

that aspirin addicts run a greater risk of having a smaller child.

And yet the medical profession doles out billions of tons of Aspirin to the world at large as if they were “goodies” and can do no harm. This has been going on for over 150 years.

ASPRIN AND COLDS

July 13, 1969, the London Sunday Times printed an article by Dr. Avery Jones, who was a physician to the Department of gastroenterology at the Central Middlesex Hospital. The report said: “Dr. Jones warned that aspirin should not be taken for colds and simple respiratory infections because even small amounts can cause minor bleeding from the stomach and gut in 80 percent of people. Medium doses can upset the stomach, especially in cases of colds; larger amounts of the drug occasionally produce dangerous hemorrhage. One patient in his wards had to have 14 pints of blood transfused after taking four times a day for the common cold.”

ASPIRIN HAS MANY FACES

Because aspirin can be purchased by anyone at every drug store and at practically every super-market and grocery store, it is used by all and sundry of all ages.

Millions of people use aspirin regularly—not only as a means of relieving pain, such as headache, rheumatism, gout, sore throat, neuralgia, but also when they are uncomfortable, irritated, distraught, displeased, upset, frustrated, sleepless, or even denied something they want! In some of these people aspirin (acetylsalicylic acid) itself will cause a reaction and a headache and thus, the cycle goes on and on endlessly until it produces consistent headaches, illness and in some cases finally death.

Persons susceptible to chemicals and related materials should also avoid the use of such synthetic chemical drugs as aspirin (Anacin, Bufferin, Empirin, & certain cold remedies); sulfonamides; sulfur-containing preparations, barbiturates and most other sedatives; tranquilizers: antihistaminic

drugs and many antibiotics. Up to 96% of drugs use today are coal tar derivatives of which aspirin is one of the leaders.

Clinical tests have revealed that aspirin has been clearly indicated and detected in the urine as long as 14 days after it was taken.

From this one must assume that the body does not readily void or rid itself of the aspirin. Perhaps it is because the body finds varying degrees of difficulty in getting it out of the body.

We Americans take too many pills. However, possibly a more serious problem is that, too often, we take combinations of medications without any knowledge as to how they react with each other.

The millions of people who use aspirin frequently and indiscriminately, are running a grave risk, even those who use aspirin, even occasionally.

America is the most over-medicated, most over operated, most over-innoculated country in the world, and at the same time the most anxiety ridden.

HERBERT RATTNER, M.C.

**Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.
I Corinthians 10:31**

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**ASPIRIN--
JUST HOW
SAFE IS IT?**

GLAMOUR DRUG

People have taken aspirin since ancient times, but the ubiquitous white tablet has become a glamour drug of modern medicine, claimed to be good for a growing list of seemingly unrelated ills.

Its best known attributes are aspirin's power to ease pain, lower fever and relieve inflammation. And now the medical journals claim that healthy men who take aspirin every other day can cut their risk of heart attack almost in half.

The Aspirin Foundation, a trade organization, says that Americans take over 80 million a day. In fact most of the pain relievers Americans spend nearly \$1 billion a year on are mostly aspirin.

SOME DRAWBACKS

Aspirin also have drawbacks. A few are:

- Causes stomach bleeding.
- Causes digestive upset.
- Prolongs bleeding time after injury.
- Increases risk of strokes resulting from bleeding in brain.
- Interferes with kidney function after prolonged use.
- Linked to Reye's syndrome in children.

WHAT IS ASPIRIN?

Apart from dyes and explosives, many valuable compounds are obtained from coal-tar products. Aspirin is numbered among this well-known substance as one of the commonest remedies in household use. This is prepared from phenol, which by treatment with sodium hydroxide, is converted readily into a white compound known as sodium phenoxide, and this on being heated in the presence of carbon dioxide is converted into a compound known as salicylic acid. This acid itself is frequently used for treating influenza, rheumatism, and other complaints, but it is more frequently used after treatment with acetic acid, whereby it is converted into acetylsalicylic acid, or aspirin, to give it its

customary name.

Aspirin is a coal-tar derivative. Coal-tar derivatives, when taken into the human body, can cause cancer. And from the above scientific data it is clearly evident that aspirin is a completely inorganic drug which with continued use can only cause irritation, disintegration and harm to your body. Further, because of the ailing condition you are in when you seek relief from aspirin, it takes effort on the part of the already taxed organs and glands of the body to eliminate this foreign agent and overcome its destructive effects.

HOW ASPIRIN ACTS

Aspirin acts upon the body by killing pain, or as scientists phrase it, by elevating the pain threshold of the human body about 30%.

Actually aspirin does not kill pain. What it does in the true sense is raise the individual's tolerance level to pain and when this is done you don't feel the pain. It actually deadens the sense of feeling.

It is understandable that in order to bring about this miracle of deadening your sense of feeling it must also immobilize the normal functions of your brain and your body. If you want to deaden the pain, you've also got to deaden your normal senses and your normal healing powers.

Pain is a sign that your body is in trouble. A wrong or an injustice has been done to it. It is telling you that you cannot ignore the danger and that you must do something about it. Pain is recognized to be of benefit to the human body just as a red light is of benefit to those wayfarers on a highway who heed its warning are thus prevented from being injured or killed. Whatever we do, let us not mistake the important part that pain plays in our lives. Pain is nature doing its best to tell you that you must do something about it before something more serious occurs.

The action of salicylic acid (aspirin) in the body is as follows: the salicylic acid of the active principle of the drug is absorbed directly from the small intestine into the blood stream. There it remains, moving with the

current of the circulation for, in most cases, 10 to 14 hours. It then passes into the kidneys and is excreted in the urine. Researchers have even proved that aspirin will remain in the body for as long as 14 days after being ingested. It has not been specifically discovered just how it blocks pain, reduces fever and suppresses joint inflammations. The best evidence indicates that acetylsalicylic acid has the power to raise the threshold against pain perception by about 30%.

Aspirin has given relief to millions of people. But though it has given relief it has never cured anything. The relief in most cases was only temporary...but the damage it did to the body was most likely permanent.

SOME ADVERSE EFFECTS

From an editorial in the Journal of the American Medical Association here are some of the adverse effects which may stem from the overuse of aspirin: Habit formation, heart depression, miscarriage, allergic reactions which has caused such alarming symptoms as hives, itching, swelling of the skin due to blood vessel disorder (edema) and even ulceration and gangrene.

It has been established that the taking of aspirin will increase the need of Vitamin C. Whether this is because the action of acetylsalicylic acid destroys or uses up the Vitamin C is not yet established.

The San Antonio Star of October 26, 1975 wrote the following: "Aspirin Danger to Expectant Mothers." In this report they say that taking of aspirin during pregnancy can cause delivery problems, hemorrhaging and anemia. These studies were carried out in Australia by two of the most respected doctors in that country. The two doctors, Edith Collins and Gillian Turner, based their report on intensive studies of 144 women.

The doctors also reported that pregnant mothers had four times higher incidence of late delivery. Both doctors admitted that chronic aspirin users run a greater risk of losing their child than non-users. They also came to the conclusion