; maybe 20 miles total every week, if that. I have also noticed an uptick in "idiot" drivers over the past couple years .... and many what I call "vaxidents".

## Almond

There is no excuse for the lack of individual responsibility that leads to impaired driving. Whatever stupid thing you choose to do is your own business until it risks someone else' life and well-being. I speak from experience. Many of the injuries I have experienced in my lifetime were due to someone else's negligence or greed. Parts of my body are missing that will never function as well again. I cannot think of a single injury that was my own fault. At least half were vehicular accidents-due to drunks, druggies, inattentive drivers and illegals who should never have been on the road in the first place. I also suffered financial loss because irresponsible people are rarely insured.

My uninsured motorist covered it, but you cannot afford to replace totaled vehicles for blue book value, if you can even find a similar dependable vehicle in good condition. And your insurance rates may increase or you have to hire a lawyer to fight charges in court. (After one accident, the illegals disappeared. When the police hunted them down with dogs because they fled the scene, the officer told them sarcastically, "Have a nice trip back to Mexico." He knew they would flee or change their names. No, I am not picking on a particular country, just relating my actual experience as it happened.) Fortunately, my husband had photos of the accident to disprove the lies when we had to go to court to prove we were not at fault after one accident.

Not speeding (?), but left 80 feet of burned rubber skid marks?!) I have suffered lifetime injuries due to the irresponsibility of others. Have even been unable to avoid some accidents when pulled off the road or stopped at a traffic light and some idiot comes flying thru. Although our car was totaled after an inattentive driver wiped out 5 vehicles, one innocent driver had to be pulled out with "the jaws of life". A lot of young people think it is fun to drive and drink or do drugs, but this is very immature behavior.

Posted On 03/28/2024

## **Swilliam**

"No, I am not picking on a particular country, just relating my actual experience as it happened." ----- ------- ----- Thank you for sharing your REAL experience, and for the heads up about remembering to document as much as possible at any accident scene.

Posted On 03/30/2024

## **The Texan**

Inflammation causes pain. THE most powerful anti-inflammatory known to man, according to a doctor I used to use, is Boswellia serrata, Indian frankincense. I've never taken anything else for pain since being told this and that was almost 20 years ago. I've been told it also does not affect the stomach like OTC NSAID's do. As for this opioid problem, you can read about the original Sackler brothers and how they kicked it off by getting it accepted into the medical community and then prescribed.

Posted On 03/31/2024

#### dale95

Drug companies mislead doctors on opioid addiction: Doctors forgot about the opioid addicts who lived in every society and generation in human history. My brother was a doctor. He was smart as they come. Everyone is gullible in some way.

Posted On 03/29/2024

# jaygee123

Psychotropic drugs escape the spot light yet again. In Canada Mothers Against Drunk Drivers (MADD) commented on this growing problem. The Chiefs of Police made a short report on it.