

The Horrifying Side Effects of Prescription Drugs

By Clifford Woods

Sure, we all want to keep your bodies healthy. However, the world is swarming with disease-causing agents. These can be everywhere – in the air you breathe, the water you drink, the food you eat, or even right where you are standing now. We are constantly exposed to such and no matter how careful or health conscious we are, disease-causing agents have a way of invading your body. Some eventually get sick.

The most common way to cope with illness these days is to take a drug. You turn to drugs to feel better or in other words, to get relief from pain and discomfort. Drugs have been used for centuries and it has been proven that *some* drugs do save lives.

However, prescription drugs may not work the same way for everybody. There is always the risk of side effects. These occurrences that may result from taking a drug can either be good or bad – depending on how your body responds.

Regardless of the drug you are taking, the most common side effects that you might experience include gastrointestinal issues, nausea and vomiting, drowsiness, increased heart rate, insomnia, and dependence. Oftentimes, these side effects are at a somewhat tolerable level. But there are some drug side effects that are very different from those mentioned above. And such can be very severe and horrific. Sometimes, the side effects can be worse than the illness itself.

The Real Dangers of Taking Pharmaceuticals

This is where you begin to ask one specific question – Is it really worth it to take drugs if the cure is worse than the illness? Here are some of the unexpected and terrifying consequences that can come from some of the most commonly used medications. **Natural remedies** that could serve as safer alternatives are also mentioned.



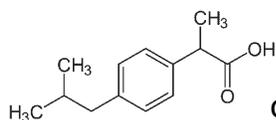
Amoxicillin. If you have or have had any sort respiratory infection that needs antibiotics, you have been prescribed Amoxicillin. Amoxicillin is used to treat infections caused by bacteria.

Aside from causing dizziness, headache, skin rashes, and diarrhea, Amoxicillin can also induce severe side effects such difficulty in breathing which can be life threatening; it may also trigger allergic reactions that may

manifest as mere itchiness or come in the form of anaphylactic shock (*a serious, potentially life-threatening allergic response that is marked by swelling, hives, lowered blood pressure, and dilated blood vessels.*), which can also lead to death.

Acetaminophen. Acetaminophen is used to treat various pain-related conditions such as headache, backache, muscle ache, and toothache. In some cases, it's also given to those suffering from fevers and colds.

Some side effects in taking this drug may include drowsiness, dizziness, diarrhea, headache, nausea, and sleeping troubles. Severe side effects can also be experienced with the misuse of this drug. In rare cases, taking acetaminophen causes severe liver damage and may cause death.



Ibuprofen. Ibuprofen is a non-steroidal anti-inflammatory drug (NSAID). It is available over the counter and it is used to lower fever, treat pain, and reduce inflammation caused by conditions such as toothache, menstrual cramps, headache, arthritis, and minor injuries.

Ibuprofen has to be taken with caution. Reported side effects range from mild to severe. Mild side effects include dizziness, constipation, diarrhea, or nervousness. Severe side effects that may require medical attention include stomach or intestinal bleeding, which can be fatal. And when used for the long term, Ibuprofen may also increase your risk of heart attack or stroke.

Sleeping pills. If you have a disturbed sleeping pattern, if you are having trouble sleeping or staying asleep, you might use sleeping pills.

But before you consider taking sleeping pills, you have to be aware that there are significant risks – especially if you are among those who suffer from certain medical conditions such as liver or kidney disease. Sleeping pills may not wear off immediately the next day and you may experience dizziness, fuzzy-headedness, headache, and the feeling of tiredness.



A more fatal effect would be impairing your ability to handle activities such as driving, which can be life threatening. Prolonged use can make your body accustomed to the drug and by that, you will need higher doses eventually. And higher doses could lead to depressed breathing while you sleep, which can cause death.

Are there other alternatives?

When choosing the best remedy with regard to an illness, there is no doubt that you only want the safest and most effective option available. While it is

true that prescription drugs can be helpful and effective, you can't deny the fact that there are side effects and that some of those are even worse than the illness itself. So are there other alternatives? Yes, of course, there are! People would often turn to **natural remedies** because these are deemed natural and safe.

Natural remedies are easy to come by and are pretty much available everywhere, even on online sites. These are gaining tremendous popularity. Well, who doesn't want them? People who take prescription drugs suffer from side effects more often than those who choose to rely on **natural remedies**.

But you should also keep in mind the old saying that prevention is better than cure. It is better if you take control of your health and be naturally healthy without having to resort to the use of drugs at all. If you live a healthy lifestyle, chances are, you won't need a drug in the first place. A healthy lifestyle includes:

Live. Life. Healthy



- 1.) Maintain a balanced, nutritious diet
- 2.) Exercise on a regular basis
- 3.) Never underestimate the power of positive thinking
- 4.) Take high quality natural **supplements** that keeps the mind, body, and heart healthy
- 5.) Avoid taking in chemicals and toxins as much as possible (do take note that these are most commonly found in processed and instant foods)

Your health is important and the best way to avoid risks of side effects, including death, from prescription drugs is to avoid taking them as much as you can. You are the only one responsible for your health. Always choose the safest, most effective and natural option available. Likewise, don't forget to the importance of a healthy lifestyle.

The information contained in this article is believed to be reliable. I have taken every precaution to verify its accuracy; I am not a medical professional and make no warranties, representations or guarantees of any kind as to its accuracy. Medical knowledge is in a constant state of change, and what I have written here may be out of date by the time you read it. The information that I have provided here is for informational purposes only and not for use in diagnosing any condition that you may or may not have. Always consult with your doctor before treating yourself.