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Clinic Hours: Monday-Thursday 9:00 am- 12:00 pm & 2:00 pm- 6:00 pm Friday 8:30 am- 12:00 pm  
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## Dangers of Acetaminophen

**In 1994**, researchers from Johns Hopkins Medical School published in the New England Journal of Medicine an article noting:

### **Risk of Kidney Failure Associated With the Use of Acetaminophen, Aspirin, and Nonsteroidal Anti-inflammatory Drugs**

"People who take analgesic drugs frequently may be at increased risk of end-stage renal disease (ESRD)."

"Heavier acetaminophen use was associated with an increased risk of end-stage renal disease in a dose-dependent fashion."

The authors noted that 8 - 10 % of the overall incidence of end-stage renal disease is attributable to acetaminophen use.

The authors concluded, "People who often take acetaminophen have an increased risk of end-stage renal disease."

**In 1997**, researchers from the Department of Internal Medicine, University of Texas Southwestern Medical Center, published in the New England Journal of Medicine an article noting:

### **Acetaminophen Toxicity in an Urban County Hospital**

Acetaminophen ingestion accounts for 12% of all patients hospitalized with drug overdoses.

Acetaminophen ingestion accounts for 40% of patients with acute liver failure.

**In 2004**, Tim Davern, MD, a liver transplant specialist at the University of California, San Francisco, published:

## **The Danger Of Mixing Candy And Poison**

"I think the practice of combining acetaminophen and an opiate, such as hydrocodone bitartrate, together as a single drug (as Vicodin does) defies logic, if not common sense."

Acetaminophen is a "potent dose-dependent poison for the liver; simply stated, if you take too much, your liver dies."

Acetaminophen overdose is the "leading cause of acute liver failure in the United States today."

On the other hand, opiates, such as hydrocodone bitartrate and codeine, while safe for the liver, are highly addictive.

"Vicodin is currently the most popular prescription drug in the United States."

Some patients become addicted to the opiate component of Vicodin and consume increasing amounts of acetaminophen, "ultimately leading to acute liver failure."

"With overwhelming liver injury from acetaminophen, what follows is a particularly grisly death punctuated by bleeding, confusion, coma, brain swelling, damage and death."

"Patients typically take too much acetaminophen for fever or pain over several days, not realizing the potential for liver damage."

"Many are unaware that acetaminophen is contained in dozens of over-the-counter cold and flu preparations."

"This situation is particularly tragic in young children accidentally overdosed with acetaminophen, typically in the setting of a flu-like illness, by well-intentioned but misinformed parents."

Acetaminophen packaging should have better warning labels, and should not be sold in 1,000 pill mega-bottles.

Acetaminophen-opiate combinations [like Vicodin] should be removed from the market.

"The prescription rules in California have made it far easier for physicians to prescribe an acetaminophen-opiate combination, such as Vicodin, than a pure opiate, such as codeine, although the former is far more dangerous."

The FDA banned Ephedra, which "contrasts with its puzzling, relatively meager efforts to prevent acetaminophen hepatotoxicity, which kills far more Americans each year than Ephedra."

**In 2005**, researchers associated with Harvard Medical School published in the American Heart Association journal Hypertension, an article noting:

### **Non-Narcotic Analgesic Dose and Risk of Incident Hypertension in US Women**

Acetaminophen [Tylenol, Atasol, Anacin-3, Panadol, Excedrin {has acetaminophen, aspirin, and caffeine}], is one of the most commonly used drugs in the United States.

Higher daily doses of acetaminophen significantly increase the risk of hypertension in women.

Acetaminophen impairs renal function by depleting glutathione, leading to renal endothelial dysfunction.

Clinicians commonly **DO NOT** understand that *Acetaminophen* is **NOT SAFE**, and causes significant hypertension.

**In 2006**, regular PARADE columnist Isadore Rosenfeld, MD, publishes:

### **Take This Painkiller Carefully**

"Acetaminophen, whose best know brand name is Tylenol, is one of the most widely used non-prescription painkillers in the US."

"Overdosing with it is the leading cause of serious poisoning in this country."

"Every year, too much acetaminophen accounts for 50,000 emergency room visits, 42% of liver failures, and an average of 458 deaths."

"Never take more than 4,000mg a day-eight 500mg extra-strength capsules."

Numerous other drugs also contain acetaminophen, including Nyquil, Sudafed, Alka-Seltzer, Sinutab, Contac, Actifed, etc.

"If you have two or three alcoholic drinks or more a day, be sure to consult your doctor before taking Acetaminophen."

"The symptoms of acetaminophen overdose are nausea, vomiting, abdominal pain and lack of appetite." [NOTE: these are symptoms that some may take Tylenol for, flu-like symptoms.]

**"The specific antidote is N-acetylcysteine (NAC)."**

N-acetylcysteine (NAC) works to save the liver following acetaminophen poisoning because it elevates levels of the antioxidant and detoxifier, glutathione.

## **There are three *Nutritional* strategies to boost levels of glutathione to protect oneself or patients against the toxicity of acetaminophen:**

1. Take B6, B12, Folic Acid: they help the body convert the harmful amino acid homocysteine into the beneficial amino acid cysteine. Cysteine is the rate-limiting factor in the construction of the antioxidant/detoxifier glutathione.
2. As noted above, take N-Acetyl Cysteine, or NAC.
3. Consume undenatured whey protein. According to Dr. Gutman, undenatured whey protein is probably the best method to elevate one's levels of glutathione.

## **WATER vs . COKE**

### **WATER**

75% of Americans are chronically dehydrated. (This likely applies to half the world population.)

In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.

Even MILD dehydration will slow down one's metabolism as much as 3%.

One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied (in a University of Washington study).

Lack of water is the #1 trigger of daytime fatigue.

Preliminary research indicates that 8 to 10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.

A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.

Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

### **COKE**

In many states the highway patrol carries two gallons of Coke in the trunk to remove blood from the highway after a car accident.

You can put a T-bone steak in a bowl of Coke and it will be gone in two days.

To clean a toilet: Pour a can of Coca-Cola into the toilet bowl and let the "real thing" sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous china.

To remove rust spots from chrome car bumpers: Rub the bumper with a rumped-up piece of aluminum foil dipped in Coca-Cola.

To clean corrosion from car battery terminals: Pour a can of Coca-Cola over the terminals to bubble away the corrosion.

To loosen a rusted bolt: Applying a cloth soaked in Coca-Cola to the rusted bolt for several minutes.

To bake a moist ham: Empty a can of Coca-Cola into the baking pan, wrap the ham in aluminum foil, and bake. Thirty minutes before the ham is finished, remove the foil, allowing the drippings to mix with the Coke for a sumptuous brown gravy.

To remove grease from clothes: Empty a can of Coke into a load of greasy clothes, add detergent, and run through a regular cycle. The Coca-Cola will help loosen grease stains.

Coke will also clean road haze from your windshield.

## **FOR YOUR INFORMATION:**

The active ingredient in Coke is phosphoric acid. Its pH is 2.8. It will dissolve a nail in about four days. Phosphoric acid also leaches calcium from bones and is a major contributor to the rising increase in osteoporosis.

To carry Coca-Cola syrup (the concentrate) the commercial truck must use the "Hazardous Material" place cards reserved for highly corrosive materials.

The distributors of Coke have been using it to clean the engines of their trucks for about 20 years!

Now the question is, would YOU like a glass of Water or Coke?

# To Recognize a Stroke, Think 'F.A.S.T.'

Fewer than one in five Americans can identify even one stroke symptom. Stroke, or brain attack, is the leading cause of adult disability and the third leading cause of death in America.

Recognizing when stroke is occurring and reacting fast to get treatment can save lives.

"If you understand the warning signs [of stroke] and get to the hospital quickly, it is possible to even possibly reverse the stroke itself," says Dr. Dawn Kleindorfer, assistant professor of neurology at the University of Cincinnati School of Medicine.

In a recent poll conducted by National Stroke Association, one-third of men could not recognize even one stroke symptom. That is not good news for men, or the women in their lives, who are uniquely impacted by stroke. National Stroke Association's "Women in Your Life" campaign is working to change these statistics by educating Americans about stroke prevention and recognizing stroke symptoms.

Research also shows that women take longer than men to get to the hospital after experiencing stroke symptoms, and they wait longer to be treated in the emergency room. Women are also more likely to be the caregiver for a stroke survivor.

Many stroke patients have no idea they are having a stroke because it affects judgment. Learning to recognize a stroke is important and easy - just think "F.A.S.T."

**Face:** Ask the person to smile. Does one side of the face droop?

**Arms:** Ask the person to hold both arms up evenly. Does one arm drift downward?

**Speech:** Ask the person to repeat a simple sentence. Are the words slurred or mixed up?

**Time:** If the person shows any of these symptoms, call 911 immediately.

You can help prevent more than half a million strokes this year. To reduce stroke risk, stop smoking; keep blood pressure, cholesterol and diabetes under control; and manage atrial fibrillation (a condition in which the heart beats irregularly).

Common stroke symptoms:

- \* Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- \* Sudden confusion or trouble speaking or understanding
- \* Sudden trouble seeing in one or both eyes
- \* Sudden trouble walking, dizziness, loss of balance or coordination

\* Sudden severe headache with no known cause

**HAPPY INDEPENDENCE DAY!!**  
**JULY 4<sup>th</sup> 2009!!**

