

# WHY NOT TAKE A TYLENOL?

By Dr.'s Boyd & Cindy Williams

How many people will you talk to today who have a headache, backache, wrist pain, foot pain or some other discomfort? Chronic and acute pain is a way of life for many. How do these people deal with their pain? Most take over the counter medication.

Over the counter (OTC) drugs are advertised as safe and effective in treating symptoms of pain. However, most over the counter drugs **are not safe and do have significant adverse side effects**. For example, according to an article in the 1994 New England Journal of Medicine, taking one acetaminophen (the active ingredient in Tylenol) every four days increases the risk of kidney disease 2.4 times. Taking one ibuprofen (the active ingredient in Motrin and Advil) every four days increases the risk of kidney disease 8.8 times! These statistics are staggering considering the rate at which Americans consume these types of drugs.

In addition, OTC drugs **DO NOT CORRECT OR CURE** the cause of pain. They simply “cover-up” or mask the symptoms caused by an underlying problem. Unless the cause of the pain is corrected, the pain will return or get worse. Too many of us are looking for a ‘quick fix’ for our pain when a quick-fix is really an oxymoron.

Thomas Edison said, “The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause of disease.” Chiropractic care does just that. Spinal nerve stress from a misaligned spine (subluxations) interferes with the nerve impulse from the brain to any tissue of the body, throwing it out of balance chemically, physically and/or mentally. This nerve stress results in disease and/or pain. Chiropractic treatment corrects these spinal misalignments, gently correcting the cause of pain, without the side effects of OTC drugs.

For more information on this or other health topics, including information about our services, go to [www.creatingfamilywellness.com](http://www.creatingfamilywellness.com) or call us at 507-281-4878.