

Learning From Heath Ledger's Tragedy

We need to be aware of the dangers of prescriptions drugs, highlighted with the tragic passing of Heath Ledger (Why do all the good ones go?).

Why can't it have been the guy who brought sexy back - Justin Timberlake? Why couldn't it have been one of the weathermen?

The fourth leading killer in the US behind heart disease, cancer, stroke are prescription drugs. THE CORRECT DOSE OF PRESCRIPTION DRUGS. In 2005, 106,000 US citizens died in the United States from taking the prescribed dose of a pharmaceutical drug.

The problem with these drugs and I don't care if we're talking about antacids, paracetamol, even aspirin is that they are basically toxic to the human body.

In the majority of cases they are directly synthesised from a natural substance into a chemical that can be patented and sold for huge profits to the unsuspecting public.

Am I saying that these products have no use on this planet?

Pretty much. Unless one's life was threatened immediately with non-compliance I would find an alternative to any of their products.

In fact, the only way I would ever go to visit a doctor was if I got wrapped around a telegraph pole in a car wreck in which case medical emergency surgery can actually be applauded for the progresses made by science over the years.

Some of the more toxic drugs on the market are the anti-anxiety drugs and sedatives, combinations of which can be fatal.

Aspirin is a great example, synthesised from Willowbark, the chemical then becomes harder for the body to metabolise and toxic to the stomach lining and liver.

Now obviously at this point nobody knows how Heath Ledger died and we may never have a definitive answer on that, especially if he was using combinations of these types of drugs.

But the bottom line here, and this could lead to more responsible prescribing, is that someone should be accountable for the drugs out there on the market for human consumption and consumers have to educate themselves on how toxic the majority of these products really are.

Source: <http://www.articlecircle.com>

About the Author

Brett Smith is not your average health and [online dating](#) expert. He has some interesting and controversial views on health for [singles](#).