

People taking pain killers should be careful about them.

There are times when pain killers are essential, but when using them, remember that the pain is a warning to you to stop damaging the injured area. After removing the pain you could keep damaging the injury that needs protection and rest.

Neuracel in USA is advertised as curing all pains and even Diabetes with no side effects.

Heel Traumeel paste from Bio-Medicines removed my back shoulder blade pulled muscle pain, within hours, from digging in the garden for too long.

Zam-Buk from the Elite Butchers in 5th Avenue, Hamilton, and other South African owned shops, stops shingles and some other pains like lip sores in minutes, without side effects.

The dreadful Shingles pain is reduced very well by Magnesium Sulphate which has no side effects, except that magnesium is absorbed into the body, so no other magnesium should be taken, to avoid an excess, which can show up on Muscle Testing as bad for one, which it did for me, so I stopped taking a magnesium supplement. Read Shingles.

Those who have had shingles will know its severe pain, which I suffered dreadfully, so took the latest painkillers, until I realised that the side effects were worse than the pain saving, so changed to Dispirin.

Paracetamol overdose

“Taking Paracetamol pills which are high in mercury and manganese, and/or cold remedies could kill you,” the Daily Mail reported.

BBC News said researchers have found that even taking slightly too much Paracetamol, day after day “can cause overdose effects”.

[What I'd like to add is that most medicines originate from USA where the average man weighs 88 kg, so would have been used to calculate rates to take. I weigh 60 kg so should take 0.68 of the recommended dose. VJ.]

People should not be alarmed by this overdose news, which is based on an analysis of over 600 paracetamol users admitted to a Scottish [Average male weight 84 kg.] liver transplant unit, over a 16-year period. Rather than looking at how often small overdoses caused hospitalisation or death, the research actually looked at the pattern of Paracetamol use in those people that ended up needing special liver care after accidental or deliberate Paracetamol overdoses.

The basic results

Of the 938 patients admitted to the transplant unit, the majority (70%) were classified as having paracetamol-induced liver damage. Information on paracetamol use was available for 611 patients; the majority of whom (73%) had taken a single point overdose. About one-quarter (26%) had taken a staggered overdose. They found that the staggered group had taken significantly less paracetamol than the single point group.

The main finding was that a significantly lower proportion of the staggered overdose group survived 30 days after admittance to the unit (62%) when compared to the single overdose group (72%). This means that roughly 7 out of 10 survived in the single overdose group survived for 30 days, but only 6 out of every 10 patients in the staggered overdose group.

Compared to single point overdose patients, staggered overdose patients were more likely:

- to be older
- to have a history of alcohol abuse
- to have taken alcohol with their overdose
- to experience worsening brain function due to liver damage while at the transplant unit
- to require kidney replacement therapy or mechanical ventilation.

The group who did not get to a hospital in less than 24 hours following a single point overdose were more likely to develop worsening brain function due to liver damage during their stay at the transplant unit compared to those who came to hospital sooner.

Information on the reasons for overdose was available for 134 patients. The most common reason given for overdose was for pain relief. Among patients with available data, about one-third (34%) of

staggered overdoses were taken in deliberate suicide attempts, while accidental overdose was reported in nine cases.

As little as 10g, or 20 tablets, was reported as the lowest taken by one person who developed liver failure. There was a high proportion (almost 50%) of alcohol abuse in the staggered group, suggesting that alcohol use could play a strong part in determining whether people using too much paracetamol will need to attend hospital.

Asthma

“Paracetamol doubles the asthma risk for teenagers,” reported the Daily Mail. It said that adolescents who use the painkiller once a year can increase their risk of asthma by 50% compared with those who do not.

Panadol, Panadine, Tramadol are much the same.

Disprin is not as effective, but has no mercury or toxins that affect me.

Aspirin is mild, but avoid taking it for gout pain relief as it can increase your uric acid levels. If you are taking regular low dose aspirin for blood thinning purposes, ask your doctor if you should continue taking this during a gout attack.

Vaughan Jones, ONZM Queen’s Honour in 2013, for services to farming.

Author and International Agricultural Consultant & Journalist.

99% record pass in Dairying University in 1948.

NZ Dairy Board’s most Improved Dairy Farmer in Waikato 1959.

Doubled sales, and exports for companies, including Gallagher from \$3m to \$23m in four years.

NZ Marketing Institute founder of 100 + and first chairman.

Represented New Zealand at Agricultural Journalist Congresses in USA in 1992 & Austria in 1994.

Author and MD of www.grazinginfo.com since 1970, now free to all who are mostly farmers, lifestylers and gardeners in many countries, especially USA including their university scientists.

There are 60 farming spreadsheets with software and 260 chapters of practical, natural, profitable farming methods. Seventy chapters are on Human Health, to help the third who are stressed and unwell. More than a hundred emails of thanks and testimonials have been received. All of www.grazinginfo.com with newsletters are now free and can be published at no charge, provided the source is acknowledged.