



We have non-narcotic products for most painful conditions and diseases. 100% Guaranteed Results

The Pain of It... January, 2011

ALL Over the Counter Pain Medications are NOT Created Equal

Common Pain Medications Pain medications (analgesics) are not all the same. Each pain medication has its advantages and risks. You must understand that there is a risk involved even if you take a one a day aspirin as an example.

Specific types of pain may respond better to one kind of medication than to another kind. Each person may have a slightly different response to a pain medication due to the fact that our physiological make-ups are different even if we are identical twins!

Over-the-counter medications are good for many types of pain. [Acetaminophen \(Tylenol\)](#) is good for [relieving pain](#) and [fever](#). It is less irritating to the stomach than other over-the-counter pain medications and is safer for children. It can, however, be toxic to the liver if you take more than the recommended dose either at one time or over an extended period of time.

Aspirin, [naproxen \(Aleve\)](#), and [ibuprofen \(Advil, Motrin\)](#) are examples of non-steroidal anti-inflammatory drugs (NSAIDs). Each of these can reduce inflammation caused by injury, [arthritis](#), or fever. NSAIDs also [relieve pain](#) associated with menstruation. Take these medications in regular dose intervals as directed by the manufacturer until the pain is gone. If you begin to experience nausea symptoms, slight bleeding either in your stool or from the mouth or nose, SEE A DOCTOR.

However, **DO NOT or Better Yet NEVER give Aspirin to your child.** [Reye's syndrome](#) is associated with the use of aspirin to treat children with viral infections, such as chicken pox. This syndrome can cause brain and liver damage. Aspirin is a very powerful medication, and the fact that you can buy it anywhere right off the shelf doesn't mean it is not dangerous given the painful condition you are experiencing.

If you or anyone in your family has high blood pressure, kidney disease, or a history of [gastrointestinal bleeding](#), you should consult your health care provider before using any over-the-counter NSAID. When you go to the bathroom and experience blood in the stool water or on paper, it could very well be you are experiencing a reaction to a NSAID.

Prescription Medications

These may be needed for other types of pain you are experiencing. There are specific uses and risks associated with every prescription narcotic and non-narcotic medication on the market today.

The use of a pain reliever narcotic is akin to smoking cigarettes. When you first start, one cigarette per day is all you need, and then it requires two, then four, a pack, two packs. The same thing can and will happen when taking any narcotic no matter what anyone, including your doctor, may tell you. Our bodies have the unique ability to adjust to almost anything, including medications where it takes more and more if you will to achieve the same level of relief you experienced the day, week, or month before. At some point, even your doctor will stop issuing prescriptions to you when your demand for the drug or drugs gets higher and higher over time where you need more and more of it to achieve relief.



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The side effects of most narcotic solutions to pain are enormous. In most cases, the side effects on your body are worse than the cause of your pain. Suffice to say that just because your doctor prescribed it for you doesn't mean it is safe for you and your physical make-up. Not a year goes by where the FDA (previously approved by them by the way) issues a warning about the lethal side effects of one narcotic medication or another. Remember Vioxx? Bextra? Hello heart attacks!

Each year, narcotic manufacturers like Merck, keep on bringing out pain reliever narcotics with pretty much the same ingredients as the ones pulled off the market but each is disguised with a different name. Manufacturers send our free samples to doctors who will at some point prescribe this "new" magical narcotic for their patients. It is a vicious cycle played over and over again, year in and year out for decades.

Be aware that ALL NARCOTICS are addictive; ALL OF THEM. Understand the risks and proceed with caution. Get and stay informed about the narcotic medications you are taking. Do not be afraid to say enough is enough when you know very well you are becoming addicted. The life you save may very well be your own.

Alternative Medicines and Methods

There are alternative medicines and methods to help reduce pain that may be helpful instead of, or in addition to, narcotic pain medications. These include alternative all natural ingredient topical and oral medicines that reach agitated nerves to cause the pain message to the spinal cord and therefore to the brain to effectively reduce your pain, if not eliminate it all together. Menastil, Tramaden, Topricin and TENS Units are all highly effective pain relief products and applications with all natural ingredient meds tried and proven to work. All of these in and of themselves are safe alternatives to taking narcotics to relieve pain. All of these non-narcotic pain relief products are available on The Centre for Pain Relief Website at <http://www.painreliefforpain.com> under products.

Simple things like heat for sore or overworked muscles, ice applied to recent injuries (such as a sprained ankle), [massage](#), resting the affected body part, and [biofeedback](#) or [relaxation](#) techniques are all effective.

Point being a life without pain requires experimenting with alternative methods that will if nothing else reduce your risk of narcotic dependency when used as supplemental programs in addition to your narcotic regimen.

The Bottom Line

Consult with your doctor if your pain lasts longer than a few days given the over-the-counter pain medications you are taking are not helping to reduce your pain; or if other symptoms arise.

Consultation with a pain clinic such as The Centre for Pain Relief at thecentreforpainrelief@gmail.com or other specialists, that may be helpful for control of long-term pain. Make sure you always get A SECOND OPINION before you proceed with taking any prescribed narcotic medication to deal with your pain.

For a copy of our FREE E-Book, "How to Deal with Your Pain", send an email to: painreliefforpain@gmail.com, with "SEND EBOOK" in the subject line.

All the best for your pain relief, talk to you again in February!

 Centre for Pain Relief 

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