HEALTHY TIPS

Neurontin & Lyrica: Side Effects of Pfizer's most Dangerous Painkillers

By bestfolkmedicine · 27/10/2018 · 2 min read



Before trying out a medication, no matter if it is natural or not, it is always a smart approach to see what science has to say about it, as advised on DIY Health Academy. Taking into consideration that experiencing side effects from over-the-counter medications is not uncommon, it is pivotal to stay informed about newest studies and possible side effects of any meds you may have been prescribed or recommended to take.

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When it comes to over-the-counter medications, some of them have been found to be very harmful for the overall health. So, in today's article, the focus will be on two popular painkillers from Pfizer which were

found to have a negative impact on some users.

Neurontin, as explained on Healthy Holistic Living, is an anti-epileptic medication which is prescribed for the prevention and management of seizures. However, why do people take it to treat nerve pain, one may wonder.

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Even though the FDA approved it in 1944 for epilepsy, pharmaceutical companies have been promoting both Neurontin and Lyrica as a medication for a purpose for which it was not approved, i.e. they are prescribed to fibromyalgia patients for their nerve pain.

The Dangerous Side Effects of Neurontin & Lyrica Side Effects

- Memory issues
- Anxiety and panic attacks
- Irritation
- Impulsiveness
- Insomnia
- Upper stomach ache
- Chest ache
- Tingling and numbness
- Swollen feet
- Mood changes
- Dizziness and headaches
- Poor coordination
- Depression
- Mental and physical hyperactivity

Scientific Findings about Neurontin & Lyrica

According to a 2017 study, as emphasized on Healthy Holistic Living, published in the Journal of Experimental Pharmacology, it was discovered that neurontin can cause serious and harmful side

effects such as respiratory failure, myopathy, self-harm behavior, suicidal behavior, dizziness, poor vision, and more.

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In 2009, a study found in the journal Cell indicates that Neurontin and Lyrica impede the creation of new brain synapses. They found that these two meds can reduce the capacity of the brain to rejuvenate its plasticity and eventually cause brain decline.

Moreover, a 2017 study published in the Iranian Journal of Basic Medical Sciences suggests that a 3-week usage of Lyrica caused a pathological damage and that its prolonged use could cause loss of muscles and atrophy, and brain shrinkage too.

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5 Alternative & Safe Pain Relief Methods

Whether it is a headache or fibromyalgia pain, try out these alternative methods because they are safer and not filled with chemicals that can cause serious side effects:

- ***Quality magnesium oil, applied topically onto the painful area with a gentle massage***
- ***Oral magnesium malate on a daily basis***
- ***Curcumin capsules***
- ***Eat more anti-inflammatory foods such as turmeric, cherries, ginger, pineapple, fish oils, and rosehip***
- ***Soak in Epsom salt baths infused with lavender essential oil before going to bed***

Sources:

HEALTHY HOLISTIC LIVING

DIY HEALTH ACADEMY

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