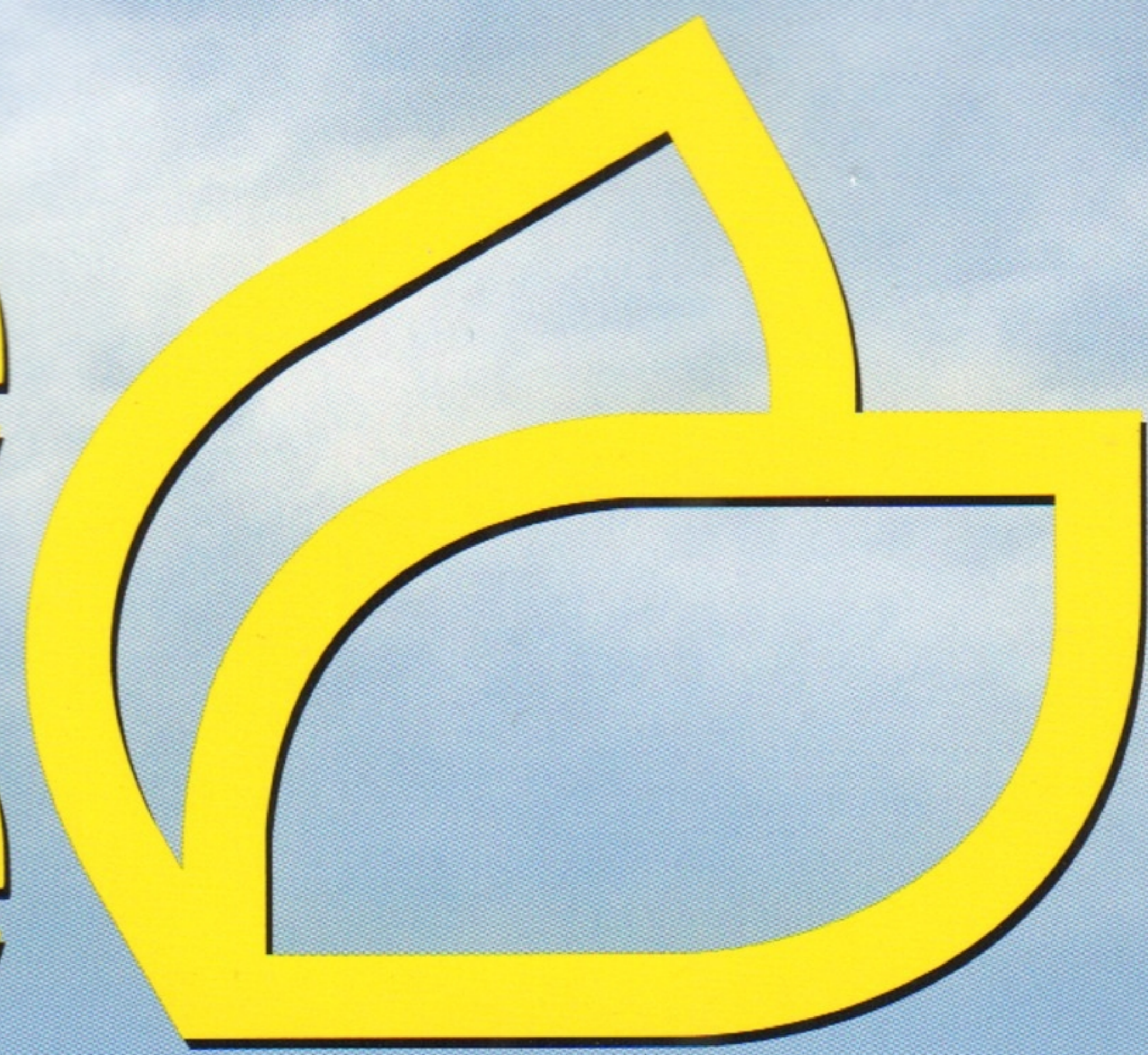


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natural pain relief

An increased risk of kidney disease, digestive tract bleeding, heart attack, stroke, and high blood pressure—plus a 60 percent increase in the risk for premature death—are just a few things associated with large doses and long-term use of the pain-relief medication acetaminophen (Tylenol), according to a meta-study published in the journal *Annals of the Rheumatic Diseases*.

So, if you're looking to skip the OTCs and try natural pain relief solutions, chronic pain expert Jacob Teitelbaum, MD, suggests a few effective options: willow bark, boswellia, tart cherry, and an extract of curcumin called BCM-95, a traditional ingredient found in curry powder.

Love Your Liver

If you do take acetaminophen for occasional pain relief, be mindful of the circumstances surrounding your dosage. Note that the most severe liver injuries have occurred in patients who:

- took more than the prescribed dose in a 24-hour period
 - took more than one acetaminophen-containing product at the same time
 - drank alcohol while taking the drug
- Source: University of Florida

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THE PERCENTAGE INCREASE IN THE RISK OF KIDNEY DISEASE, WHEN ACETAMINOPHEN IS COMBINED WITH A SMALL TO MODERATE AMOUNT OF ALCOHOL
SOURCE: UNIVERSITY OF FLORIDA

Did You Know?

Acetaminophen can be found in more than **600 medications**, both prescription and over-the-counter. Read your labels!
Source: University of Florida

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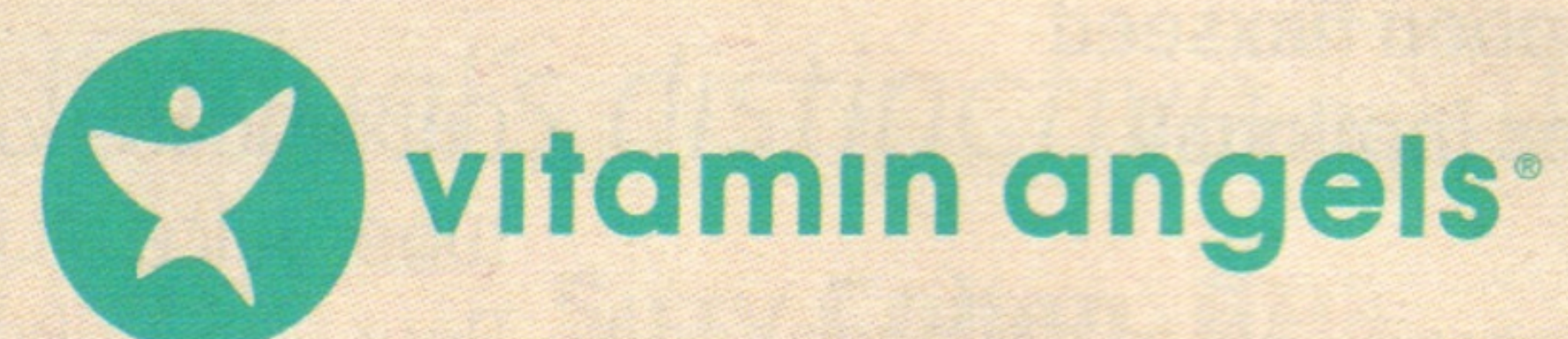
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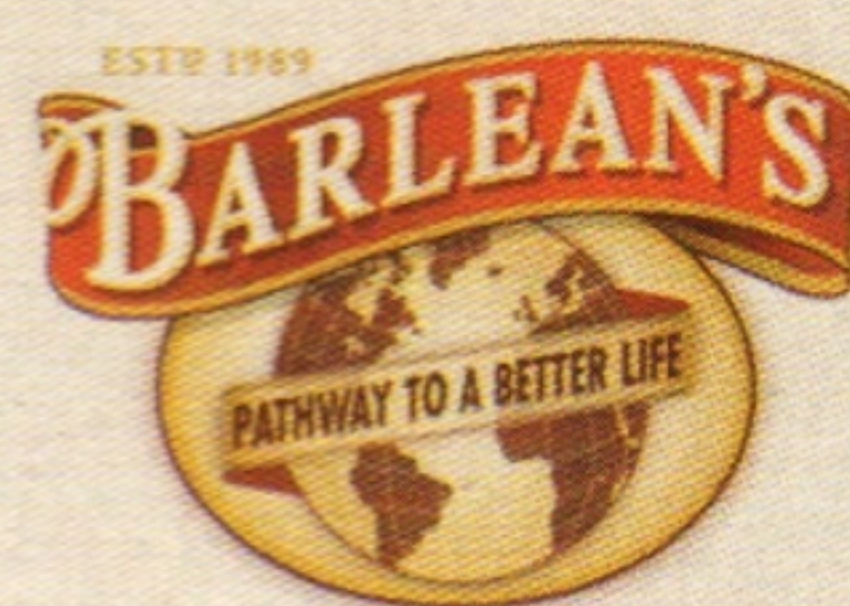


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