

# Naturally

## Natural Pain Reliever Alternatives

Ginger - Anti-inflammatory

Turmeric - Anti-inflammatory

Vitamin C - Anti-inflammatory + healing

Valerian Root - Pain reliever

Cayenne Pepper - Anti-inflammatory

Arnica - Pain reliever

Fish Oil - healing properties and anti-inflammatory

Evening Primrose Oil - healing properties + Pain reliever

Borage Oil - healing properties and anti-inflammatory

### Also :

Magnesium

Calcium Lactate

Passion Flower

Glucosamine Sulfate

Zinc

## Common Side Effects of NSAID's

Dizziness	Skin Rash
Nausea	Heartburn
Ulcers	Stomach Pain
Fluid Retention	Indigestion
Constipation	Rectal Bleeding
Rectal Irritation	Edema
Headache	Vomiting
Bloating and Gas	Diarrhea
Nervousness	Irritability
Gastrointestinal Irritation	
High blood pressure	
Abdominal Cramps/Pain	

## Nonsteroidal Anti-inflammatory Drugs

(NSAID's) are better known to the public as over the counter pain killers. Ibuprofen (Advil™, Motrin™, Nuprin™), Aspirin, and Keptoprofen or Orudis™ are a few of the most well know pain killers. And these drugs are just that, killers. Many of us take or have taken these drugs blindly, following their advertisement of everyday use without any knowledge of the real damage that they cause. The fact is 76,000 people each year are hospitalized from reactions to NSAID's, as of the year 2000. Imagine how that number has grown in the past years. Because of their toxicity, NSAID's are now associated with gastrointestinal disorders, ulcers, kidney and liver disease, cataracts, high blood pressure, chronic headaches, and heart disease. The list does not end there. See the box below for the list of common side effects that NSAID's cause.

The side effects are not the only reason to be weary of these pills. While they do "kill pain" they also allow us to remain active before our bodies have had the chance to heal. So without the warning of pain, we may re-injure or make worse a wound that has not yet completely healed. As NSAID's block the messages from the brain that tell us we are in pain, they also block messages that tell the body to create collagen and elastin which are necessary for healing. Not only are these drugs causing damage to internal organs, and helping us to hurt ourselves worse, but they are inhibiting the body's ability to heal. Tell me, where is the good? It is no wonder that more and more of us are turning to natural healthcare for answers about our families' health.