

When your doctor asks, "What Medications are you Taking," Do You Truly Know?

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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**When your doctor asks, "What Medications are you Taking," Do You Truly Know?**

**By Lena Sanchez**

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What if you don't need heart medication and you are getting it anyway? How about blood pressure medication, maybe birth control? Think about the consequences!

If you are drinking or bathing in tap water you may be getting prescriptions prescribed for someone else and you won't ever know it! The pharmacist isn't messing up nor your doctor, read on and see what prescriptions you are really taking!

If you are having health problems and drinking or bathing in Tap water, could good old water be the culprit? May be!

A 2000 U.S. government analysis showed the nation's waterways are awash in chemicals used in beauty aids, medications, cleaners, and foods. Among the substances found were caffeine, contraceptives, painkillers, insect repellent, perfumes, and nicotine. How much? All they know for sure it's unacceptable levels! That was 2 one-half years ago and more have been added since?

Scientists say the problem is that these substances largely escape regulation and defy municipal wastewater treatment

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facilities. All the long-term effects of exposure are still unclear and there are not many studies being done to find out. The few studies that have been published are not good news!

Compounds of all kinds, and more being added daily, are sold on supermarket shelves and found in virtually every medicine cabinet and broom closet as well as at farms and factories. And they are flushed or rinsed down the drain every day. But they do not disappear or break up, researchers warn.

Having worked in medical offices for twenty plus years I can attest that this does happen... We were taught to flush

outdated medications down the toilet. We all assume our government local, federal and state will have something to clean our water. Boy what ostriches we are sticking our heads in the sand. I can only regret my actions that contributed to this problem and will absolutely never do it again...

Look at all the medical offices and the thousands and millions of outdated medications, in each office, dumped into your tap water? Not a pretty thought!

This is the first generation to be raised with such horrendous chemical dangers and we still do not know the whole affect that is being put upon us. My grandmother always said, "Better to be safe than sorry." I thought she was just old but you know she was smarter than I gave her credit for. Now it's my turn to pass on the wisdom gained by age. But at least I have lived to age because my childhood was free of the poisons that my children and grandchildren have been and are subjected to daily!

Are you and everyone in your family going to be so lucky? Not unless you watch what goes into and on your body!

What some say is good for us isn't!

A study, from the Journal of Brain Research Vol. 784, 1998, indicates that low levels of fluoride in the drinking water of animals – equal to the amount of fluoride found in fluorinated water systems– causes damage to brain tissue, similar to the pathological changes found in humans with Alzheimer's

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and other severe forms of dementia.

Do you know what is coming out of your tap and shower?  
Do you care?

You should answer yes to both of those questions but I am totally aware that some of you have the idea "Well I'm going to die of something anyway!" How about dying of "old Age" wouldn't that be better? Why hurry to die younger? Because it's easy to do nothing and let others make your decisions. Dying younger than necessary is a sad commentary for the laziness of our world!

Be an activist in your life and the lives of your family and friends. What are the common chemicals authorized to come out of your tap? Two very common ones are; Fluoride and chlorine.

Remember that you are probably getting fluoride in toothpaste, in bottled water as well while also out of your city water system.

See [http://www.envirodocs.com/fluoride\\_link.htm](http://www.envirodocs.com/fluoride_link.htm)

Chemicals include chlorine and hundreds of others being absorbed through the pores in your skin as you bathe. To prove my point – weigh yourself before getting into the shower and then again after getting out of the shower and note the weight gain – The vapors inhaled through the shower or bathe mist are considered the more poisonous of the process, which is created from chlorine and other chemicals in the water. That can slowly and silently damage your respiratory and other body systems! Eliminating as much medication, fluoride, chlorine and other chemicals as possible, is the only answer!

Are you using water filtration/purification to filter out the fluoride and other chemicals? It must be both shower and tap filtration!

On May 26, 2003 the E.P.A. released another report saying that our water systems are antiquated and tracking water pollution is impossible, and there is no money to fix the problem even if they had the technology to do it, which is doubtful at best! They went on to say that our water protection systems are decades old and not working very

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well.

Don't panic but be careful with your health, when it's gone you have nothing left. Take care of your body and your body will take care of you for the long years ahead! Filtration should be a prime concern in every household!

NOTE: Water softeners do not filter out anything they only mask the chemicals; it just makes for feeling good and a lot of suds when you lather your soap on. It even masks the water taste, as good! This I learned, first hand, by testing water from untreated tap water and water with a softener attached. So don't depend on a water softener to keep you healthy. Brita won't get it either!

\*\*\* Meet the author Lena Sanchez's at  
<http://www.antibiotic-alternatives.com/lena.htm>  
Editor of "Natural Environmental Health Facts Ezine."  
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Author, Retired Medical Office Nurse/Administrator, Medical Office Consultant and currently an Internet Real Estate Dealer.

## **Prescription-Drug Allergies**

**By Susan Wilson**

Some people affected by allergies to certain medications. People affected by such allergies should make sure their doctors are aware of these medications. It is very common to treat many infections with medicines like penicillin. Penicillin is a form of mold that helps to reduce swelling or other symptoms of allergic reactions. If a person is allergic to molds, they would be unable to take a medication such as penicillin. There are people who are simply unable to take certain medications.

There are other medications that can also trigger an allergy attack; some are everyday drugs and others are prescription medications. If you begin to feel sick or develop a rash soon after you begin taking a new medicine, you should discontinue its usage under the supervision of your doctor. Never take yourself off any prescription medication. It is best to go to your doctor immediately and report how

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the medicine makes you feel and show them any rashes that you may have developed as a result of it. It is not uncommon for people to suffer allergic reactions or extreme side effects from prescription medication.

When visiting the doctor for a possible medication reaction, you should bring a list of anything out of the ordinary that you may have been using or eating, as well as a list of new medications that you have been prescribed. This will aid the doctor in identifying any triggers that could have caused your reaction. Normally, there are several brands of medications or types of medications that can help you with the same health conditions. It may be necessary for you to switch brands or medications for your treatment. You should discuss your options with your doctor and get his or her opinion on the matter.

By bringing your side effects to the attention of your doctor, he or she can help you feel better. Do not feel hesitant to approach your doctor, this is a matter of your health. It is important that you make sure that you are not being prescribed a generic type or brand of medication to which you know you are allergic. When you see a doctor and they subsequently prescribe something for you, it is important to verbally note your allergies to them. Sometimes they may miss a mention of a medical allergy that is noted in your medical file. This will be beneficial to both you and your doctor.

Susan Wilson writes for several web magazines, including

and



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