

HOW THE MEDS CAN HARM YOU



WHAT YOU ARE NOT TOLD
ABOUT TAKING PILLS

Dear Friend,

There are 5 types of afflictions so common in the US, that it's scary to even think about it. What's even scarier is that the meds used to treat these afflictions could do more harm than good.

And while in a normal situation the side effects could be kept under control with your doctor's supervision, what will you do when SHTF?

How will you control your health problems, plus the side effects of some pills you might not even be able to find anymore?

It's time to find out all you need to know about the conditions that threaten your wellbeing, the meds that are supposed to help and how to really keep your health under control!

And please make sure to share this information with anyone who might benefit from it. You never know when you might save a life with the simple push of a button.

Alec Deacon

Survivopedia.com

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Cholesterol Drugs and How They Harm You

When it comes to using drugs as preventative treatment against catastrophic illness, few classes of medications rival those used to reduce LDL cholesterol. As you may remember, LDL is the “bad” cholesterol that increases your risk for having a heart attack and other cardiovascular diseases that tend to occur when the blood vessels are clogged with fat and debris. On the other side of the equation, long term studies on a number of cholesterol drugs reveal that they still take an enormous toll on your health. In fact, this toll may be so great that it can harm your overall ability to manage a crisis scenario.

That being said, before you stop taking these drugs in order to try and enter a crisis scenario in a healthier condition, it is important to know as much as possible about your condition and all the options at hand. Needless to say, if you happen to be on a drug that is also part of a class action lawsuit, then you may well want to seek a second opinion if your current doctor sees no reason to take you off a dangerous drug just because it appears to be working for you.

Conditions These Drugs Treat

To begin, it is important to realize that optimal amounts of cholesterol actually help strengthen blood vessels and help them remain in good condition. Excess cholesterol, on the other hand, builds up inside the blood vessels and causes them to become too thick and rigid. As the blood

vessels get narrower, it becomes harder for blood to pass through. This, in turn, means that more pressure is put on the inner walls of the blood vessels.

Since cholesterol and associated lumps of gunk in the blood vessels do not always remain smooth, eventually these clots and lumps will break free of the walls.

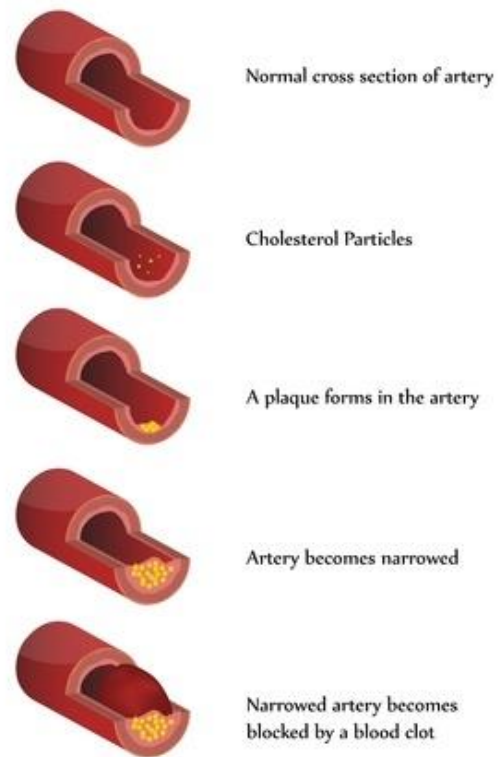
As they are carried around the body, they will eventually get stuck and cause a blockage. The most dangerous clots are the ones that get lodged in the heart and the brain. Clots that get stuck in the brain lead to strokes while those that get stuck in the heart cause heart attacks.

Cholesterol lowering drugs are designed to inhibit the amount of cholesterol stored or made by the body. These drugs do not treat heart disease, nor can they act as treatment for a stroke, heart attack, or dementia. On the other hand, they can slow down the progress of clot developments that lead to these problems.

What the Media Is Missing About This

As you may be aware, there are all kinds of diet fads and phases that people go through when it comes to food choices. In the arena of cholesterol reduction, vegan and vegetarian diets are often named as some of the best.

Despite this fact, mainstream media tacitly advocates for the use of drugs to control cholesterol levels instead of dietary change. Even though it is true that the body makes cholesterol on its own,



all cholesterol not made by the body comes from consuming meat and cheese. If you do some research, you will also find that both vegan and vegetarian diets lead to lower production of cholesterol by the body.

When cholesterol drugs first arrived on the market, they were some of the most expensive, and also some of the most highly sought by doctors and consumers. This, in turn, led to very expensive medications that were not always tested as well as they should have been. In this case, it is now commonly known that many cholesterol lowering agents do permanent and serious damage to the liver.

Despite this fact, mainstream media rarely reports on ongoing investigations into this problem; or if they do, they don't spend more than a moment or two on the information at hand. Without a question, if mainstream media used some of their time to bring up plant based diets and other ways to control cholesterol, it would empower people instead of leaving them to take drugs by doctor's orders even though they have just learned these very same drugs may kill them.

At the current time, more than a few doctors may be rethinking whether or not it is truly a good idea to keep people on cholesterol lowering agents. If you are not aware of this situation because you rely on the news to provide you with important information, then you may not know to ask your doctor about the dangers posed by these drugs.

To add insult to injury, even if your doctor sees abnormal liver function results in your blood work, or you experience certain side effects, the doctor may still decide that it is "in your best interest" to continue taking these drugs. As may be expected, if you want to have the option to disagree and help manage your health care, there is nothing worse than having these important decisions made for you simply because you didn't know that such an important decision needed to be made.

How this Condition Will Hamper Your Survival

The effects of cholesterol on your long term ability to survive a crisis scenario can be difficult to determine. If your blood vessels are already clogged up, or you have signs of heart disease, then the cholesterol will already be reducing your strength, stamina, and ability to manage a major social collapse. In addition, even if you have a minor to mid-level of cholesterol build up in your blood vessels, it can still spell disaster if clots break off at the wrong moment.

As strange as it may sound, this situation may even lead to mini strokes that slowly rob you of your ability to think and make decisions long before a life threatening stroke occurs. No matter whether you feel dopey for a few days, tend to slur your speech a bit, feel dizzy, or have other signs of mini strokes, they truly can occur at just the wrong, and most stressful moments.

Here are some other ways that high cholesterol levels can affect your ability to survive a major crisis:

- In a crisis scenario, you may not have the choice to eat only what you want to eat. If your blood vessels are already jamming up with cholesterol, some foods that you will be forced to eat may make the situation even worse. In the absence of useful medications or monitoring, it will be impossible to determine how long you will remain in good condition. Not only will this put you at risk, but it will also put other survivors in your group at risk. This is especially important to consider if you have specialized abilities and you have not focused on cross training for these essential skills.
- Without an understanding of cholesterol levels as a major cause of concern for your personal health, it will be very hard to know how to best preserve well-being. Never forget that even though you may think you are feeling fine, or old age is “inevitable”, knowing about and effectively managing high cholesterol levels is still important regardless of the situation you find yourself in. Why go through all the trouble to prepare for nuclear event

survival, floods, earthquakes, or even EMP blasts when you have no plan to address an internal ticking time bomb such as high cholesterol levels?

- ➔ Consider a situation where you are currently on cholesterol lowering medications but you do not exercise regularly or you do not pursue as healthy a diet as possible. No matter how interested you may be in prepping, it is often very hard to focus on building up your body and making sure that you are as physically and mentally strong as possible. In fact, if you have high cholesterol levels, you may even be afraid to ask your doctor about exercise or take on anything that might seem risky. While you may have to start slowly, there is no reason not to seek to improve and keep at it until you reach your goal.

Basic Drugs and How They Work

- ➔ Bile Acid Resins (Colestid, Questran) – Aside from secreting cholesterol, the liver also secretes bile, which is vital for digesting proteins. Interestingly enough, bile also has a lot of cholesterol in it. Bile acid resins prevent bile from being absorbed back into the body from the intestines. This, in turn, creates a situation where the liver must use more cholesterol to make bile instead of releasing more of it into the bloodstream.
- ➔ Zetia – similar to Bile acid resins in the sense that it works in the intestines. This drug differs from bile acid resins in the sense that it directly blocks the absorption of cholesterol by the intestines.
- ➔ Fibrates (Tricor, Lopid) – these drugs encourage the rapid breakdown of fats, which in turn lowers the amount of fat circulating in the body. It should be noted that these drugs don't necessarily stop the production of cholesterol, nor do they prevent it from being absorbed into the body.
- ➔ Niacin (Niaspan, Nicolar) – basically, niacin is a B vitamin that you get from a variety of foods. It can also be prescribed at higher amounts in order to help lower LDL cholesterol.
- ➔ Statins (Lipitor, Mevacor, Zocor, Pravachol, and others) – these were some of the first drugs released onto the market for reducing cholesterol. They work by preventing the liver from

making LDL cholesterol. Of all the drugs listed for use in lowering cholesterol levels, statins tend to be the most prescribed and the most popular.

As you can see, there are a number of pathways that cholesterol drugs make use of in order to reduce bad cholesterol amounts in the blood. There are also “combo” drugs that mix and match between these categories, or even mix and match within certain classes. Since statins are the most often credited with reducing heart attacks and other major cardiac events, they are often paired with other drugs in order to get that particular benefit.

How This Drugs Might Hurt You

On the surface, there is no question that the promise offered by using cholesterol lowering drugs seems to be a good one. That being said, using these drugs does not come without consequences. Here are some of the more dangerous side effects from using these drugs. It should be noted that not all cholesterol reducing drugs have every one of these problems.

- Statins are known for causing serious liver damage. Even if you have been using these drugs for years, jaundice and other signs of liver damage may occur.
- Some people find themselves growing progressively weaker when taking statins. Needless to say, these muscular changes can spell disaster in a survival scenario. While some people experience a reversal of these symptoms once they stop taking statins, others do not.
- Statins can also cause and accelerate diabetes. Perhaps this should come as no surprise since the liver converts back and forth between glucose and fat. Anything that impairs liver function is more than likely to cause malfunctions in this process.
- Many people also note that they have memory problems, confusion, and other mental problems as a result of taking statins.
- Severe headaches can also occur with just about any medication used for cholesterol reduction.

- ➔ Bile acid resins can cause nausea, gas, and constipation that can act as a major distraction during crisis situations.

Class Action Lawsuits and Other Matters to Know About

Zetia – In 2009, several hundred class action lawsuits were brought against the manufacturers of Zetia because of liver damage caused by this drug. The result was the manufacturers agreed to a \$41.5 million settlement. At the current time, there are still ongoing investigations to determine if the manufacturer committed fraud.

Niacin – studies from 2011 reveal that increasing niacin amounts to the level used in prescription strength versions may not lower cholesterol levels, and worse yet, may increase risk for strokes. Some other sites related to cholesterol drug lawsuits note that niacin is often paired with statins, and that this combination may cause more muscle related problems than just taking statins by themselves.

Statins – at the current time, there are a number of private lawsuits, and FDA investigations into the dangers associated with drugs in this class. Among other things, in 2012, the FDA determined that statins cause serious heart damage (weakens muscles in the heart) liver damage, and these drugs also cause diabetes (women tend to be at higher risk than men), muscle damage, and in some cases problems with the immune system. Although there are no class action lawsuits as of early January 2016, there have been motions made by multiple plaintiffs to create a class action lawsuit.

Although not discussed by legal or medically oriented websites, it should be noted that it is possible that the liver damage found in FDA and other studies is progressive, and that it should also show up in blood work before major failure occurs.

Unfortunately, when you tell your doctor that you “feel fine” or you don't appear to have symptoms associated with liver damage, they may ignore blood test results that are outside of

the normal reference ranges. The horrible situation with liver failure and statins can be called one of the most valid cases for demanding copies of all blood work results from your doctor, and making it your business to investigate them on your own so that you know what the results mean. Strangely enough, as of January 2014, the FDA now claims that monitoring liver enzymes is not a viable means of predicting whether or not statins will cause serious liver damage. At this time, they merely recommend only testing before starting statin therapy, and then test when patients complain of liver damage oriented symptoms.

What You Need to Ask the Doctor(s)

First and foremost, it is fair to say that in the absence of correct documentation, it is very hard to pinpoint whether or not cholesterol drugs (or others) are actually working, or if they are causing harm to your body. In some cases, you may find that your doctor never did the blood work, or worse yet, proper protocols were not followed when testing for cholesterol to begin with.

In this case, if you did not fast overnight for blood work, your results may show elevated LDL levels even if they aren't the norm for you. Needless to say, if you wind up going on dangerous medications because of these numbers, it poses all kinds of problems that make it even harder to find out if these drugs actually work.

The best thing you can do is independently research the different kinds of tests that are done with blood work, and then examine your own numbers. In this case, if you know you didn't fast, then you can, and should demand the tests be repeated so that you can actually see what is going on.

Over the years, millions of patients that don't want to know if they are really sick, or they are afraid of the doctor will claim that they feel fine, or they have good reason to be tired, etc. Under these circumstances, even if the doctor notes results outside of the reference range he/she can't just up and say you are having liver problems related to cholesterol drugs. Since these drugs are supposed to prevent more serious problems, the doctor may feel you are better off taking these

drugs. If you find that you can't tell your doctor exactly how you feel and expect a reasonable response, then it is very likely time to find another doctor. Remember, the doctor is there to serve your needs, and will do so if you at least put some effort in.

If you are on a cholesterol drug mentioned in a class action lawsuit, do not hesitate to monitor some blood chemistries on your own. In this instance, you can purchase over the counter blood sugar meters and also ones for cholesterol monitoring. Even if you only test for a month or so, you may find some interesting information that will dictate a request for further lab based studies (this is especially important if the doctor does not address your concerns about diabetes and statins by ordering diabetes related blood work, or says "your insurance won't pay for it", etc). In this instance, if you discover through home testing that (in conjunction with taking statins for cholesterol) your fasting blood sugars are normal, but your post meal spikes are up in the 200+ range, then it may be time to request a Hemo A1c test and a fructosamine test.

Sadly, many people on statins are not monitored for diabetes oriented issues even though there is a growing body of evidence to indicate statins can cause diabetes in otherwise healthy people. Likewise, if you check cholesterol levels at different times of the day, you may also find out that the cholesterol drugs aren't as important as what you are eating and when the lab work is actually performed. As someone interested in survival, this insight can be very important especially if you have side effects from cholesterol lowering drugs, or wind up being one of those people seriously harmed by them.

When you visit your doctor, it would also be a good time to ask for a referral to a dietitian that will help you pursue either a vegan or vegetarian diet. You can see if these diets will actually help lower your cholesterol levels and make it easier to get away from drugs that may be doing more harm than good to your chances of surviving a major global or national crisis.

It should be noted that vegan and vegetarian diets require a wider range of foods, and your body may also require some detox time from all the chemicals in meat and dairy products. Working with a qualified dietitian will ensure you accomplish these goals safely and that you will be able

to stick with your diet more easily until circumstances dictate a change back to meat. At the very least, the more years you can go without high cholesterol levels, or using drugs to lower these levels, the better chance you will have of making it through a period where your diet may be less than optimal. Once situations improve, naturally enough you can go back to a diet that is better for you from a cholesterol point of view.

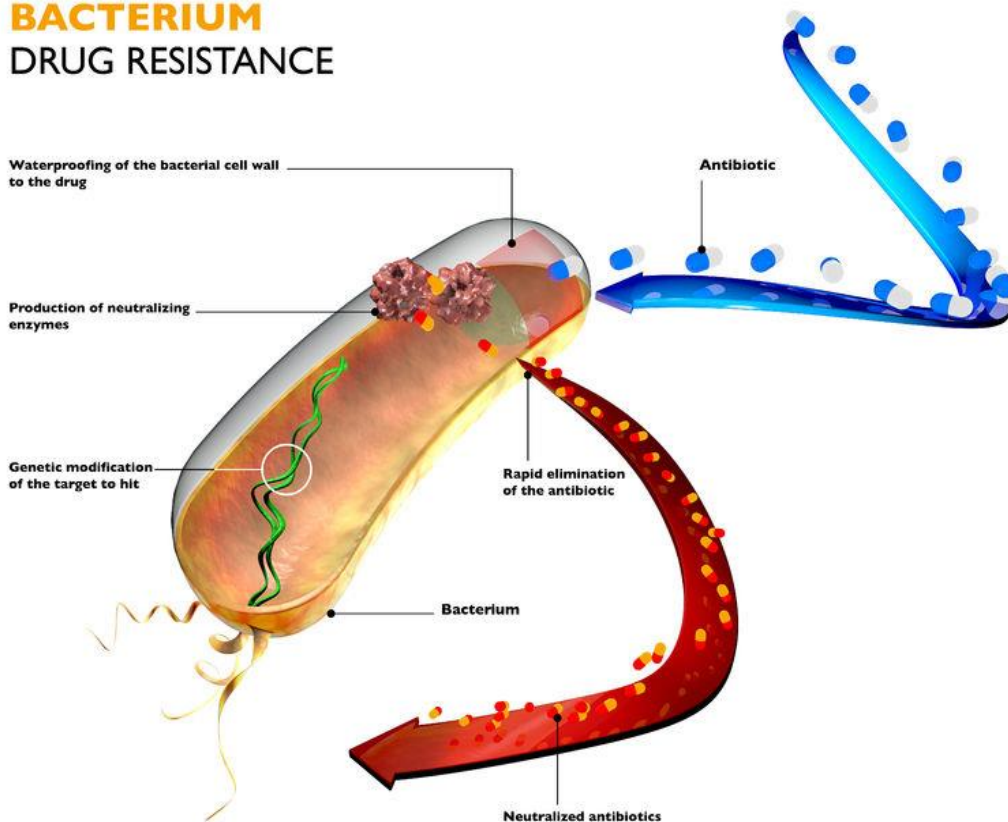
Today, there are some people that claim cholesterol lowering drugs only remain on the market because of the amount of profit they bring in. On the other hand, it is very much true that heart disease and cardiac disorders also rob people of life and well-being. In this case, it truly will take a good bit of thinking to decide how you are going to manage elevated cholesterol levels, and how that decision may impact your prepping plans. Always seek to find out as much information as possible, and stay up to date on changes in this arena so that you are not caught off guard or sicker than planned.

Antibiotics and How They Might Harm You

Conditions These Drugs Treat

Antibiotics come in two major categories. The first category revolves around drugs that treat bacterial infections. Because bacteria evolve rapidly, they also become immune to antibiotics, thus making them useless for fighting infections.

BACTERIUM DRUG RESISTANCE



Fortunately, by making a few tweaks to the overall molecule, an older antibiotic can still be used to treat an infection. While this may work for now, there is also going to be a time when no safe modifications can be made to these drugs. This is especially important to consider as antibiotic resistant strains evolve and change faster than we can ever hope to keep up with them.

The second category of antibiotics are actually referred to as antivirals. As you may recall, bacteria, fungal, and many other infections are caused by single celled organisms. These tiny cells are able to gather food on their own and carry out all life functions. By contrast, a virus does not have all this "equipment" on hand. All a virus has is its protein coat, genetic material inside, and a mechanism for breaking into a cell. Once the virus is inside the cell, it simply takes over the machinery within and forces it to produce more virus particles. While viruses are not considered life forms, they can still be destroyed by certain drugs. In this case, anti-virals are uniquely designed to destroy the virus and prevent it from seizing cells and replicating.

In the modern arena of antibiotics, many of the most important drugs are fed to commercial farm animals so that they are not too sick to pass inspection prior to being slaughtered. Use of antibiotics in this fashion, has led to the formation of bacteria that cannot be treated with these drugs when humans become infected.

Unfortunately, when people take antibiotics in order to "prevent" infections (unless the person has a very weak immune system and antibiotics are required), they also put themselves in a situation where the drug will not work when an infection does occur. In addition, prophylactic use of antibiotics also leads to a situation where your immune system will become weaker. This includes damaging good bacteria in your gut which actually serve as a sort of secondary immune system independent of what is generated by the bone marrow.

That being said, if you have an infection that cannot be managed by natural means, then you may be stuck taking antibiotics. Before doing so, it is still important to understand the long term side

effects of these drugs as well as how the whole superbug crisis may actually be leading to a situation where the drugs prescribed for your condition will fail, and thus expose you to other classes of antibiotics. While you should never ignore an infection, because it may well cost your life, you should also make sure that you

What the Media Is Missing About This

When it comes to treating medical conditions, there is no question that mainstream media tends to avoid publicizing herbal alternatives. In this case, it may be surprising to find that a number of herbal remedies still work after being used for thousands of years in many cultures.

While bacteria and other pathogens may develop an immunity to modern antibiotics, they appear unable to do the same when it comes to a number of herbs. For example, garlic is one of many common herbs that can knock out both viral and bacterial infections. Nevertheless, when the media talks about superbug resistance, they don't bring up the fact that garlic and other herbs may be more effective, and actually safer in the long run.

Rather than simply research what you find in mainstream media, it is very important to research on topics that aren't discussed at all. This includes learning about herbs used to treat infections in other cultures as well as any scientific tests that have been done on these herbs. As an added bonus, once you find out which herbs work, it may also be possible to use them as routine seasonings in your foods, thus gaining at least some preventative benefit from them.

How this Condition Will Hamper Survival

No matter whether you have a bacterial respiratory infection that evolves into pneumonia, a skin infection, or a urinary infection, there is no question that a lack of effective antibiotics will pose a serious risk to your health.

In a crisis scenario, even a minimal loss of physical wellness can lead to any number of problems.

This includes:

- Inability to focus on critical tasks. If you have ever had to guard something or stay up all night for this type of activity, then you are sure to realize how much harder it is when you have a cold. Not only will you run the risk of sneezing or coughing at the wrong moment, headaches, fuzzy eye sight, and other aspects of your misery can easily cause you to miss something important.
- In a crisis scenario, there are going to be times when your physical reflexes are going to be tested. If you notice that you think slower and respond slower when driving, imagine how much worse the situation will be if you suddenly have to fight off an attacker, or engage in activities that you aren't accustomed to doing. If you are well and do not have an infection to fight, you will always do better at managing the situation at hand.
- Reduction in stamina. Even if you walk, bike, or run several miles a day as a matter of routine, a cold or other infection can make this task harder than expected. Not only will you lose more fluids, you will also tire more easily. In a crisis situation, you may not have two or three days to get your stamina back, let alone rebuild.
- Fevers, pain, and other infection related problems can lead to loss of mobility. Regardless of whether the infection causes you to be dizzy, vomit, run a fever, or suffer from severe chills, there may be times when you simply have to stay where you are. This, in turn, may cause you to delay bug out plans, and also make it much harder to take advantage of opportunities that may actually have helped you move faster through the main crisis event.
- Contagious diseases can infect your whole survival group. Consider a situation where you live in a family with four people and must travel several miles to reach your bug out location. Just as a matter of fate, it so happens that you or one of your family members comes down with the flu on the day the crisis occurs. Not only will you have to deal with trying to get out of the situation, you will also have to deal with that person's illness. To

add insult to injury, you may also be coming down with the flu since you have been exposed to another person during a critical pathogen transmission window.

Basic Drugs and How They Work

The major classes of antibiotics are based on: Penicillin, Erythromycin, Tetracycline, Nalidixic Acid, and Sulfur. Just about every antibiotic used to fight infections is based on a modification of these base drugs, or a combination of them.

Typically, the symptoms of the infection subside when there are not enough bacteria in the body to cause notable harm. As with the immune system itself, antibiotics do not kill off every single pathogen, thus it will always be present as an opportunistic infection. With that understanding in place, here is a look at each of the major antibiotic classes and how they actually attack infections organisms:

- ➔ Penicillin Based: As you may be aware, all cells have a membrane (it acts similar to skin) that keeps organelles in and external elements out unless they are brought into the cell. In the presence of penicillin, this outer wall cannot rebuild and repair itself. As the pathogen tries to divide and grow, holes develop in the wall, which eventually leads to death.
- ➔ Erythromycin Based: Every cell in your body must make special proteins so that it can repair itself and also secrete hormones and other protein based chemicals. When Erythromycin enters a susceptible bacteria cell, it prevents the cell from making proteins. Eventually the pathogen dies because it cannot replicate and cannot carry out routine life processes.
- ➔ Tetracycline Based: Within a cell, there are tiny organelles known as ribosomes that do the job of making proteins. Tetracycline prevents certain molecules from binding to the ribosome so that it can carry out the task of creating proteins. While this may all look good on paper, tetracycline does not always kill the bacteria. In most cases, it simply prevents it from replicating. It should also be noted that there are at least three different ways that a

pathogen can overcome the effects of tetracycline and go on causing havoc. That being said, there are some modified classes of tetracycline that do show some effectiveness in treating cancer. It is also one of the most commonly used antibiotics on commercial meat farms.

- ➔ Nalidixic Acid Based: Quinolone antibiotics (they are not made from quinine) these antibiotics are able to reach bacteria within infected cells, and then get right into the pathogen. Once within the bacteria, these antibiotics can break apart the genetic material and thus kill off the pathogen. Quinolones are some of the broadest spectrum antibiotics, however they also have some serious side effects that must be considered.
- ➔ Sulfur. Based: These antibiotics basically prevent pathogens from making use of folate by binding to locations where the folate would bind within the pathogen. They can inhibit bacterial growth however they do not actually kill the bacteria.

How These Drugs Might Hurt You

Short Term Problems

In most cases, short term side effect from most antibiotics range from nausea and headaches to diarrhea and dizziness. Usually, these problems will subside quickly once you are done taking the antibiotics, or they may even go away before you have completed the prescription.

Unless you are allergic or suffer more serious problems such as yellowed skin and eyes (a sign of liver problems), decreased urine output, changes in heart rate, seizures, or other problems, the short term impact should not interfere with how well you are going into a major crisis situation.

As may be expected, if you happen to be on antibiotics during a crisis, then you will have to deal with these side effects and hope that they will shorten the duration of the illness without making it harder to attend basic needs.

Mid Duration Problems

Some of the most severe problems associated with the vast majority of antibiotics actually don't even happen for days, weeks, or even months after you have stopped taking them. In each case, antibiotics kill off any bacteria that they encounter regardless of whether they are "good" ones that help bring water and nutrients into your body, or "bad" bacteria that make you sick. Since both exist in the lining of the large intestine, antibiotics can actually strip the lining of the intestines and leave it vulnerable to bad bacteria that may multiply faster than good bacteria.

Consider a situation where you took an antibiotic that reduced good bacteria in your intestines by 50%. Even though you may not have any diarrhea or other major problems after completing treatment, there may be a slow proliferation of bacteria such as c.diff – a life threatening infection that is also resistant to most antibiotics. As the weeks and months go by, you may wind up with more diarrhea, increasing noxious odor to stool, and other signs that a major intestinal infection is under way.

If you are lucky, this situation may be resolved in a few weeks or months, and then never come back again. If you are not so fortunate, it can come back in a few months or cause permanent damage that prevents your body from taking in nutrients from the foods that you consume. Needless to say, this is the kind of mid duration problem that can have a very serious impact on your ability to survive a major crisis even if it happens to occur months or years down the road.

With regard to the quinolones, they are also infamous for causing severe joint sprains. Even if you are very healthy, lift weights, or exercise often, you may wind up with strains and sprains because of hidden joint weakness caused by these drugs. Unfortunately, if you happen to be in a crisis and must engage in increased physical activity, you may wind up completely immobilized and unable to move for weeks on end.

Long Term Consequences

In terms of long term consequences of taking antibiotics, never forget that they must be eliminated from your body either by the kidneys or liver. If they are eliminated through the liver, they can cause some scarring and other damage. While this damage may not be enough to cause jaundice (if it does, then you will have health problems related to liver damage), it may still take decades for your liver to regenerate.

As bad as that sounds, the situation with your kidneys may be far worse. In this case, kidney damage, no matter how minimal, will not heal up or go away. At the same time, once your kidney functions go down a little bit, they will remain depressed for the rest of your life. To add insult to injury, even though your doctor may test for kidney function during routine blood work, they will tell you everything is fine, even though your results may indicate your function has gone below 60%.

Needless to say, if you are on medications that cause kidney damage, this robs you of a chance to get off them or seek alternatives while your kidney function is still in the 80 – 90 or above percent range. This, in turn, can rob you of years off your life and also cause problems in a crisis. While there are often no noticeable signs of kidney damage even at the 60% level, never forget just how much strength and endurance it will take to survive a major crisis. What your doctor doesn't think of as much of a problem can, in fact, make a difference in arenas outside of modern pre-crisis life.

Class Action Lawsuits and Other Matters to Know About

There are at least three lawsuits or class action filings related to the following drugs, plus additional information being released by the FDA. If you have used any of these drugs, or others related to them, then you might want to study this information further.

In addition, always make sure that you are getting the right treatment for any infection that you have to deal with.

- Z-pak or Azithromycin (part of the Erythromycin family) – may cause heart problems.
- Cirpro and Levaquin (part of the quinolone family) – may cause nerve damage.
- Bactrim and many others (Bactrim is a sulfur drug) – may cause SJS disease - a severe skin infection plus other problems.

What You Need to Ask the Doctor(s)

Here are some of the most important points you should bring up at any visit where you are prescribed an antibiotic, whenever you have blood work done, and also any visits to the doctor that occur after you have taken antibiotics:

- Demand to know if the infection will actually respond to the antibiotics being prescribed. Typically, this can only be determined if a sample of the bacteria is tested in the presence of different antibiotics. You are better off seeing your doctor as soon as you feel sick so that you can get this analysis done in a timely manner. Sadly, once the infection has progressed a few days, it will take too long to get these results, thus you will be stuck with the doctor's "best guess". Testing early on can also reveal if you actually have a viral infection instead of a bacterial infection. Sadly, many doctors today will prescribe antibiotics for the common cold even though antibiotics that kill bacteria will not kill viruses.
- Find out if you can take garlic or other herbal remedies until your test results come back. If the doctor cannot answer your questions or does not actually know, then consult a licensed herbologist.
- Demand kidney and liver function tests after you have been treated with antibiotics. Get copies of all previous blood work and compare your results over time. This is truly the

most important thing you can do, no matter what kind of medications you are on. If you notice numbers outside of the reference ranges, do not hesitate to switch to a more kidney or liver friendly life style if possible.

- ➔ Demand heart function studies if you have been on antibiotics that are known to cause cardiac damage. Even if you took antibiotics years ago and you are told there is no danger, it never hurts to have a test for proof. As may be expected, there may be far more people with hidden problems simply because what doctors don't look for – they won't find.
- ➔ Always pay attention to the condition of your nervous system and reflexes, especially after taking certain antibiotics. Do not assume sudden changes are ok, or just a function of aging. Get nerve conduction studies and make sure that other problems that cause nerve damage are also being addressed in an appropriate manner.

Today, millions of people are exposed to antibiotics in commercial meat, and also directly from doctors that prescribe these drugs for infection management. Sadly, if you wind up in a crisis situation, you may find that you will not as able to deal with the situation as you thought you would be.

Make sure that you know the hidden impact of taking antibiotics and what you can do starting now to mitigate the situation. Aside from that, if you are taking antibiotics for preventative treatment (outside of having a disease where this is actually important and needed), then you may be doing more harm with this type of prepping than good. Now is the time to tend these matters and ensure that you are as healthy as possible so that you can emerge in good condition from any large scale crisis that you may encounter.

Type II Diabetes Medicines and Crisis Scenarios

As more people find out they have Type II diabetes, it should come as no surprise that researchers are coming up with new drugs that address different facets of the disease. While these drugs are touted as an acceptable treatment for diabetes, they may also carry some risks that you aren't paying as much attention to as you should be.

No matter whether the drug in question increases your risk of kidney or liver failure, or does damage to your heart, this hidden damage may make it very hard to get through a major crisis even if you are fully prepped in every other way. Sadly, simply stockpiling medicines or trying to stay on the same regimen may not be good enough.

Take the time now to find out what kinds of class action lawsuits are ongoing in the arena of diabetes drugs and how these drugs may also be impacting your health. If you find that you are on a drug with some serious side effects, make sure that you know how to manage this issue so that it does not interfere with your surviving a social collapse or other major upheaval.

Conditions These Drugs Treat

To begin, every cell in your body requires glucose (a form of sugar, which in turn, is a carbohydrate) to use as a form of energy. Without glucose, cells cannot repair themselves, make proteins, reproduce, or carry on millions of other activities that keep the entire body alive. You get glucose either by consuming it naturally in foods, or the body can break it down from fats, starches

and other carbohydrates. Once the glucose is available, it is either converted to fat by the liver for storage, or it is released directly into the blood so that it can reach all the other cells in the body.

In order to get glucose into the cell, a special hormone made by the pancreas, called insulin, is required.

Typically, Type II diabetics are able to make insulin, however it does not make enough to use the optimal amount of glucose floating in the blood. As a result, the glucose levels in the blood gets too high. At higher than optimal levels, (optimal is between 90 – 120 before a meal and within 2 hours after a meal) all kinds of damage happen to the body. This includes damage to the retinas of the eyes that can lead to blindness, kidney damage that can lead to complete failure, nerve damage that leads to endless pain, and even some damage to the heart.

If the blood sugar levels exceed 300 - 350, the individual, in most states, is considered unable to make medical decisions on their own, and requires emergency care to save their lives. At this level and beyond, the person may also go into a coma and die.

What the Media Is Missing About This

Even though Diabetes Type II is a very serious disease, there are also some changes in the last 20 years to the reference ranges that determine whether or not a person is diabetic. In this instance, people that had fasting blood sugar levels in the range of 130 – 140 years ago are now called diabetic and told they must take medication.

Today, the reference ranges are trending ever downward, with a possible reduction to the levels of 80 – 100 for a “normal” fasting blood sugar. Unfortunately, many old time doctors will tell you that as you get older, to drive your blood sugar below 90 is to invite a higher risk of having a stroke. Sadly, when the media claims that diabetes rates are doubling and tripling, they also don't reveal the fact that much of this “increase” may, in fact, be caused by a change in the reference

ranges. Whether or not these changes are actually reflective of good health, is truly, anyone's guess.

A second factor that media doesn't discuss is how the recommended daily allowances for nutrients has shifted over the years. Basically, in order to cut fats out of the diet, the USRDA recommendations have increasingly allowed for higher carbohydrates. Because there are so many processed sugars on the market, what looks like just 10 grams of carbohydrate on the package label may actually have a "glycemic load" on your body that is equivalent to 30 or 40 grams of carbohydrate. Perhaps it should come as no surprise that blood sugar readings are trending higher and there seems to be no way to get them back into a healthier range.

If you listen to or read newscasts about changes in treatment for diabetes, most news reporters will give a few words about diet and exercise. Unfortunately, this is often followed up by information about some new drug that is supposed to work better or make living with diabetes easier.

As many diabetics have found out, managing their condition actually takes a combination of strategies. In particular, exercise remains one of the best ways to make cells absorb more glucose, and it also remains one of the best ways to improve digestion and reduction in fat storage. Nevertheless, the lack of creditable emphasis on these strategies remains an ever present revelation of bias in how the media presents diabetes and the options for treatment.

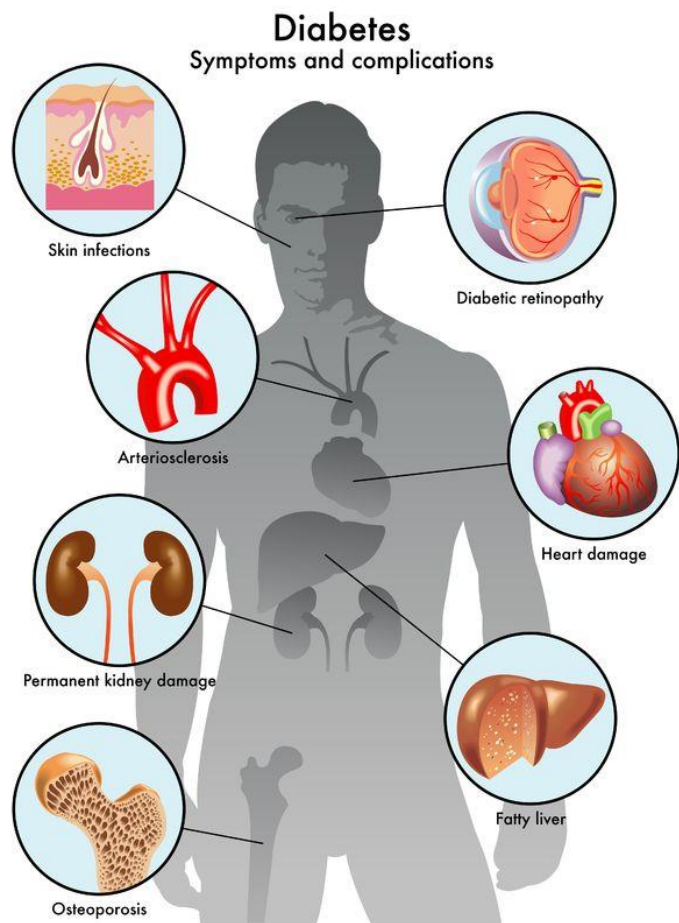
How This Condition Will Hamper Your Survival

There are many ways that Diabetes Type II can make it much harder to survive a major crisis. Here are just a few things to consider:

- ➔ In a survival scenario, you may not be able to gain access to a wide variety of foods. This, in turn, means that you may have to eat foods that have more carbohydrates in them, or

foods that put more of a strain on your body's ability to manage sudden surges in glucose level.

- ➔ Uncontrolled diabetes can leave you feeling tired and worn out. Your body may also have a harder time utilizing glucose during periods of heavy activity. This, in turn, will reduce stamina and make it harder to carry out a range of activities.
- ➔ Under stress, blood sugar levels may surge, which can trigger ketone burning and a range of other problems that may lead to dizziness, headaches, and loss of consciousness.
- ➔ Diabetics usually need to keep a rigid time schedule for meals and exercise. If these life aspects become randomized, it will be much harder to control low blood sugar levels. When blood sugar levels go too low, it can also trigger comas as well as strokes and death.
- ➔ Many people today with Type II diabetes rely on one or more drugs plus insulin to help manage blood sugar levels. In a crisis, it is very possible that you will not be able to get the drugs that you need to manage your condition. This includes glucose monitoring supplies that help you determine how much insulin to take as well as how to manage dietary intake of carbohydrates.
- ➔ Even though exercise is very important for diabetics, many people give up when they get elevated blood sugar readings after a workout. It is very important to discuss these kinds of readings with your doctor, and



also seek help from a professional body coach or exercise trainer. These people can help you work out smarter and also help you reduce those elevated readings. In the long run, lack of exercise and poor fitness will do more harm to your ability to survive a crisis than just about anything else. Never forget that even the best gun on the planet will be of little use if you are not strong enough to release the safety, pull the trigger, or deal with the recoil.

- ➔ In a stressful situation, fluctuating blood sugar levels can render you unconscious or too sick to take appropriate actions. No matter how well you may know your responses to high and low blood sugar levels, never forget that this is a risk that will remain with you for the rest of your life.

Basic Drugs and How They Work

Alpha-Glucosidase Inhibitors (Precose, Glyset) – these drugs prevent carbohydrates from being broken down into glucose during digestion. Since glucose cannot be created, it cannot be released into the blood stream, which lowers blood sugar numbers.

Biguanides (Metformin/Glucofage) – these drugs mainly lower blood glucose levels by preventing the liver from releasing glucose. Metformin may also help lower cellular resistance to insulin, however this claim is not made as often as it used to be.

SGLT2 Inhibitors (Invokana/Canagliflozin, Farxiga/dapagliflozin, Jardiance/empagliflozin) – SGLT2 is a protein that plays a major role in transporting glucose. This particular protein relies on sodium as part of a co-transport mechanism that the body uses to remove excess glucose via the kidneys. Even though excess glucose in the urine is an indicator of diabetes, the mechanism that releases the glucose is exploited by these drugs to help lower blood sugar levels.

Sulfonylureas (Glyburide, Glipizide, etc) - these drugs cause the pancreas to secrete more insulin.

Meglitinides (Prandin) – similar to sulfonylureas in the sense that they stimulate increased insulin production. In this case, the drug stimulates insulin precursor (essentially proinsulin) as opposed to insulin fully ready to be released by the pancreas.

Thiazolidinediones – TZDs (Actos) – these drugs encourage cellular gene activity in such a way that the body stores fats in tissue as opposed to having fatty acids moving at higher levels in the blood. This, in turn, forces the body to use glucose more than fat as a source of energy. These drugs tend to reduce insulin resistance as the main method for reducing blood sugar levels.

DPP-4 Inhibitors (Januvia, Tradjenta) – As with several other drugs used to treat diabetes, DPP-4 inhibitors block the action of some key molecule that plays a role in glucose production or its movement through the body. In this case, DPP-4 is protein/enzyme that plays a role in many cellular activities. This includes processing glucose. A DPP-4 Inhibitor basically blocks the production of glucagon, which is used to signal a stop for insulin secretion. In the absence of glucagon, more insulin is secreted by the pancreas. The insulin, in turn, helps glucose get into the cells, thus lowering blood sugar levels.

How These Drugs Might Hurt You

Even though high blood sugar levels can be dangerous, low blood sugars can also be fatal. In all cases, drugs used to treat diabetes do not have a “shut off switch” that stops their action if blood sugar levels go too low. As a result, if some aspect of your body changes (for example, you may have days when insulin output is greater than others), your blood sugar may go too low.

In many cases, there are bound to be times when you will have to eat more carbohydrates just to keep up with the actions of diabetes drugs. To add insult to injury, this can easily lead to more weight gain and more problems associated with cellular resistance to insulin, excess fat storage, and other metabolic issues. While you may have enough presence of mind during routine life activities to manage low blood sugar, a crisis situation can present any number of delays in getting extra glucose. These problems may include:

- You do not have glucose tablets or easy to digest carbohydrates on hand because they ran out, were damaged, stolen, or not stockpiled to begin with.
- You have glucose tablets, but are in the middle of a fight, hiding, or engaging in some other occupation that does not give you time to stop and take a glucose tablet.
- In high stress situations, you may think that dizziness or other "stress related" symptoms are more related to your situation instead of correctly diagnose them as indicators that your blood sugar is too low.
- Drugs that are used for diabetes can only be stocked for so long. Even though most of these drugs are in pill form, they are bound to run out or lose their potency before the crisis time has passed. Once you are out of medication, it will be very hard to find replacement drugs. If your body is in bad shape because of the side effects related to these drugs, it will be even harder to manage your diabetes and remain alive.

Class Action Lawsuits and Other Matters to Know About

Similar to drugs used for other conditions, you will find numerous class action lawsuits, private lawsuits, and FDA actions taken against the manufacturers of diabetes drugs. The following list does not include every drug or every legal action underway. If you are on diabetes drugs, do not hesitate to do your own research in order to find out what is going on. Here are just a few of the more popular drugs and problems that have come to light surrounding them:

- SGLT2 Inhibitors – even though these drugs are relatively new on the market, there are numerous cases where taking these drugs have increased the risk of ketoacidosis (blood becomes too acidic), kidney damage/failure, bone fractures, and heart attacks. Aside from a number of lawyers seeking to assemble class action lawsuits on these drugs, the FDA is also investigating to see if the drugs require black box labeling. (topclassactions.com)
- Metformin - even though there are no class action lawsuits at this time surrounding metformin, there are considerable problems with this drug. To begin with, when taken

alone, this drug prevents the absorption of B-12 in the blood. Unless doctors actually test for low B-12 levels while you are using this drug, nerve pain, anemia, and other problems may be improperly diagnosed as something else. In addition, over time, studies appeared to show that metformin does not cause kidney damage. Nevertheless, in 2014, at least one case of kidney failure was discovered that could not be denied or assigned to some other cause. To add insult to injury, newer studies from 2015 increasingly show that metformin accelerates kidney failure and death for people with Stage V chronic kidney disease (CKD), and may also be problematic for people with milder stages of CKD. (medscape.com/viewarticle/847278) and (metformin-side-effects.com)

- ➔ Actos – there are class action lawsuits for this drug based on increased risk of bladder cancer, liver cancer, CHF (congestive heart failure), and bone fractures. The FDA has also added black box warnings to this drug, and some countries are considering banning it all together. (classactionlawsuitjournal.com)
- ➔ Glyburide – although there are no class action lawsuits at this time, new research indicates that glyburide can cross the placenta and into an unborn baby. Further research is needed to determine if the drug is also tied to birth defects. Other studies indicate that there is a higher risk of pregnancy complications that come with using this drug. Some complications include breathing problems severe enough for the baby to be placed in neonatal ICU, injuries during the birth process, low blood sugar levels, and larger than average birth size.
- ➔ Januvia - There are many people that have lawsuits against the manufacturers of Januvia and other DPP-4 inhibitors because these drugs increase the risk of pancreatic cancer and pancreatitis (an infection in the pancreas that can be fatal). As the number of lawsuits grow, it is possible that one or more class action lawsuits will result. While these drugs are also relatively new on the market, the FDA has already issued a number of additional warnings about hazards associated with taking these drugs. At the current time, there are no plans to remove these drugs from the market. (drugwatch.com/januvia/lawsuit/)

What You Need to Ask Your Doctor

When it comes to diabetes, perhaps more than any other disease, you can and should demand all copies of blood work so that you can see what tests were run and your results. In some cases, no base lines may have been established for critical items such as B12 levels.

A number of less than stellar doctors will tell you that if your red blood counts are normal, there is no need to worry about an underlying B12 deficiency. Nevertheless, the body is amazingly adaptive and your blood counts may look normal even while you are suffering from “diabetic nerve pain” which is actually being caused by a B12 deficiency.

Since many of these drugs have a effect on the kidneys and liver, any and all abnormal readings should be taken seriously even if your doctor has been ignoring the reference ranges or has not explicitly stated that your numbers are not in the normal range. If necessary, go to a urologist or a liver specialist if you find your readings are outside of the reference ranges stipulated by the lab.

Needless to say, if you have been newly diagnosed with diabetes, make sure that base line kidney function, liver function, B12 levels, and heart function studies are all done to ensure you know where you are at before taking any drugs. While you may not like the idea of having to file a lawsuit because of these drugs, at least you will have a baseline to start with to better prove your point.

In addition, when you have a baseline, it will also be much easier for you to compare your results from test to test in order to highlight important trends that may need to be addressed. Diabetes is like any other disease in the sense that when you do not vigorously interact with you doctors, investigate their advice, and demand satisfactory health management plans, you will never know if major illnesses or situations that prevent you from surviving some other non-health related major crisis could have been avoided.

It is also very important to check your blood sugar readings at home and keep a detailed log. In some cases, you may find that your 3 month average as determined in your Hemo A1C (this test measures the amount of glucose stuck to hemoglobin molecules, which in turn, are part of red blood cells. Since red blood cells die off in about 3 months (some live longer), the amount of glucose present on the hemoglobin is thought to be a viable means to get an average blood sugar level.

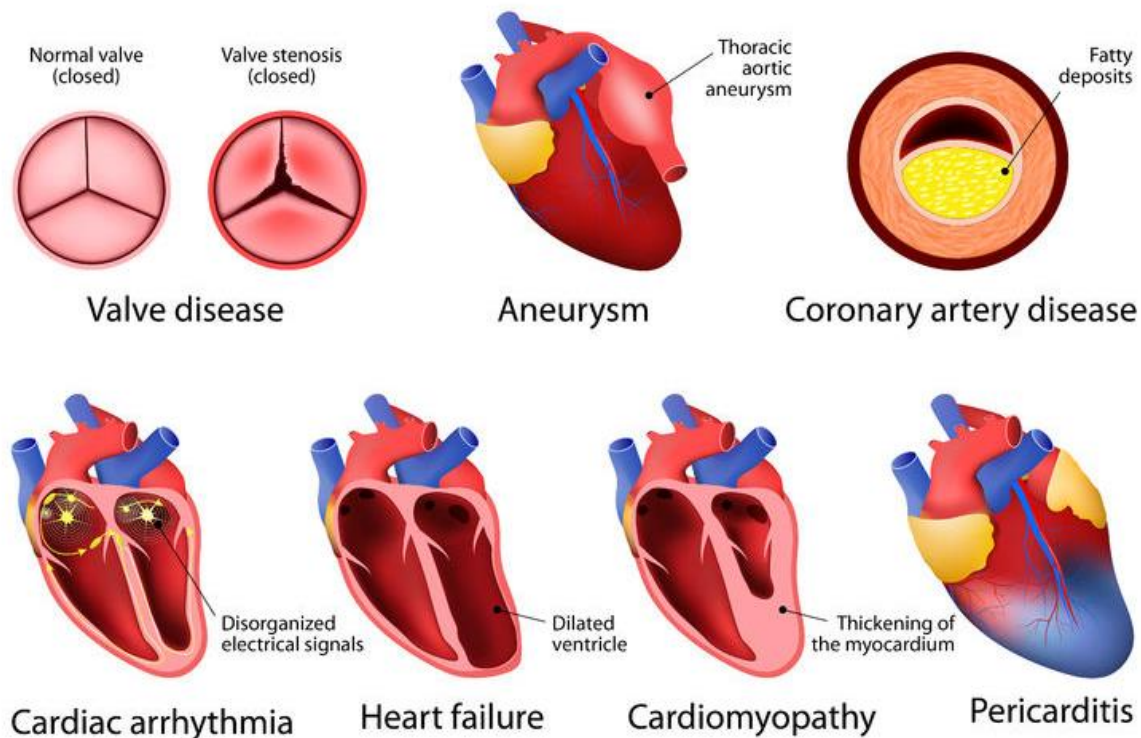
New research is indicating that Hemo A1C is fallible, and that people who have longer lived red blood cells may show artificially high averages simply because their cells are around longer, and thus pick up more glucose. If you find a discrepancy between your home meter readings and the Hemo A1C readings, do not hesitate to demand a fructosamine test (this is a newer test that estimates average blood sugar levels based on the build up of glucose on albumin, a protein that stays in the blood for about 3 weeks). Even if you have to go to an endocrinologist to get this testing done, it will be well worth your effort.

There is no question that diabetes can be a complicated disease to manage even in the best of times. While there are many drugs on the market to treat diabetes, they may also be doing so much harm to your body that all your prepping for a major crisis will go to waste. Take the time now to make sure you know what diabetes drugs are doing to your body and do not hesitate to get a second opinion if your doctor will not help you find a better alternative.

Drugs for Heart Disease and Their Impact on Managing Survival Scenarios

There is no question that modern drugs for heart disease are very important. Without them, many people lead relatively normal lives that would otherwise be handicapped or dead. From that perspective, these drugs are actually vital to entering a survival scenario in the best possible health condition.

Types of heart disease



On the other hand, it is important to realize that some of these drugs are more dangerous than others, and that they can still have a negative impact on how well you are able to manage a crisis scenario. From that perspective, it is still very important to know if these drugs are having a hidden negative impact on your body that might be lessened by making use of alternatives.

Conditions These Drugs Treat

Even though the heart is just one organ, it is a very important one that is linked into a network of vessels that determine whether the body lives or dies. As such, you will sometimes find that there are drugs listed as being used for heart disease when they may be more geared towards the vascular system.

There are some very specific conditions that affect the heart and also some very unique drugs used to manage these conditions. Here are just a few heart conditions that you may wind up taking drugs for:

- ➔ Abnormal electrical rhythm – as you may be aware, the heart is basically a pump made up of millions of cells that expand and contract in a set pattern. This pattern, in turn, is driven by tiny amounts of electricity that are emitted by special nerve cells in the heart. Not so long ago, electrical misfires that led to erratic pumping or other problems usually required surgery. Today, there are some medications that can be used to treat irregular heart beat and thus improve both quality of life and well-being.
- ➔ Abnormal heart rate – while it is normal for your heart rate to go up during exercise or strenuous activity, there is also an optimal rate that reduces the risk of damage to the heart. There are also times when your heart rate may be lower than others, however too slow a heart rate can lead to poor circulation. Drugs used to control heart rate will either cause it to speed up or slow down depending on the needs of the person.
- ➔ Congestive heart failure – even though the entire body is made up almost entirely of water, there are some places where excessive collection can cause problems. In this case, a weak

heart that cannot pump properly will also wind up with extra water. This water collecting around the heart makes it even harder to pump blood properly. There are a number of drugs on the market that help the heart push harder with each beat so that the effect of the water is minimized as much as possible.

- ➔ Cardiac valve problems – when the heart is beating, the blood must flow through four chambers. Valves located between the chambers can become loose or weak with age and disease. As the valves lose their ability to deal with pressure inside the heart, the blood back flows. This reduces efficiency and makes it harder to get blood circulating through the body. Even though there are some drugs that can help compensate for this problem, eventually it requires surgery.
- ➔ Clots in the arteries and veins of the heart – many people today mistakenly believe that all heart attacks are major ones that will result in death. As more people become aware of the symptoms of heart attack and pre-heart attack conditions, they are getting to the hospital faster, and also being put on medications that dissolve these clots before they lead to a life ending heart attack. While some of these medications can only be administered in the hospital, others are deemed safe for home use.
- ➔ High blood pressure – as with any other pump, when the heart beats it exerts pressure on the walls of the blood vessels. Blood pressure readings reveal how much pressure is put on blood vessel walls when the heart is actively pumping and also when it is exerting less pressure. If the pressure in the blood vessels goes too high, capillaries and blood vessels weakened by injury or excess cholesterol can break apart. This, in turn, leads to tissue damage that can be life threatening or lead to kidney failure, blindness, and more. Drugs used to treat high blood pressure do not slow it down, nor do they reduce pumping power. Instead, these drugs cause blood vessels to open more, or use some other mechanism to reduce the effect of the pressure on the blood vessels.

What the Media Is Missing About This

When it comes right down to it, researchers have shown over and over again that maintaining an ideal weight, avoiding tobacco, a good diet, and proper exercise are the best things you can do for your heart. It is fair to say that mainstream media does state this often, however far more time is taken up with less essential information by comparison.

For example, entire news segments may be dedicated to what the Kardashians are wearing, yet less than five minutes will be spent on discussing a new study about how exercise benefits heart health. Plainly, when it comes to consumer value by the minute, viewers are far better off with a more robust discussion of trends in heart health than they are whether a person they may never meet wore a blue gown instead of a purple one.

Nevertheless, once heart disease happens, there is very little information in the news about how to discuss taking up exercise and diet with medical providers. These same media sources do not hesitate to advertise all kinds of new drugs without emphasizing that sometimes a second opinion can be a life saver and lead to better treatment options. Instead of simply taking a drug recommended by a primary care doctor, there is never any harm in seeking a referral to a cardiologist and also an herbalist that can also tell you about alternative therapies.

How This Condition Will Hamper Your Survival

Overall, anything that interferes with the optimal ability of your heart to move blood around the body may cause problems in the post crisis world. For example, conditions that reduce circulation in the legs and arms will make it harder for you to walk, lift heavy items, or engage in other activities that may be needed for gathering food or defending yourself.

Here are some other problems that can occur:

- ➔ Even if you only have one disease classified as a heart condition, it can put you one step closer to heart failure than someone else that does not have this problem.
- ➔ While losing weight, avoiding smoking, and pursuing a healthy lifestyle can all help heart health, there are some situations where you may not be able to take advantage of exercise or activities that might put more strain on your heart. This, in turn, will put you at an even bigger physical disadvantage when a crisis occurs.
- ➔ As with any other disease, heart conditions are also classified in stages of severity. Once you reach a certain point, it may be necessary to have surgery. If you are right on that border line when a major social collapse occurs, you may be stuck with a major health problem and no medical help to resolve it.
- ➔ When it comes to using up oxygen and other nutrients carried by the blood, your brain takes up more than any other organ. From this perspective, heart conditions can also interfere with reflex time, situation assessment, and many other things that you may take for granted. While you can practice and prepare to some extent and rely on muscle memory, never forget that an oxygen deprived brain is one that may work slower or not process as well as it should. This, in turn, can truly spell disaster in a fight or any other situation where your life depends on quick thinking as much as it does physical strength to achieve a goal.

Basic Drugs and How They Work

Angiotensin II Receptor Blockers (Atacand, Avapro, Diovan, Cozaar) - basically, in order for muscles around blood vessels to contract, receptors on muscle cells need to bind with angiotensin II. Blocking drugs prevent this binding, and thus allow enough room for blood vessels to dilate. This, in turn, lowers blood pressure.

Beta Blocker – (Lopressor, Corgard, Tenormin, etc) as you may be aware, when you are under stress or feel that you are in danger, your body releases the “fight or flight” hormone known as

adrenalin/epinephrine). When this hormone is released, it also drives up blood pressure levels. Beta blockers reduce the effect of adrenaline so that the heart does not pump as hard or as fast. Aside from being used to treat high blood pressure, beta blockers are also used to treat migraine headaches and glaucoma.

Blood Thinners – (Warfarin, Fragmin, Eliquis, Pradaxa, Xarelto, and others) – There are two basic kinds of blood thinners. Some slow down the body's ability to form clots while others prevent platelets from clumping together. Blood thinners are used to help prevent heart attacks and strokes as well as dissolve clots that may have already become lodged in the heart or brain.

Calcium Channel Blockers (Norvasc, Cardizem, Procardia, Sular, Calan/Verapamil) – In order for cells to carry out various tasks, molecules must in and out through the cell membrane. This is usually accomplished by using ions to help transport molecules, and also open channels or gates in the cell membrane. Calcium channel blockers prevent calcium from passing through the membranes of cells in the heart and blood vessels. This has the effect of reducing contraction strength, which in turn lowers blood pressure levels. Calcium channel blockers are also used to treat irregular heart beat, angina, and tachycardia (fast heart rate).

Digoxin – Digoxin is actually made from the foxglove plant and has been in use for some time. Basically, this drug alters sodium and calcium ion levels inside the heart in such a way that there is more calcium available. Since there is more calcium available, the heart rate slows down, but contractions are stronger and more regular. Digoxin is used to treat congestive heart failure and irregular heart beat.

Diuretics

- **Thiazide** –(Chlorthiazide, Hydrochlorthiazide, Zaroxolyn) – As you may be aware, even a slight change in sodium levels in the body can wreak havoc. In particular, if sodium levels are too high in the kidneys, they will pull more water out of the blood in order to flush out the excess sodium. Thiazide diuretics exploit this mechanism by causing the kidneys to

retain sodium. As the kidneys try to resolve this matter, they also flush out more water. This, in turn, has the effect of reducing blood volume (which lowers blood pressure), and also gets rid of excess water that may be pooling around the ankles and other places (aka edema).

- Loop Diuretics – (Lasix, Edecrin, Bumetanide) – these drugs also block the reabsorption of ions in the kidneys. In this case, they act in a different part of the kidney and may be more useful for people that have kidney damage. As with Thiazides, these drugs can be used to lower blood volume and get rid of edema.
- Potassium Sparing – (Inspra, Adactone) – These drugs do not force potassium to be excreted in the urine. These drugs do not usually lower blood pressure, but they are often used for this purpose as well as to help treat congestive heart failure.

How This Drugs Might Hurt You

There is no question that heart conditions require special care. That being said, when you are in a major crisis situation that requires higher levels of physical activity, these drugs may still present their own side effects as well as fail to give you the support you need from a cardiac point of view. Here are some things that may happen:

- Even though you may not need adrenalin rushes on a daily basis, they may serve a very vital function if you need to escape. While there is very little, if any research on this matter, it is possible that beta blockers will also prevent you from having the strength and stamina that come from the release of this hormone.
- Many blood thinning medications require frequent monitoring to make sure that your blood is still able to clot in order to stop bleeding from cuts and other wounds. In an emergency situation, these drugs may accelerate blood loss and result in death from wounds that you might otherwise have survived.

- ➔ A number of heart related drugs cause headaches, dizziness, stomach upsets, diarrhea, and constipation. These problems can be very annoying in normal life, but they can also add unnecessary distractions during a major crisis. That being said, this risk may be worth what you get from the drug insofar as keeping your heart beating.

Class Action Lawsuits and Other Matters to Know About

At the current time, there are hundreds of basic drugs dedicated to heart disease and thousands of generic drugs based on them. As such, it is difficult to name every drug that is under investigation by the FDA, or all of those that are at the center of class action lawsuits. The following lists only offers details on some of the more popular drugs in this class. If you are on drugs for any kind of heart condition, do not hesitate to do your own research in order to find out what hidden dangers may be presented by these drugs.

Micardis and other Angiotensin II Receptor Blockers – some studies indicate that people taking this drug and others in the same class increase the risk of developing lung, prostate, and breast cancer. In 2010 the FDA issued a safety announcement on this matter, however there are no black box warnings at this time. It is also claimed that the FDA did not properly count the actual number of lung cancer patients, and that the risk level is much higher than listed. There are lawsuits pending because these drugs also cause birth defects. (lawyersandsettlements.com)

Generics for Toprol XL – as of May 2014, the FDA was planning to investigate whether or not generic versions of Toprol XL are truly less effective than the original form. If you are not taking the version manufactured by AstraZeneca, and notice it is not working properly, then you may want to see if the original form works better.

Warfarin/Coumadin – typically when this blood thinner causes excessive bleeding or other severe complications, the blame is usually placed on the doctor for failure to order appropriate monitoring. It should be noted, however, that the effects of warfarin can be reversed with Vitamin K; something that is not possible with newer blood thinners.

Eliquis – a number of lawyers are taking information in order to determine if problems associated with this drug warrant a class action lawsuit. Eliquis is a fairly new drug that may cause irreversible internal bleeding that results in death. (forthepeople.com)

Pradaxa – this drug is similar to Eliquis in the sense that the blood thinning effects were irreversible. As of October 2015, the FDA did approve one new drug, Praxbind, that is supposed to reverse the blood thinning effect of this drug, however it remains to be seen if it will actually do the job. The manufacturer has paid millions of dollars in lawsuit settlements for damage to patients taking this drug.

Xarelto – there are also hundreds of pending lawsuits revolving around the irreversible blood thinning effects of this drug.

Norvasc – this drug is associated with a higher risk of developing breast cancer. (schmidtlaw.com). There are also lawsuits pending because this drug (and Procardia) may also cause a rare immune disorder known as Stevens Johnson Disease (basically the immune system attacks mucus membranes.)

Cardizem – a class action lawsuit was settled in 2003 that created a fund of 21 million dollars for patients that took Cardizem between 1998 and 2003. Even though claims had to be filed by 2003, it is still important to note that this drug remains on the market, and may still be causing permanent infertility in male patients. In fact, there are still a number of lawyers that are willing to pursue private lawsuits against the manufacturers of this drug.

Lisinopril – lawsuits are pending because this drug used to treat high blood pressure can cause liver damage and failure. While there is a warning on this drug that it can cause liver damage, there is no additional warning about the increased risk of liver failure.

What You Need to Ask Your Doctor

When it comes to maintaining and restoring good health, the condition of your heart and blood vessels is very important. While some drugs in this class are absolutely necessary, you should still make sure that you know all of your personal risk factors while taking these drugs. This includes making sure that you get copies of all blood tests as well as any additional studies done to monitor your heart.

Even though you may come to agree that taking these drugs is worth the risk they pose, at least you will be making a more informed decision. This, in turn, can also inspire you to make lifestyle changes that may result in a reduction in dosages, which in turn, can only be of benefit if you are concerned about how these drugs will affect your ability to manage a major social collapse.

In many other areas of medicine, it is fair to say that lifestyle changes will go a long way towards eliminating the need for any number of prescription drugs. While this may also be true for some heart related conditions, there also comes a point where these diseases do require drug based intervention.

Finding out now about the hidden damages to your body may well be the first step to reversing or mitigating them. It may also be the first step to making sure that all your stockpiling and other survival prepping do not go to waste because you did not fully take into account heart wellness and the drugs used to treat heart conditions.

Drugs for Mental Conditions and Their Impact on Managing Survival Scenarios

In the arena of anxiety and depression alone, as many as one in three people in the United States are taking prescription medications to provide relief. This does not even begin to touch the number of people that may be on psychiatric drugs to manage a wide range of other mental disorders. To some people, these drugs are life savers and a ray of hope that helps them get through the mental fog. That being said, if you are on drugs for mental disorders and worry about their effect on managing a survival scenario, it may be time to think about talking with your doctor about any and all options open to you.

Conditions These Drugs Treat

While many people are not aware of it, there are actually thousands of classified mental disorders that have as many ranges and intensities as physical illnesses. Here are just a few psychiatric conditions that can be regulated with drugs:

- ➔ Anxiety and panic disorders – these disorders are characterized by an irrational sense that something is “wrong”. While you may wake up from time to time feeling like something isn't right, the feeling usually subsides. For someone with panic and anxiety disorders, that feeling may never really go away. In addition, that sense of “something is dangerously

wrong” may interfere with daily life routines. A person may suffer from extreme shaking, be unable to go outdoors, or suffer from a range of phobias that prevent normal activities.

- ➔ Depression – this condition is characterized by a sense that nothing in life is going right. While the person may not be afraid of something being dangerously wrong, they just feel like the world is a misery and there is no fixing it. As with anxiety and panic attacks, depression can prevent people from engaging in social interactions and lead to a curtailment of other normal activities. In every case, the sense of depression cannot be rationally justified, and tends to go on for a clinically relevant period of time.
- ➔ PTSD (Post Traumatic Stress Disorder) – characterized by nightmares, hallucinations, over responding to certain stimulus, and tending to try and relive past traumatic experiences. Contrary to popular belief, any person can suffer from PTSD regardless of whether the traumatizing episode was physical, mental, or emotional in origin.
- ➔ ADHD – (Attention and hyperactive disorders) – these disorders prevent a person from focusing on tasks at hand, or make it difficult to concentrate on demand. Children are usually diagnosed with these disorders when they cannot sit still in class, cannot obey teacher rules, or exhibit a marked inability to get a focus on tasks at hand.
- ➔ Schizophrenia – even though this is often a “catch all” phrase for a grab bag of psychological symptoms, it can be detected on MRI brain scans. Schizophrenia can be simply defined as irrational thinking that may or may not be accompanied by hallucinations and delusions.
- ➔ Bipolar/mood disorders – these disorders are characterized by extreme moods that suddenly shift. For example, a manic person might be happy and dancing off the walls one minute, and then fall on the floor exhausted and crying the next (the depression side of manic). Even though a person may not have trouble focusing on any given task with these disorders, making rational decisions can be hard when emotions are constantly in a high degree of sudden flux.

- Hallucinations – auditory hallucinations are sounds or voices that aren't actually happening in reality. Someone with auditory hallucinations may be convinced that a jar of ketchup is telling them to hop on one foot, etc. An individual suffering from visual hallucinations will see things that aren't really there. An example of this might be someone that sees a pink elephant with a tutu dancing on their kitchen table. While this particular hallucination may be explained by having too much alcohol to drink, other cases occur when nothing was ingested to cause the hallucination.
- Delusional thinking – these disorders can be best explained as pursuing illogical and irrational solutions to any range of matters, and the attempting to force others to engage in illogical and irrational behaviors. Perhaps it can be said that there are many people accredited with being sane that truly need to be better evaluated in this area. Without a question, people that are labeled as “leaders” can and should constantly be tested and retested for delusional thinking.
- Suicidal tendencies – many people mistakenly believe that depression automatically leads to suicidal thinking. Nevertheless, the fact remains that depressive disorders and suicidal ones are different. A person can be depressed without wanting to end their life. By the same token, someone may be of a mind to end their life without being depressed.
- Addiction – these are mental disorders that result when a person cannot stop using a drug because they have become dependent on it. As you may be aware, caffeine and nicotine are two of the most addictive substance on Earth, while people cannot become physically addicted to marijuana.

What the Media Is Missing About This

Today, many in mainstream media appear to pretend that the liberal agenda offers kindness, compassion, and equality for those with mental issues. At the same time, liberal biased leaders and the media routinely seek to stop people with mental illness from owning and defending themselves with any gun they might want to own, even though these people admits that:

- People with mental disorders are usually less violent than others in the population
- People with mental disorders usually do not commit crimes or instigate violent situations
- People with mental disorders are more than likely to be the victims of crimes that can be stopped with guns (preferably 9 mil and above) such as being robbed, raped, or murdered.
- Law enforcement won't arrive on the scene of a crime any faster just because someone that is mentally ill is being victimized.
- People that stop people with mental disorders from exercising their rights are routinely labeled as abusive and discriminatory (of course, with the notable exception of those who seek to take away guns from the mentally ill).

By their own admission, anti-gun, left wing media appear to reveal that the people who discriminate most against the mentally ill are those who most pretend to help them. When it comes right down to it, if you cannot accept the whole person – including their right to defend their lives, then you do not truly accept that person.

It seems you are far more prejudiced and abusive than those who actively bully by because you prevent those with mental illness from resolving the situation in a way that defeats the aggressor. As an analogy, you could say that even though you may not like spinach (by comparison you don't trust the mentally ill), you still have to eat it for good health (in this case, by comparison, you cannot deny mentally ill people their right to self-defense with any gun they please and still claim to fully support the well-being of the mentally ill.)

It should also be noted that, in my opinion, media still use claims that others are “crazy” or “deluded” when describing people that disagree with them. In some places it is said that when you point a finger at someone else, there are always three pointing back at yourself. From this perspective, perhaps it can be said that when anyone claims that another person or group of people are too dangerous to have guns, they, themselves are three times more dangerous than anyone else, and should immediately be disarmed because of their delusional thinking.

With regard to mental illness and the associated stigmas that are promoted by the media, they tend to say people should go for treatment. At the same time, they multiply the stigma and discrimination elements of mental illness by telling people they are crazy for having guns, or that they must give up their right to self-defense. Not only are these actions completely counter-productive, they are dangerous to the very people who are most often victimized and need to be carrying guns.

There is no question that many people in our society need psychiatric care and medication, however the negative media portrayal combined with discriminatory laws only makes it harder for people to seek help and get their lives on a better path. Just take a moment and think about how media bias and discriminatory gun laws may discourage a returning soldier suffering from PTSD from getting the help he/she needs:

- The person in question has already gone through training that teaches them how to use guns, and to kill on command
- The person has gone to a war zone, and may have killed or injured others in the name of national defense or a cause defined by politicians
- No matter how much training these people receive, severe trauma can happen that causes them to relive unspeakable situations over and over again.
- As current or former members of the armed forces, terrorists may already have an edict out to kill them and their families. Thus, disarming veterans with mental illness leaves them vulnerable to any terrorist that sees an opportunity to pick them off right in their home country. This situation is made even worse by the number of hacks into government computers and the lack of knowledge about how much identifying information has fallen into the hands of the likes of Al Qaeda and ISIS.
- When they return home, there are many soldiers that want to get help because they know that they need it. At the same time, their ability to manage a gun does not change, nor does their basic need to feel confident in their surroundings. This includes feeling

confident that they can defend themselves from people like the ones that are routinely slaughter others in gun free zones.

- ➔ When these people are told they are no longer “trust worthy” because they are now deemed “crazy”, it is a slap in the face by the very same people that no longer have a use for them because they aren't helping fulfill their war agenda.
- ➔ In fear, these people, and others with mental disorders will stay away from the very medical practitioners that can help them most. This will lead to even more problems at every level of society and make the discriminatory and abusive stigma of mental illness even worse.

How This Condition Will Hamper Your Survival

Aside from distorted thought processes that may prevent you from managing day to day needs, the stigma of mental illness can make you a target for criminals and looters before, during, and after a major crisis. Unfortunately, today, laws that are designed to keep guns out of the hands of the mentally ill only serve to put the lives of people with mental conditions in more danger.

When a crisis occurs, people that are/were disarmed because they are “crazy” will be the first to be victimized, not because they are the best targets, but because people know they can take from them and no. one will bother to stop them.

Basic Drugs and How They Work

Serotonin Manipulators (Zoloft, Prozac, Paxil, Cymbalta, and others) – because serotonin tends to make you feel better, larger amounts remaining between neurons can help reduce panic and anxiety attacks, as well as PTSD episodes. Serotonin manipulators slow down the movement of serotonin away from neuron endings so that more is present where it is needed.

Tricyclic, MAOI, and other Antidepressants (Elavil, Sinequan, Parnate, and others) – these drugs seek to adjust serotonin levels as well as other chemicals made in the brain.

Benzodiazepines – (Ativan, Valium, Xanax and others) – these addictive drugs suppress the central nervous system in order to help people relax, or even become sedated. Drugs in this class can be used for anxiety, before medical procedures, and also for people of a suicidal mindset.

Neuroleptics – (Thorazine, Haldol, Navane, and others) - Used primarily to treat schizophrenia which is often paired with delusional thinking, hallucinations, and mood disorders. These drugs can stop hallucinations and other manifestations of distorted thinking, however they can cause loss of motor skills and general loss of ability to solve problems and think clearly.

Neural Stimulants (Adderall, Ritalin) – for some strange reason, when someone cannot focus or concentrate on a task, speeding up their thought processes helps them to focus on just one stimulus, and also have a better sense of priorities. The drugs in this class are used to treat ADHD and related disorders.

Suboxone – used to treat addiction. Unlike methadone and older drugs used to treat addiction, Suboxone binds to the same receptors targeted by addictive drugs without having the same effect. This helps reduce cravings and also withdrawal symptoms.

How These Drugs Might Hurt You

As with many other FDA approved drugs on the market, psychiatric drugs are eliminated from the body via either the kidneys or the liver. This, in turn, means that they can also do damage to these organs.

Aside from that some of these drugs can also increase your risk of having a heart attack or stroke. It is also well known that some drugs used to treat one disorder can cause others. For example, drugs used to treat ADHD, depression, and anxiety can increase the risk of developing suicidal thoughts and mood disorders.

Antidepressant Nation

By APage

1 in 10 Americans take antidepressants, making them the third most common prescription drug in the U.S. Take a look at the types of antidepressants and know their most common side effects.

Types of Antidepressants & Common Side Effects



- Tremors
- Indigestion
- Headache
- Dry Mouth
- Drowsiness
- Elevated Heart Rate

Common Brand Names:

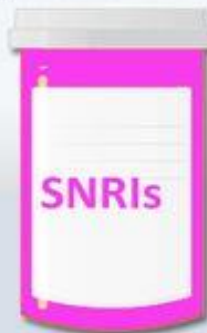
- Elavil
- Asendin
- Anafranil
- Adapine
- Sinequan
- Tofranil
- Pamelor
- Vivactil



- Sweating
- Indigestion & Nausea
- Headache
- Dry Mouth
- Drowsiness
- Sexual Side Effects

Common Brand Names:

- Celexa
- Lexapro
- Luvox
- Prozac
- Paxil
- Zoloft



- Tremors
- Nausea
- Headache
- Dry Mouth
- Blurred Vision
- Increased Blood Pressure
- Sexual Side Effects
- Nervousness
- Dizziness

Common Brand Names:

- Cymbalta
- Serzone
- Effexor



- Insomnia
- Muscle Aches
- Low Blood Pressure
- Dry Mouth
- Sexual Side Effects
- Nervousness
- Dizziness
- Need to Avoid Decongestants & Certain Foods (Fish, Chocolate, Fermented Foods)

Common Brand Names:

- Marplan
- Nardil
- Parnate



- Appetite Changes
- Indigestion & Constipation
- Headache
- Dry Mouth
- Insomnia
- Sweating
- Nervousness
- Sexual Side Effects
- Vomiting

Common Brand Names:

- Wellbutrin
- Norpramin
- Ludiomil
- Remeron
- Desyrel

For a complete list of antidepressants and side effects visit:
<http://www.nlm.nih.gov/health/publications/mental-health-medications/complete-index.shtml>

It is fair to say that anything that interferes with your ability to recognize important goals to achieve or prevents you from thinking rationally will have a negative impact on your ability to survive a major crisis.

From that perspective, even though psychiatric drugs have major side effects, the mental clarity they bring may be more important to preppers that need to use these drugs. It is truly between you and your doctor (not between you, your doctor, and abusive/discriminatory third parties, etc) to determine how best to utilize these drugs and also pursue alternatives in a reasonable and safe way.

Class Action Lawsuits and Other Matters to Know About

Here are just a few lawsuits and class action cases ongoing for some of the more popular psychiatric medications on the market. It should be noted that almost every drug mentioned in this article has either a class action lawsuit lodged against it, one in the process of development, or warning labels issued by the FDA. You can also research these and other drugs to see what kinds of problems are being discussed in the courts and at the FDA.

Cymbalta – there are numerous lawsuits, and a class action lawsuit pending because this drug is addictive, and people who are on this drug suffer from electric shock like symptoms that disrupt daily activity, dizziness, and serious visual changes. Even though almost half of the people that use Cymbalta have withdrawal problems, the manufacturer states that less than 1% had problems during drug safety trials. Many people also say the drug did not work at all for them, and then they had horrible, long lasting withdrawal symptoms. These facts have led to a claim that the manufacturer misrepresented both the usefulness and safety of the drug.

Zoloft – there are class action lawsuits underway claiming that this drug does not work as advertised (ie. It does not work). There are also lawsuits pending because of the high number of birth defects in babies whose mothers were using this drug.

Prozac – as of August 24, 2015, there are indicators that numerous separate lawsuits will be combined into a class action lawsuit based on the fact that the drug causes suicidal thinking and also birth defects. Even though the FDA eventually posted warnings about this drug, it is still on the market.

Paxil – class action lawsuits for this drug are also related to birth defects and increased risk of autism.

Elavil (amitriptyline) – lawsuits are pending in cases where it is claimed these drugs caused abnormal heart rhythm. It can also cause abnormally enlarged breasts in males (gynecomastia).

Ativan – class action lawsuits and personal lawsuits claim this drug causes respiratory failure, increased risk of suicidal and violent thoughts, amnesia, memory loss, and other irrational behaviors. There is also a movement underway to have this drug removed from the market. See ryar.org for more information on this drug and others.

Ritalin – Even though class action lawsuits were dismissed in relation to the drug being over prescribed for a “fake illness”, other problems still exist. There are still lawsuits pending in relation to sudden death, heart attacks, and psychiatric problems. More details can be found at yourlawyer.com/topics/overview/ritalin

What You Need to Ask Your Doctor

When it comes right down to it, there is no difference between a broken bone, cancer, heart disease, dental problems and mental disorders. Each of these problems represents a condition that prevents people from living an optimal or “normal” life.

Today people still have the idea that psychological disorders are somehow “scary”, “permanent”, “evil”, and so on. If you are suffering from psychological problems, it is very important to discuss these things with a qualified doctor. This includes making sure that you get copies of all blood work done before you started using drug based therapies as well as blood work results during the

course of treatment. As with any other condition, if you do not study the tests yourself and understand what they mean, it is very hard to make an informed decision about any plan of medical intervention that a doctor thinks is best for you.

It is also very important to discuss the long term side effects and consequences of taking drugs for psychiatric disorders. Among other things, if you have not seen a counselor, worked with meditation, or even failed to progress in counseling, then it may be time to try these venues again. If you are not happy with the results you get with one provider, do not hesitate to try another one.

Even though this process can be frustrating, never forget that it is your life, your body, and your right to have a mind that thinks clearly and rationally. Finally, if you want to go off drugs used to treat psychiatric disorders, be open with your doctor and make sure that they are on hand to give you a safe path and someone to talk to if needed. As with anything else, if your current doctor is opposed or refuses to help you, go to another doctor that may have a more open mind.

Today, there are relatively few people that can discuss mental illness honestly and without falling back into thinking that results in abuse and discrimination against those who have mental disorders. Gun control advocates and gun grabbers are just one case in a society still filled with a lack of understanding about mental illness.

If you are interested in understanding the impact of drugs used to treat mental disorders on survival needs, you can get your best start by realizing how much discrimination still exists in this arena. Needless to say, if you are a victim or a sufferer, then it is time to demand fair legislation and also do what you can to get better so that you can live a healthier life before, during, and after a major crisis occurs.

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