

Are Your Meds a Prescription for Trouble?



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Worth the Risk?

When I started researching topics for our ebook this month I was amazed at how much had happened recently in Health News.



Although I had previously read that oftentimes when taking anti-depressants, people experience sexual side effects, such as a decreased libido, I was quite surprised to learn that there is a possible **link between taking anti-depressants and not being about to fall in love**, or to even want to.

Even more surprised that even some people who had been happily married for years reported that after using anti-depressants, they lost all feelings of love or attraction to their spouse!

of your physician or other qualified health provider with any questions you may have regarding a medical condition.

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Getting sick (or at least pretending to) was sort of fun back in the old da

Why would anyone want to risk sacrificing their ability to feel good emotions in hopes for a cure for their negative emotions?

Last week, another important piece of news made its way into the news regarding ADD and ADHD medications.

Acting on the widespread calls by the scientific and medical communities for research into the long-term effects of common medications, the FDA announced that they would undertake a study to determine what effect **ADD/ADHD medications have on the cardiovascular system.**

With certain cases of ADD medication already being linked to heart attacks and other cardiovascular problems, this is a huge step in finding out more about the true effects of amphetamine based ADD/ADHD medications!

I hope you find the articles in this ebook both interesting and informative.

Do Anti-Depressants Result in Anti-Love and Anti-Passion?

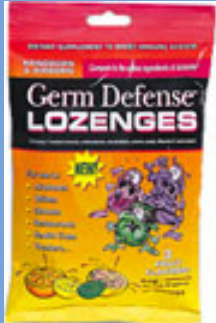


For the more than 121 million people worldwide suffering from depression, medicating their disease with prescription drugs has almost become commonplace. In fact, the American Journal of Health reports that there are more than **2.7 million prescriptions written for antidepressant drugs** each year in the United States alone.



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When depressed patient's consult with a doctor or mental health professional, oftentimes the first treatment option they are presented with is an anti-depressant medication. This is an alarming trend; one that is especially scary as the **side effects of these medications become more apparent** and publicly documented.

The latest issue raised by the scientific community questions the effect anti-depressants have on our overall emotional state. These drugs may actually affect us in ways other than simply relieving feelings of depression.

In their new book, evolutionary anthropologist Helen Fisher of Rutgers University and psychiatrist J. Anderson Thomson of the University of Virginia propose that anti-depressants not only curb our depression, but they also **blunt our other emotions, including feelings of passion and love.**

Building on the established notion that anti-depressants can curb the sex drive, their studies have taken it much further.

They believe that anti-depressants work to blunt the natural human desire to seek a mate, and that they may even eliminate the mind's capacity to "fall in love", or experience feelings of love and passion.

To understand how this effect is possible, you must first understand how anti-depressants work. When the mind experiences depression, it is most commonly related to an

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imbalance in the brain's serotonin levels.

Serotonin is a chemical that controls our moods. When Serotonin levels are low, or our brains lack the ability to stabilize our Serotonin supply, this can lead to drastic mood changes, as well as **feelings of sadness, malaise, worthlessness, guilt and general emotional pain**. Collectively, they make up the general condition we commonly know as depression.

Fisher and Thomson's study focused on a specific type of anti-depressant called Selective Serotonin Reuptake Inhibitors (SSRIs). SSRIs work by disabling the body from reabsorbing serotonin after it is released, thus flooding the brain with it in an attempt to elevate mood. However, they are careful to note that all anti-depressant drugs are designed in some way to manipulate the brain's "feel-good" chemicals, like Dopamine and Serotonin.

Since these chemicals are also so involved in our feelings of sexuality, one of the biggest complaints from users of anti-depressants is a major loss of sex drive or libido. In 2001, an estimated **73% of users of anti-depressants experienced some sexual side effects**. Fisher and Thomson are also careful to point out that these same chemicals are involved when we feel that first rush of excitement at romance.

Much of the study is based off of first person accounts—stories of people who have taken anti-depressants and lost all interest in dating or romance. Fisher and Thomson's study spans across thousands of first person accounts, including the story of Jerry

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Frankel's experience with anti-depressants.

Frankel said "**My usual enthusiasm for life was replaced by blandness,**" he wrote. "**My romantic feelings for my wife declined dramatically.**"

Above all, Fisher's concern is that people taking anti-depressants are unwittingly sacrificing their natural ability to fully experience their other, more pleasant emotions. She says, "I'm concerned about well-adjusted men and women who go through a crisis and start taking antidepressants. They continue taking them, not realizing they may be suppressing these other systems."

They also point out that a major goal of anti-depressants is to stop obsessive thinking and harping on negative issues or thoughts.

Thomson notes that **it is exactly this obsessive thinking that makes dating, relationships and love so exciting.**

For those individuals who are taking an anti-depressant medication and displaying similar side effects, Fisher and Thomson encourage them to raise the issue with a doctor.

Although this study is intended to pave the way for further inquiry into the problems they identify, Fisher and Thomson believe that patients should be sure to stay on top of how anti-depressants affect all of their emotions, including their romantic feelings and sentiments towards love and attraction.

Patients should be sure to keep track of how the drugs affect their relationships, as this can speak volumes about whether or not the



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positive effects outweigh the negatives.

Thomson stresses the importance of evaluating these anti-depressants and reminds patients to regularly ask as their doctor, "Do I still need to take these?" Since many people are prescribed anti-depressants to deal with traumatic life events, it is important to keep track of how well they are working so they can learn to deal with their emotions without the use of drugs.

Natural alternatives to anti-depressants can be very effective at curbing sadness and guilt and promoting energy and well-being, without the high risk of side effects that accompany many prescription medications.

In fact, many herbs and homeopathic treatments have been successfully used for centuries, and can still be very effective at fighting the symptoms of depression.

Rather than work to inhibit the brain from the uptake of Serotonin or other neurotransmitters, **natural remedies work to treat the body as a whole by encouraging not only the mind to heal itself**, but also to promote overall balance and health. This can work to provide a more comprehensive approach to the treatment of depression rather than just treating the symptoms in isolation.

- [MindSoothe](#) - Promote balanced mood and feelings of wellbeing
- [PureCalm](#) - Facilitate a calmed mood and soothed nerves

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- [MinSoothe Jr.](#) - Promote balanced mood and stability in children and teens
- [Calm Within CD](#) - Improve relaxation, support balanced emotions and reduce stress levels
- [Mood Tonic](#) - Promote balanced mood and peacefulness in all ages
- [Nerve Tonic](#) - Improve nervous system health
- [Fatigue Fighter](#) - Promote healthy levels of energy and stamina without artificial stimulants

If anti-depressants are having an effect on your love life, whether because of sexual side effects or because it has blunted your libido, personal emotions or your desire to be in a relationship, there are also a wide range of natural remedies to increase your desire, heighten your sense of passion and increase your sex drive.

- [Thanda](#) - Improve sexual drive and desire in women
- [Ikawe](#) - Naturally treat erectile dysfunction and premature ejaculation
- [Fertile XX](#) - Natural infertility solutions for women
- [Fertile XY](#) - Natural infertility solutions for men

" Taking MindSoothe has been an absolute saviour for me. When I started suffering from anxiety/depression/de-realization following the birth of my second son, I thought I was losing my mind. I struggled to cope with day-to-day things, felt self-absorbed and couldn't enjoy my children anymore. I was losing control and



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*thought I was a terrible mother. I didn't want to have to tell my doctor (a stranger) how I was feeling and I was adamant that I wouldn't go down the endless anti-depressants road. I started looking for alternative remedies and came across the Native Remedies website. I started taking **MindSoothe** and something amazing happened - over the following months, bit by bit, I started to feel normal again. I'm now almost back to my normal self. I still get anxious moments but nowhere near what I felt before taking **MindSoothe** (a more controllable anxiety). I enjoy my family again; I can go out of the house and see other people without feeling terrified. And, I can look forward to doing all the things I enjoyed doing before. **MindSoothe** has given me my life back, and has given my children their mother back. Thank you so much Native Remedies!!! " - **Tina, Wales, UK***

*"I was always looking for something to enhance my sex drive, and help with orgasms. I am on anti-depressants, have my own business and three children, so I am exhausted a lot of the time. **Thanda** gives me energy and when I do think of sex or intimacy, **Thanda** seems to boost my libido right away, instead of just knowing sex would be too tiring. I tried it for a while then was ok and didn't take it for months. I kinda found it again in my cabinet, (remembering that since I was not taking **Thanda** that I was more tired and less interested in sex)and I really saw and felt the difference within hours. I only take two pills or even one a day, it works. Always be happy when being intimate, and comfortable*

with yourself. Have fun, its a great product. I Love It !!!!!" -

Anonymous, CA

ADHD/ADD Drugs Being Studied for Heart Health Problems

Are You or Your Child At Risk?



The controversial world of ADD/ADHD treatment saw a huge developments this past week as the FDA announced its plan to undertake a thorough investigation with the Agency for Healthcare Research and Quality into the **effects of ADHD medications on the cardiovascular system.**

For years researchers and physicians have been clamoring for such research to be performed, as many believe that the amphetamine-based ADHD medications being so readily prescribed to children and adults all over the nation may have **serious long term effects on the health of the heart**, blood pressure levels and the general strength and effectiveness of the cardiovascular system.

Now it seems the FDA is finally acting on this suspicion, as they have undertaken a project to analyze the results of research conducted on 500,000 children and adults between 1998 and 2005 in order to determine if there is any **link between ADHD medication and an increased risk for heart attack, stroke or other cardiovascular problems.**

Many psychiatric, medical and scientific experts have purported that treating ADD and ADHD with conventional medications such as Ritalin, Adderall or Concerta could have negative effects on the

health since they are mainly amphetamine based.

While amphetamines have been shown to improve concentration, focus and hyperactivity in subjects suffering with ADD or ADHD, they also have well-known effects on the cardiovascular system, such as an elevated heart rate and blood pressure.

Many believe that extended use of these medications may put excessive stress and strain on the heart and cardiovascular system, setting the stage for more serious problems down the road.

In fact, many of the side effects now commonly associated with these medications are actually symptoms of the drug's cardiovascular effects. These include heightened alertness, anxiousness, sweaty palms and despite the drug's desired primary effect, an actual loss of the ability to focus due to increased "jumpiness".

Side effects like these have many health care professionals worried about the long-term implications associated with using these types of drugs. That, combined with reports of ADD/HD medication related cardiac incidents, has spurred this new FDA investigation.

Dr. Gerald Dal Pan of the FDA remarks: "Case reports have described adverse cardiovascular events in adult and pediatric patients with certain underlying risk factors who receive drug treatment for ADHD, but it is unknown whether or not these events are causally related to treatment. The goal of this study is to

develop better information on this question."

These fears are not actually new, and have been circulating in the health industry for some time now. The fact that the FDA is now looking into it only validates the approach already taken by many, which is to find an alternative to these amphetamine based medications, and thankfully, natural remedies can help.

Herbal and holistic medicines can be extremely effective when it comes to improving concentration, focus and general mental performance.

However, instead of simply masking the symptoms with a drug that makes up for deficiencies in other areas, **natural remedies actually encourage the brain's own healing potential** by increasing blood flow and oxygen to the brain.

It is well documented that their use can improve clarity of thought, concentration and memory, and can actually strengthen the brain to be able to perform better on its own, without using drugs as a crutch!

- [Focus ADDult](#) - Improve concentration, focus and attentionspan in adults
- [Focus Formula](#) - Improve concentration and attention, and calm high energy levels
- [BrightSpark](#) - Improve concentration, mental focus and calmness
- [Brain Tonic](#) - Improve concentration, memory and

balanced mood in all ages

- [Study Plus](#) - Improve concentration, mental clarity, memory and brain function

For parents or sufferers who are apprehensive about the toll ADD or ADHD medication may have already taken on the body, there are also natural herbs and remedies available that can help to restore balance and optimal functioning of the circulatory and cardiovascular system.

Those with pre-existing heart conditions or family histories of heart disease should be especially cautious when using amphetamine medications. While either switching to a natural treatment plan for ADD/ADHD or to help lessen the effects prescription medications take on the system, natural remedies can be extremely beneficial by boosting the circulatory function and strengthening the heart and arteries.

- [Circu-Live](#) - For circulatory and nervous system health, keeps healthy toes and fingers comfortably tingle free
- [HighRite/AquaRite](#) - Helps maintain healthy blood pressure, artery clarity and functioning and heart health
- [AdrenoBoost](#) - Protects adrenal glands from the damaging effects of stress to maintain healthy functioning
- [Cholesto-Rite](#) - Helps maintain healthy LDL and HDL cholesterol levels and promotes the ability to fight free radicals

Taking care of ADD/ADHD the natural way ensures that sufferers will find a safe and lasting solution to their concentration and focus problems. Learning to live a balanced life with the condition through the use of natural remedies will help avoid potential health complications, and virtually eliminates the risk of side effects.

Be sure to research the natural alternatives before jumping into a prescription medication plan, and avoid becoming a statistic in an FDA study like this one!

*"After having my 10 year old son diagnosed with ADHD Inattentive Type his doctor wanted to put him on a drug trial. After many questions about heart disease and other possible side effects I read the Health Canada warnings about possible heart problems relating to these drugs. I refused drug treatment. I found Native Remedies and spoke to my son about trying **Brightspark** and **Focus Formula** . He agreed because he'd heard all the side effects from the doctor and wanted no part of it. Anyway, we tried the products and didn't tell the school. After only 3 days they wanted to know what we'd done. My son is now happy, more independant, and less sensitive. He completes his homework on his own 90% of the time and without being asked or told. There is no more yelling in my house! Thank you for an excellent product. No side effects other than a happy child whose marks are improving! That, we all can live with. Thanks again and again." - **Janice D., Canada***

"For the past few years, my son's behavior was so uncontrollable

and as parents, my husband and I felt like throwing in the towel. We had always heard the stories of prescription drugs for hyperactive children and their side effects and it scared us to death. He recently started kindergarten and within the first two weeks was in trouble more times than not! We tried everything to get him back on track but no luck. That was until my husband found **FOCUS FORMULA**. My son who just turned 6 has been taking FOCUS for about a month now but within the first week, we noticed a remarkable change. Now we don't have the teacher calling us to tell us what he did wrong in school but to give us glowing reports of how wonderful it was to have him in school! Yesterday he came home with a WOW! Sticker on his shirt for such GREAT behavior at school. THANK YOU SO MUCH. I am telling everyone I know about your wonderful products and you will have a customer for life!" - Gerri, Alaska

"You've got me shaking my head with surprise and amazement! My son just turned 8. Earlier this summer and year, he had an "edge" to him and a distractibility to him that was weighing on my mind. His teacher described him as being "about ready to crawl out of his skin". I asked my pediatrician about the ingredients in **BrightSpark** as I was very concerned about using something I don't know a whole lot about. My son's doctor said that herbal remedies use such small, diluted quantities of natural products that it would be okay to go ahead and try it. After 1 day, I swear I thought I was imagining it but I could tell BrightSpark took the

"edge" off my son's personality. He is quicker to hold his tongue, calmer, not so quick to temper, and has very infrequent outbursts or temper flares. Earlier this summer, he was getting into minor squabbles with friends, as if everyone irritated him. He is no longer. Thank you, thank you, thank you. The two pills at a time are so tiny they are easy to take, he gobbles them down without a fuss. He says they taste like "milk". Thank you, thank you, thank you! I am really looking forward to him returning to school next month and seeing if his interaction and focus in the classroom is that much better. My son calls them his "focus vitamins" - **C.M., MA, USA**

"I was diagnosed with high cholesterol in early 2003, and the doctor put me on a statin called LesCol. It was a nightmare. I started getting chest pains, palpitations, heart flutters, and more side effects than I can remember. I have never felt so terrible in my life. I thought it was because of my high cholesterol and triglycerides. After eight months, I asked the doctor to stop the medication. Although it was nice to see the cholesterol numbers low, I didn't want to damage any parts of my body to pay for it, so I decided to try Herbal remedies. I searched Google and found that **Cholesto-Rite** contained two of the ingredients I was looking for (guggulu and red yeast rice), and so I decided to take two pills a day. Within a few months, my triglycerides had dropped 150 points and my HDL had gone high enough for the doctor to ask me what changes I had made in my diet. Of course, this was 2 years ago. I still take Cholesto-Rite, watch my diet, and exercise. So thank you

Native Remedies, you have helped me deal with my health problems naturally and safely!" - Maya N., GA

Did You Know... You Can Whiten Your Teeth with Strawberries?

Tooth whitening is the leading dental procedure requested by people under the age of 20 and between the ages of 30 and 50. In the last 10 years alone, this procedure has exploded by 300 percent, according to The American Academy of Cosmetic Dentistry.



Perhaps one reason for the explosion has to do with the vast numbers of people having their teeth whitened, which then sets a new standard for how "normal" teeth are supposed to look. Even **if your teeth are a healthy shade, they may look yellow when compared to the pearly whites of celebrities** and, now, the average person walking down the street. The problem with most current tooth-whitening products, both over-the-counter versions and those performed in your dentist's office, is that they use hydrogen peroxide to whiten your teeth.

This is not your best choice because **peroxide can cause your teeth to become sensitive**. Additionally, hydrogen peroxide forms radical intermediates that can damage and destroy your gums and nerves.

What causes your teeth to become discolored in the first place?

Tooth **discoloration is caused by colored molecules** such as tannins and polyphenols -- found in red wine, coffee, and tea -- which become absorbed by your tooth enamel's surface.

Cigarettes, blueberries, and other foods that contain dark pigments can also discolor your tooth enamel, as can certain medications. Some of the staining can be removed by brushing, but over time the compounds can seep into your enamel.

If you're looking for a safer alternative to brighten your teeth, you can try this simple trick:

- Crush one ripe strawberry and mix it with 1/2 teaspoon of baking soda.
- Spread the mixture onto your teeth and leave on for five minutes.
- Brush your teeth with a little toothpaste (non-fluoride, of course) and rinse.

This natural mixture works because of the malic acid it contains, which **acts as an astringent to remove some of the surface discoloration** on your teeth. Though this method is perfectly safe to use on occasion, don't use it too often (no more than once a week) because the acid could potentially damage your tooth enamel.

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