

# The Price of Prescription Drug Dependency

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Mainstream healthcare tends to overly rely on the use of prescription drugs to help people with their problems. In 2001, Americans filled 3.2 billion prescriptions, (12 for every man, woman and child in America).

Jay S. Cohen, M.D. author of "Over Dose: The Case Against The Drug Companies" stated that "Prescription drugs do a lot of good, but they are overused and cause a lot of unnecessary harm... The movement toward natural remedies can offset this over-reliance on prescription drugs".

Americans have been lured into thinking that drugs are the quick and easy solution to all their troubles and tend to forget about all the problems associated with drug use.

Because drugs mainly treat symptoms instead of the cause, people using drugs never get well from taking them and therefore have to keep taking the drug to function. For example, no one ever gets cured of anxiety or depression while on prescription medications which treat anxiety and depression. In fact, the major symptoms of withdrawal from antianxiety and antidepressant medication is increased anxiety and depression (much worse than before starting the drug!)

If a person is prescribed a drug, this should be temporary solution until the underlying causes can be addressed properly. There are also safe alternatives for many prescription drugs.

New drugs should not be prescribed to treat the side effects of other drugs (which is a common practice especially with the elderly). Drugs do not mix well with other drugs and I have found that most patients on multiple drugs are worse off. Most will feel better getting off as many prescriptions as possible (no more than two drugs at a time). If these don't work, then try different drugs instead of adding more and more.

If you must take a drug long term, make sure it has been on the market for at least 7 years and know the side effects. Many people never make the connection of a new symptom to a drug they are taking.

I recommend that everyone read the following article: "Death by Medicine",  
by

Gary Null, PhD

Carolyn Dean, MD, ND

Martin Feldman, MD

Debora Rasio, MD

Dorothy Smith, PhD

This article can be found at: [http://www.health-livingnews.com/articles/death\\_by\\_medicine\\_references.html](http://www.health-livingnews.com/articles/death_by_medicine_references.html) Or at:  
[http://www.lef.org/magazine/mag2004/mar2004\\_awsj\\_death\\_01.htm](http://www.lef.org/magazine/mag2004/mar2004_awsj_death_01.htm)