



What Really Happens with Drug Side Effects and Adverse Reactions?

By Ronda Behnke ND, CHomP, RN

Peg developed diarrhea while taking an antibiotic for a sinus infection. John found that his legs were weaker while he took the cholesterol-lowering drug his medical doctor prescribed. And Jane developed bronchitis each month since she began taking the new inhaler for her asthma.

And, each person was then prescribed another drug for these symptoms. Each of the new symptoms were called “side effects” of the main medical drug.



In medical terms, a side effect is “an action or effect of a drug other than the desired” (*Taber’s Cyclopedic Medical Dictionary, 18th edition*). An adverse reaction is “an undesired side effect or toxicity caused by the administration of drugs” (*Taber’s*).

Each medical drug has one or 2 intended uses, those reasons that have been evaluated by the Food and Drug Administration (FDA) for which a drug can be

prescribed. Antibiotics are used to treat bacterial infections, whereas aspirin has several uses: anti-inflammatory agent, decrease blood clotting, fever-reducer, and pain reliever.

However, EVERY DRUG has side effects and adverse reactions too!

However, not every person feels or sees these side effects or adverse reactions. Why?

In order to understand why some people become ill when taking a drug and why others do not, the concept of the Vital Force needs to be discussed:

In virtually every form of the natural healing arts, the belief that the body can heal itself is a fundamental principle. In Ayurvedic medicine call it Prana; Traditional Chinese Medicine call it Qi; and in Homeopathy, it is called the Vital Force. No matter what it is called, the concept is the same: **the body has the wisdom and ability to heal itself so long as there are no blocks to healing.**

Taking the homeopathic perspective, the Vital Force keeps a person healthy. For example, when a person is “invaded” by a foreign organism such as a virus, most of the symptoms that the body displays (fever, cough, sneezing, etc.) are the body’s way of keeping the virus from spreading long enough for the immune system to remove the virus. So long as the healing abilities of the body aren’t stopped or suppressed, the virus will be removed as soon as the immune system

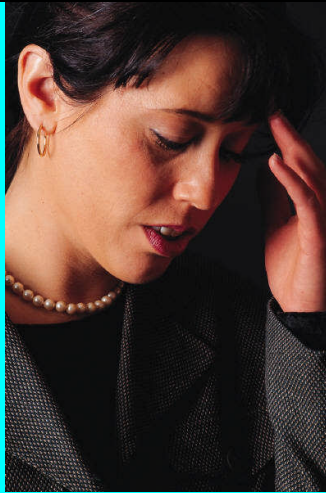
Common Side Effects & Adverse Reactions of 2 Common Drugs

Amoxicillin (antibiotic)

- **Side Effects:** nausea, vomiting, diarrhea, skin itching and/or rash, hyperactivity, anxiety, anemia, liver inflammation.
- **Adverse Reactions:** hemorrhagic colitis, thrombocytopenia, agranulocytosis, convulsions, dizziness, toxic epidermal necrolysis.

Aspirin (pain-reliever, fever-reducer, “blood thinner”)

- **Side Effects:** bleeding, inflamed liver, hives, hearing loss, ringing in the ear, dehydration, stomach ulcers, nausea, vomiting.
- **Adverse Reactions:** bronchospasm, renal insufficiency and failure, heart arrhythmias, agitation, cerebral edema, confusion, coma, seizures.



Sometimes Diarrhea & Vomiting are Good Things

Jack and Jane attended the family gathering. They were pleased that nearly every one of Jack's 8 brothers and sisters, along with their children, were able to attend this year. As such, there was a lot of left-over food as everyone seemed to bring enough to feed the entire community, let alone the 56 people in attendance. So everyone took a little bit of left-overs with them at the end of the day.

Not surprising, both Jack and Jane were sick the next day with nausea, fever and chills. At first they thought they had too much alcohol, but neither drank a lot, so they soon realized the culprit was some of the food—it had probably spoiled during the gathering as nothing had been refrigerated.

As Jane had to go to work the next day, and she didn't want to be sick, she took an over-the-counter combination drug to settle her symptoms. Jack, on the other hand, chose to avoid the drugs. As Jane watched Jack vomiting and making repeated runs to the bathroom when the diarrhea started, Jane couldn't understand why Jack would allow himself to suffer when the drug was working well for her: she had no more nausea, no vomiting and no diarrhea.

Two days later, however, Jane realized her mistake. Jack no longer had any symptoms of food poisoning, but Jane felt very ill. She didn't have the diarrhea or nausea thanks to the drug, but she had chills, a fever, and felt like she had the flu. Even another 5 days later she still felt ill, so she went to see her medical doctor who diagnosed her with "stomach flu" and gave her an antibiotic, which caused nausea, vomiting and diarrhea that the over-the-counter drug was unable to stop. Still, the doctor told her that her body would get used to the drug, so she continued to take it. Three weeks later, the diarrhea stopped; another week later, the extreme fatigue lifted.

In the end, because Jane had not wanted to miss one day of work due to food poisoning, and because she did not allow her body to remove the toxins from the spoiled foods, the toxins entered her blood stream and caused a deeper, more-serious illness that lasted over 6 weeks and caused her to miss 2 weeks of work. Had Jane allowed her body to do what it knew it needed to do (as Jack had), she would've been very ill for 1-2 days, then healthy again.

does its job, after which the person will again be in a healthy space and will be stronger in health than before the virus.

The Vital Force knows how to keep the body as healthy as possible. It also protects life.

But often the Vital Force isn't allowed to do what it knows is necessary to heal the body. Our culture has taught us that symptoms are a disease and need to be medicated. But taking a medical drug suppresses the symptoms and stops the Vital Force from healing the body.

Every drug has side effects and adverse reactions.

When a person takes a cough suppressant during a virus, the virus is allowed to move deeper into the lungs, thus taking longer for the virus to be removed; and, it sets the person up for developing a more serious condition like pneumonia, or a chronic condition such as chronic bronchitis or asthma.

When a person takes a fever-reducing agent during the flu, the virus is allowed to move freely as the fever is no longer preventing the virus from spreading within the body.



Taking medical drugs that suppress the body's ability to heal allows a minor condition to become more serious which leads to a longer healing time. It also can lead to the formation of chronic diseases.

All because the Vital Force cannot do its job.

The Vital Force sees anything foreign as something that needs to be removed from the body. These foreign substances include medical drugs as they are chemicals, something foreign that the body does not make or utilize.

So you take an antibiotic to remove the sinus infection. **The symptoms of a sinus infection (congestion, drainage, pressure, post-nasal dripping) are all signs that the Vital Force is working!** The medical diagnosis is sinus infection, but the symptoms are not a disease. The treatment is an antibiotic.

The medically-intended effect of the antibiotic is to remove the sinus infection. **But when the chemical is ingested, the Vital Force has to decide which is causing a greater threat to life:** the invading organism that is causing the sinus infection or the chemical. In nearly every instance, the chemical will become the new focus.

Now that the Vital Force has to remove the health-threatening chemical from the body, the symptoms of the sinus infection diminish or disappear because **it is no longer being healed.** Now you develop new symptoms—usually digestive ones like nausea, vomiting and/or diarrhea. The quickest way to remove an offending substance from the digestive system is either through vomiting (if the substance is still in the stomach) or through diarrhea (if the substance is in the bowels).

These symptoms, which are the Vital Force's attempts to remove the offending substance, are what the medical community calls a **SIDE EFFECT.**

When a person calls his medical doctor or pharmacist about the side effects of the drug, most often the person is told “those symptoms will go away as your body gets used to the drug.”

So, you take the next dose of the antibiotic. Again the Vital Force has to remove it from the body. So again you have the stomach or bowel symptoms.

The longer you take the drug, either the body will stop having the digestive symptoms or a stronger reaction can occur—an ADVERSE REACTION. The strength of the person's Vital Force prior to taking the drug will determine the reaction. In people who have a weak Vital Force, or one that has been weakened due to repeated or long-term drug suppression, the symptoms will stop as the **Vital Force no longer will have the strength to try to remove the offending substance.** It may again

turn its focus to the sinuses, but it is possible that it would be too weak to manage a healing response; it will only be able to muster a small reaction, just enough to receive the medical diagnosis of a chronic sinus infection—the Vital Force can no longer heal the infection; still it tries.

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If the offending substance continues to be ingested, then the Vital Force adapts. When the symptoms it shows the person are ignored or further suppressed, the focus now becomes protecting the vital organs: the heart, lungs, brain, kidneys and liver.

People cannot survive without the vital organs, but they can survive without adequate sinus function, eyes, ears, even the stomach (at least for a little while). But if the heart stops, or the lungs no longer breathe, then death would be virtually instantaneous.

So the Vital Force protects these vital organs at all costs, even sacrificing parts of the body to maintain life.

If the person has a strong Vital Force, it may produce an ADVERSE REACTION—something unexpected from someone taking the drug. Although

the Vital Force has to protect the vital organs for life, if the offending substance is something it deems is too toxic, it cannot protect the vital organs, and cannot protect life. These are the times when an anaphylactic reaction occurs, or a different severe reaction—something that affects either a vital organ or life...sometimes both.

But if the Vital Force is weakened too much, then ailments of the vital organs can occur, such as asthma, dementia and other degenerative ailments. The Vital Force tries to keep degeneration to a minimum, but still degeneration of the vital organs will occur.

There are many substances in today's society that are offending agents to the Vital Force; hence there are a lot of diseases. But nothing causes chronic diseases quicker than suppression of the Vital Force through taking medical drugs. **All medical drugs are suppressive.** If a person has to take a medical drug, never stop looking for a way to support the Vital Force's healing ability; for to suppress the Vital Force is to suppress the body's ability to heal, and with it, the ability to live.

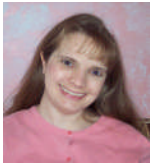


Don't suppress it...enhance it! Use Homeopathic remedies to enhance the Vital Force to assist the body in healing itself.

Look to nature when the symptoms appear. Look to Homeopathy when it's time to heal.

Best wishes,
Dr. Ronda

Disclaimer: The information provided by Dr. Ronda is for educational purposes only. It is important that you not make health decisions or stop any medication without first consulting your personal physician or health care provider.



Dr. Ronda Behnke is a distinguished practitioner of Classical Homeopathy and Natural Healing methods. Amongst her clients, she is known for her exceptional insight and non-judgmental presence. You can contact Dr. Ronda via the website www.HomeopathicCentersofAmerica.org or by calling 920-321-0008. "When it's time to heal, call me...I will listen to you." For a FREE guide to help you along your healing path, visit the HCA website noted above.

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