HEALTHY TIPS

5 Popular Pharmaceutical Drugs That Immediately Destroy Your Health

By bestfolkmedicine · 06/11/2018 · 3 min read



In a lot of cases, prescribed meds can be essential for saving lives and improving acute health problems. However, they are not the best solution for chronic health problems and if you rely on them long-term, you can worsen your overall health.

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Nowadays, a lot of people take prescribed meds without consulting their physician or are being prescribed meds for issues that can be alleviated with proper lifestyle improvements.

Prescribed Meds Are not Good for Chronic Conditions

Nowadays, conventional medicine relies excessively on pills to “treat” chronic health problems. The goal of Western medicine is management by suppressing the symptoms, not to find the underlying cause and better it holistically.

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What’s more, overuse of prescribed meds is known to increase the risk of addiction and as a result, the abuse of meds has been exponentially growing in the U.S. for years. Unfortunately, as emphasized on Healthy Holistic Living, addiction to opioids is more common than overdoses from cocaine.

The Problem with Prescription Meds

A lot of prescribed meds given for chronic conditions have been linked with nutrient deficiencies and a lot of dangerous side effects. The most commonly-prescribed meds are painkillers, antidepressants, and antihyperlipidemics.

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The Worst 5 Prescribed Meds- Avoid Them at all Costs

1. **Prednisone**

This steroid is frequently prescribed for autoimmune illnesses like lupus, ulcerative colitis, and rheumatoid arthritis. This medication suppresses the response of the immunity which is making the body attack its own cells. But, in the same time, it makes the immunity more prone to infections. Excessive and long-term usage has been linked with acne, low libido, bruising, body fat, and problems with menstruation. The possible side effects linked with this medication are headaches, bloating, nausea, dizziness, changes in mood, and insomnia.

2. **Antidepressants**

The CDC point out that one in ten American citizens older than the age of 12 take antidepressants and 60 percent of them have been taking them longer than 2 years. Some of the worst side effects of these meds include irritability, anxiety, insomnia, nausea, low libido, and nausea. In adolescents and

children who are taking antidepressants, they elevate the chance for suicide! Antidepressants may be of help in specific conditions; however, they may additionally worsen your health and well-being when taken for a prolonged period of time. Therefore, consult your physician for natural methods to address depression such as exercise, yoga, meditation, healthier diet, supplements, etc.

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3. **Statins**

Statins are meds which are prescribed for management of high cholesterol and according to a report from 2012; more than 23 percent of American adults over the age of 40 were taking statins. Short-term side effects of statins include insomnia, muscle pain, bloating, gas, diarrhea, and rashes. The long-term side effects associated with statins are coenzyme Q10 deficiency, vitamin K2 deficiency, higher risk of diabetes and breast tumors, as well as increased chances of Parkinson's.

4. **PPI's**

Also known as proton pump inhibitors, these meds are prescribed for acid reflux; but, they been linked with a higher chance for kidney illness, dementia, and heart attacks, as well as magnesium deficiency, constipation, and higher chance of bone fractures. Have you been prescribed a PPI for heartburn? If yes, consult your physician for healthier alternatives and try to discover the underlying cause of acid reflux. PPIs may cause additional digestive problems.

5. **Opioids**

Though opioids can be beneficial for acute pain, they are not a viable solution for chronic issues. Since they can cause addiction, the risk of becoming addicted to them, even when taking them for a short amount of time, is high. Hence, if your doctor recommends opioids, consult them for safer alternatives. If you have a chronic condition, try natural remedies to minimize the risk of addiction.

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