

## The effects of medication on the body

A side effect is an unwanted symptom caused by a medical treatment. Everything from the everyday aspirin to the most sophisticated prescription medicine on the market comes with side effects; this could even include complementary medicines.

The most common set of side effects of drugs involves effect on the gastrointestinal system. Nearly all medication can cause nausea or an upset tummy. For medication used on the outside, skin irritation is a common complaint.



Some drugs/forms of medication can't help but trigger side effects owing to their chemical structure.

### Some common examples of mild adverse side effects:

- Constipation
- Skin rash or dermatitis
- Diarrhea
- Dizziness
- Drowsiness
- Dry Mouth
- Headache
- Insomnia
- Nausea

### Examples of more serious side effects include:

- Suicidal thoughts
- Abnormal Heart rhythms
- Internal Bleeding
- Cancer



Beside side effects from traditional medication, complementary medicines also cause side effects.

Many people believe that alternative or complementary preparations are safer because they are derived from natural sources. This is not always true. Some herbs can act on the body as powerfully as any conventional medicine and unwanted side effects will occur. This usually occurs when they are taking inappropriate quantities alongside other forms of medication.

Taking complementary medication and prescription medicine at the same time increases the risk of side effects.

### **What causes an adverse effect?**

- Dosages which may need adjusting
- An individual reaction to an ingredient in the drug
- A drug/type of medication killing one type of unwanted cell but also destroying healthy cells
- Interactions between drugs

### **Interactions:**

A drug interaction happens when another substance affects the activity of a drug. For example; another drug, a food type, a certain vitamin or supplement or an essential oil.

The other substance may increase or reduce the effect of the drug/mediation. Sometimes it may even cause a completely different action to occur.

Now that I have alerted you to possible side effects of medication, is it not time to explore different, non-invasive, medication free treatment options? Look out for my next article where I provide the answer and solution to medication free treatment.

Yours in Future Health

Dr A