

Old Meds, New Warnings - Are You at Risk?



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Are You at Risk?

Who would have thought that you'd be able to ride a roller coaster without having to visit an



amusement park? Nowadays you just have to be taking a prescription medication to experience those kinds of radical ups and downs.

It seems like lately we can't even turn on the television or the radio, or even browse through the online health news, without finding another report alerting us of not only new, but seriously dangerous side effects of these medications. Depression and diabetes medications are at the center of two of the latest reports I have seen.

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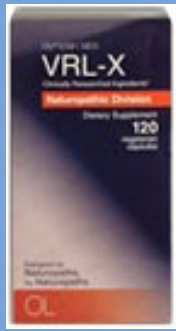
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Getting sick (or at least pretending to) was sort of fun back in the old da

Recently, the FDA recommended that manufacturers of antidepressant medications place additional warnings on their drugs. They found that antidepressants can cause increased suicidal thoughts and behaviors in adults - we were already aware of the risks to children. Currently, there are more than 121 million people suffering from depression worldwide and an estimated 25 percent are taking at least one prescription medication to treat the disease. That's a lot of people at risk.

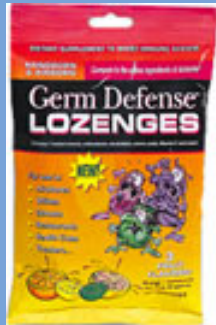
And, it wasn't just concerns about antidepressants in the news this week. One of the most prominent diabetes medications - Avandia - was in the news as well. I learned that researchers at the New England Journal of Medicine have linked the popular drug to an increased prevalence of heart attack and possibly death. That's another 175 million people worldwide affected by a prescription medication whose side effects are just as deadly as the disease it treats!

When we were researching the news on antidepressants and Avandia, I made a startling discovery in an article published by the Archives of Internal Medicine. The article explains a possible link between these two diseases. Recent studies have concluded that people exhibiting the symptoms of chronic depression were more likely to develop adult onset diabetes down the road. So there are thousands, maybe millions, of people suffering from inadequately treated, or untreated, depression risking other serious side effects and diseases later.



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Great Health Sites

I hope you find the articles in this ebook – *More FDA Warnings about Depression Medications Validate Your Natural Approach, Did Depression Cause Your Diabetes?* and *Popular Diabetes Treatment Could Increase Your Risk of Heart Problems* – both interesting and informative.

More FDA Warnings about Depression Medications Validate Your Natural Approach

With the number of cases rising dramatically worldwide, depression has become one of the most wide-reaching health issues we presently face. Right now, there are more than 121 million people suffering from depression, including many children. To find relief from the myriad of symptoms caused by depression, an estimated 25 percent of sufferers are taking at least one prescription medication to treat the disease.



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 – and more than 330,000 of these prescriptions are for children afflicted with the disease. Currently, antidepressant manufacturers warn that taking these medications can increase risk of suicidal thoughts and behavior in children and adolescents.

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Recently, federal health officials warned that **young adults also face an increased risk of suicidal thoughts and behaviors** when they first begin taking antidepressants and should be warned about the danger. The Food and Drug Administration asked makers of the drugs to expand its warning labels to include adults age 18-24. Many of the pharmaceutical companies making these drugs said they would comply with the FDA's request and update the antidepressant labels.

Although the official warning only applies to sufferers aged 24 and younger, the *FDA advises that patients of all ages starting on antidepressants should be "monitored appropriately and observed closely" for suicidal thoughts or behaviors, unusual changes in behavior and worsening symptoms.*

These symptoms refer to the multitude of other side effects that may be caused or exacerbated by the use of these antidepressant

What is Depression?

Depression is a condition often marked by a myriad of symptoms, including insomnia, changes in weight and appetite, fatigue and most commonly, prolonged feelings of sadness. Sometimes depression can be tracked to problems at work or in personal relationships, but more often the causes seem inexplicable to sufferers; they simply can't understand why they feel so down.

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medications. Some common side effects include:

- [Nausea](#)
- [Increased appetite, weight gain](#)
- Sexual side effects ([men](#)) ([women](#))
- [Fatigue, drowsiness](#)
- [Insomnia](#)
- [Blurred vision](#)
- [Constipation](#)
- [Dizziness](#)
- [Agitation, restlessness, anxiety](#)

But instead of simply fearing the side effects of taking prescription or OTC drugs, it's also important to realize that there are other ways to treat depression. Natural remedies can be very effective in maintaining mental health and well-being, without the risk of major side effects. Recent increased interest in the areas of complementary and alternative medicine shows it is much safer with fewer side effects and has a wide range of treatment options worth exploring.

For instance, there are natural alternatives to prescription medications that can help depression by actually encouraging the brain to produce more serotonin, something prescription drugs cannot do. St.

What is Serotonin?

One of the main regulators of our moods is a brain chemical called serotonin. Serotonin is a type of neurotransmitter, meaning that its presence



Natural Remedies

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John's Wort (one of the main ingredients in several Native Remedies' mood and depression products) has been used for centuries as a natural antidepressant and nerve tonic. Instead of simply disallowing the brain to naturally deplete its own serotonin levels, as in the case of antidepressants, *natural remedies can help encourage normal brain*

functioning and the production of serotonin. This in turn helps stabilize moods and emotions, alleviate stress and promote feelings of wellbeing.

- [MindSoothe](#)
- [MindSoothe Jr.](#)
- [Mood Tonic](#)
- [Nerve Tonic](#)
- [PureCalm](#)

Natural Remedies' products are virtually free of any of the major side effects that plague prescription and OTC medications. With these options available, depression sufferers worldwide can now rest easy knowing that there really are viable alternatives to conventional medicine. You can fight depression the natural way, and get back to living a fulfilling and balanced life!

allows our brain to interpret feelings of happiness, contentment and peace within ourselves. One of the key causes of depression is a lack of serotonin in the brain, caused either by depletion due to outside influences or the brain's inability to regulate the chemical's production.

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MORE INFO

"For several reasons, I decided to stop taking the Zoloft which I had been taking for several years. About 2-3 weeks after I stopped taking Zoloft I was not feeling great... I was extremely irritable and pretty emotional. I started taking MindSoothe and using the Mood Tonic Triple Complex Tissue Salts. After 3-4 weeks of taking MindSoothe, I feel like a new person!! Thank you so much. I am thrilled to receive relief through natural methods. By the way, my husband and cats thank you as well as I was about to wring their necks." - Sharon W., TX, USA

"After a pretty rough emotional upheaval, I found that my precious sleep cycle was disrupted. I would wake up in the middle of the night, and be unable to get back to sleep. I tried just about everything, including anti-depressant drugs, acupuncture, sleep therapies, etc. I finally happened upon the Native Remedies website, and discovered Serenite and MindSoothe. I tried them out and slowly but surely, the quality of my sleep began to improve. It's taken awhile, but I feel that I'm almost back to normal. I would say that the best solution to this particular problem is a combination of these herbs and some form of meditation to quiet the body."

- Charlie, USA

"You have changed my life!!! I have been suffering from anxiety for years but unaware of it, until it became so



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100% Natural Herbal and
Homeopathic Remedies
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debilitating I could no longer pretend nothing was wrong.

Before trying the prescription drug route, I found this website and decided to give it a try. While I felt calmer immediately, the real changes came within a couple of weeks. I cannot thank you enough. I sleep better, I can handle everyday stress better, I'm not nearly as irritable, I feel better about myself, and for the first time in years feel genuine peace of mind. Thank you from the bottom of my heart. I will spread the word about this website to anyone and everyone!" - Kim, Washington, D.C., USA

"I have used your Triple Complex Mood Tonic together with your Mindsoothe Capsules for the past six weeks and I am so grateful to report that I am feeling much better. I am not depressed at all and I feel much more positive and ready to tackle daily life. Before I started with your products, I could hardly face each day and was in tears every day, believe it or not. This is also such a relief to my family!" - Tessa, WA, USA

Did Depression Cause your Diabetes?

Study finds new links.



A great deal of media coverage has been dedicated to depression and its effect on the 20 million adults and children suffering with it in America alone. Recently, news reports are focused on the latest scientific discoveries, showing a confirmed link between having depression and developing diabetes.

Often, depression is mistakenly viewed as an ailment of the mind, emotions and psyche. But many experts have purported for years that depression can actually lead to the development of physical ailments as well. And now, these recent studies indicate that there is proof!

The Archives of Internal Medicine recently published the results of a study conducted over ten years, showing that people who exhibited symptoms of chronic depression – including [anxiety](#), [sleeplessness](#), [weight gain](#), and more – were **more likely to develop Type 2 Diabetes**, also known as Adult Onset Diabetes.

Given that diabetes has long been linked to obesity, researchers were careful to account for the fact that depression may lead to a sedentary lifestyle and thus excessive weight gain or obesity. But even when those weight problems were accounted for in the interpretation of the study's results, it was still evident that symptoms of depression accounted for a much higher risk in the development of diabetes.

Currently, there are an estimated 175 million people worldwide with diabetes and type 2 diabetes accounts for more than 95% of those cases. It has clearly become a growing problem. Diabetes

can be a very dangerous disease, especially when developed later in life, but the good news is that there are effective methods of treatment available.

Avoiding sugar and regularly taking insulin have long been established methods of fighting the disease, but now more is being learned about preventative measures that can stop diabetes from taking root in the first place. Recent studies by the German Institute of Human Nutrition showed that by maintaining a high intake of fiber and magnesium, people can actually avoid developing this form of diabetes.

Fiber and magnesium are generally found in very high levels in whole grain foods, so eating a balanced diet including these important components can really make a difference. Prevention is key when it comes to adult onset diabetes, and there are plenty of helpful natural remedies and herbal treatments that can help ward off this disease.

Native Remedies carries products that can help diabetics to regulate their insulin levels and maintain pancreatic and liver health.

- [Insulate Plus](#) - Helps maintain healthy circulation, blood sugar levels, insulin production and bio-availability.
- [High-Rite](#) – Helps maintain healthy blood pressure, artery clarity and functioning and heart health.
- [Aqua-Rite](#) – Promotes water balance to maintain blood pressure, cardiovascular, liver and gall bladder health.

- [Triple Complex Diabetonic](#) - Helps maintain stable, normal sugar levels and acts as a tonic for the liver and pancreas.
- [Vizu-All Plus](#) - Promotes healthy eye functioning, and infection and disease resistance.

Weight gain and obesity can also be a big cause for future problems with Type 2 Diabetes, and interestingly enough it seems to go hand in hand with the effects of depression! *Both depression and excessive weight are known to create excessive levels of a stress hormone known as cortisol in the human body. Cortisol is one of the main causes of malfunction in insulin production.* By losing excessive weight and treating depression with natural remedies that actually help to stimulate healing, you can eliminate excessive cortisol, and greatly reduce your chances of developing diabetes.

For weight loss try:

- [Slimmer's Assist](#)
- [EcoSlim](#)
- [Detox Drops](#)

For depression try:

- [PureCalm](#)
- [MindSoothe](#)
- [MindSoothe Jr.](#)
- [Mood Tonic](#)

Preventing diabetes effectively means finding the right combination between maintaining a healthy diet and exercise, and using natural remedies and antioxidants to eliminate additional risk factors. Be sure to check out the entire line of [Native Remedies health products](#) that can keep your body functioning to the best of its natural ability.

When it was first introduced into the market 8 years ago, Avandia was seen as a breakthrough drug for its ability to control blood sugar levels. But now this new report raises serious concerns, and is working to heighten the already existing tension about the side effects of drugs used to treat serious conditions. Avandia is not the first prescription medication to have serious side effects, and it surely will not be the last.

In the wake of these reports, it seems many people are becoming more and more interested in helping their bodies fight disease naturally including herbal and homeopathic medicines.

Native Remedies carries several products that help to manage diabetes and its symptoms without any side effects at all.

- [Insulate Plus](#) - Helps maintain healthy circulation, blood sugar levels, insulin production and bio-availability.
- [High-Rite](#) - Helps maintain healthy blood pressure, artery clarity and functioning and heart health.
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- [Vizu-All Plus](#) - Promotes healthy eye functioning, and infection and disease resistance.

Check out our entire line of natural and herbal products that help to promote healthy lifestyle and body functioning.

And if you're a smoker, listen to what everyone is telling you and quit now! We can help! Check out our [Stop Smoking Ultra Pack](#).

"I have had major problems with my feet and always felt tingling and discomfort. Sometimes I couldn't sleep because of it. Anytime I had a sore, it took forever to heal. Since using Insulate Plus this is a thing of the past and I sleep so soundly! I have used many of these products and have never been disappointed with their effectiveness as well as the fast and efficient service and friendly advice!"

- Simon, USA

"Since taking your Diabetonic tablets...I have felt much better and less tired all the time."

- Bradley C., USA

"As I have been diabetic for many years now, I became

concerned about the health of my kidneys. I know that diabetes can damage the kidneys and I have also always experienced urinary tract infections, which I know can become very serious if they spread to the kidneys. On your consultant's advice I have been using your UTI-Clear and Kidney Dr. remedies. No more UTI's (which is great) and, even better, I know that my kidneys will serve me well for many years to come!"

- June, CA, USA

Popular Diabetes Treatment Could Increase Your Risk of Heart Problems

In a new report released by the New England Journal of Medicine this week, experts revealed that the use of the popular diabetes medication



Avandia may result in a higher risk of heart attack and possibly death. Studies have recently suggested that the more than 6 million people worldwide who are taking the drug could have **a 45 percent higher chance of having a heart attack.**

When it was first introduced into the market 8 years ago, Avandia was seen as a breakthrough drug for its ability to control blood sugar levels. While this new report only heightens serious concerns about the side effects of drugs used to treat serious conditions like

diabetes, it is also working to raise awareness about natural alternatives.

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