

“Game Changer” by Rosanne Ferreri

If you are among the many who have tried standard anti-inflammatory drugs [NSAIDs] only to have life-threatening side effects, you are apparently not alone. According to the FDA’s own *New Dietary Ingredients Report*, the proposed safety thresholds for supplements far exceed those for pharmaceutical drugs, which are 62,000 times more likely to cause harm. [Mercola.com, “*Take Control of Your Health, Pharmaceutical Drugs are 62,000 Times More Likely to Kill You*,” 2012]. The FDA “Gold Standard” NAIDS are not only very costly, but your symptoms will reappear when the drug is stopped. As an osteopathic physician, Dr. Mercola’s focus has always been in on the whole person, treating not just symptoms, but finding their underlying cause. He’s been called the “Game Changer” in the health industry, and pharmaceutical companies fret that he uses his position to educate you, rather than make profit by aligning himself to pharmaceutical companies.

Why are supplements under attack from the FDA and pharmaceutical companies? They are clearly more cost effective, do less harm, more effective, and have fewer side effects. To understand what’s happening we must look to the true “Gold Standard” called **ProPublica**, which tracks where doctors earn their money. In 2009, twelve drug companies paid \$761.3 million to physicians for their work speaking in favor of their particular drug. Educate yourself about this practice by reading “Dollars for Docs” at www.propublica.org/article/about-our-pharma-data. Consider how many times you’ve been to see the doctor and waited in the waiting room while a pharmaceutical representative in a suit was ushered in to a private conference with your doctor, bearing “free” samples of the latest drug. According to Mercola, you are more likely to die from a preventable medical injury during a hospital stay, if you truly study the research. Sixty-nine percent of all Americans take supplements. “Over 60 billion doses of vitamin and mineral supplements are sold in the USA, and not a SINGLE fatality has occurred. If supplements are dangerous, where are the bodies?” he asks. The real threat is the drug industry, asserts Dr. Mercola. “Prescription drugs cause over 125,000 DEATHS per year, and that’s when the drugs are taken “correctly.” Prescription drugs have also been identified as the primary gateway to illegal drug use, beating out marijuana, alcohol and cigarettes. The 2011 report from the Centers of Disease Control and Prevention bluntly stated the following: “Prescription narcotic pain reliever overdose deaths now exceed the number of deaths from heroin and cocaine combined.” [Mercola.com, *Take Control of Your Health, Pharmaceutical Drugs are 62,000 Times More Likely to Kill You*, 2012].

How many times in the past year have you seen ads on TV initiating a class action lawsuit for FDA-approved “safe” drugs that are being recalled? Here’s the running list of pharmaceutical drugs to avoid: www.fda.gov/drugs/drugsafety/DrugRecalls Sagent Pharmaceuticals, Teva Pharmaceuticals, Baxter—BIG names-- were among those taken to task this year. It’s only supplements that have promised miracle weight loss and beyond the norm sexual prowess that are under scrutiny; these products, often sold at a gas station near the gum rack, are *hardly the norm* for 69% of Americans who take bonafide supplements! Sagent just voluntarily recalled Oxacillin on August 17, 2016; according to their website, a particulate found in the solution can cause blockage of blood vessels, which may be life-threatening, cause stroke, heart attack, respiratory failure, kidney failure, or liver failure. Are you willing to take those risks when there are more natural options?

On The Consumer's Side in a Drug-Focused World by Rosanne Ferreri

The underbelly of the drug industry is being exposed by an organization called ProPublica. They have been investigating the connection between gifts to doctors, such as meals and speaker's fees, by pharmaceutical companies with the abnormally high dosing of drugs and medical devices made by those same companies. Is there a connection? There clearly is. Doctors who receive even the smallest gift of lunch appear to promote that company's latest drug over all other options. Frankly, when a politician accepts a give that sways his opinion we call it graft; perhaps it's time we called a spade a spade and did the same with doctors who accept such "gifts."

ProPublica, an independent, non-profit newsroom that serves the public interest has been compiling a list of payments made by drug companies to physicians in one easily searchable database: <https://projects.propublica.org/docdollars/> "Evidence is mounting that doctors who receive as little as one meal from a company tend to prescribe more expensive, brand-name medications for common ailments than those who don't." That's a pretty shocking statement for **JAMA** to make, don't you think?

It is to every consumer's benefit to search the database to see if his/her clinic and doctor is accepting gifts from any pharmaceutical company. Type your doctor's name into the search bar they provide.

Has Your Doctor Received Drug or Device Company Money?

For example: [Andrew Jones, Boston, 10013](#)

 \$3.49B in disclosed payments	 681,020 doctors	 1,135 teaching hospitals	 1,565 companies
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The top 50 companies are listed on their website, in addition to the highest earning doctors and doctors that are paid the most often. Teaching hospitals that receive payments are revealed and you can look at payments by state to see how yours ranks. California is the highest with \$805 Million paid to doctors in return for promotion. Alaska is the least, accepting \$991K, which is still a rather shocking sum. Southern hospitals appear to be more receptive to payments.

Know the truth, it is said, and it will set you free. We've included this information so you can become fully informed and ask the right questions.

Resources: ProPublica.com and <https://www.propublica.org/article/doctors-who-take-company-cash-tend-to-prescribe-more-brand-name-drugs>

Why Flexcin products DO NOT include Chondroitin by Rosanne Ferreri

There are numerous products for arthritis on the market that contain Chondroitin. Our products do not and here is the reason for its absence--the following side effects are not acceptable to us:

- Chondroitin may increase the risk of bleeding.
- Chondroitin may worsen asthma symptoms.
- Chondroitin may cause changes in heart rhythm, congestive heart failure, heart attack, and increased blood pressure.
- Chondroitin may cause hair loss, hives, rash, skin irritation, and sun sensitivity.
- Chondroitin may cause swelling in the lower limbs and eyelids.
- Chondroitin may cause constipation, diarrhea, feeling of burning in the stomach, heartburn, indigestion, nausea, stomach inflammation, stomach pain, stomach ulcers, and vomiting.
- Chondroitin may increase eye pressure.
- Chondroitin may increase the risk of viral infection.
- Chondroitin may affect the nervous system, and cause headache or movement problems.
- Chondroitin may promote spread or recurrence of prostate cancer.
- Chondroitin may cause changes in levels of liver enzymes or liver toxicity.
- Chondroitin may also cause a burning sensation in the genitals, chest pain, ear inflammation, frequent or painful urination, hearing problems, pelvic pain, severe allergic reaction, sickliness, tightness in the throat or chest, urinary tract infection, and vaginal inflammation.

CM8, on the other hand, has been proven to be far more effective than the typical Chondroitin/Glucosamine combination so often found in over-the-counter supplements. Why is this? CM8 has a lubricating quality, it's an anti-inflammatory, it protects against auto-immune diseases and it's a painkiller. Glucosamine breaks down CM8 and was proven to work as far back as 1997 in the Siemandi Clinic Trial conducted under the auspices of the Joint European Hospital Studies Program. Patients that had failed to respond to FDA-approved NAIDS improved 58% when using CM8 alone; when it was combined with Glucosamine, they improved by 84%. CM8 and Glucosamine are in our products, but not Chondroitin, for this reason. Two additional double-blind studies done in 2001 and 2002 produced the same results. The 2002 *Journal of Rheumatology* positively concluded that "CM8 may be an **alternative to the use of NAIDS** for the treatment of osteoarthritis." [Jon Barron, Herbal Library, "Cetyl Myristoleate"]. It's time doctors focused on CM8 which does no harm, rather than NSAIDS with countless side effects.

Digestive enzymes are integral to our supplements, as well. Digestive enzymes help digest protein and treat tendonitis and bursitis effectively. They additionally contain an anti-inflammatory substance that helps to regenerate and repair. Glucosamine is a compound naturally found within the cartilage of your joints; it also possesses natural anti-inflammatory properties and helps to synthesize lipids [fats] and rebuild cartilage.

We believe we've combined the best ingredients to help you get back on your feet and left out those that only serve to increase your discomfort.

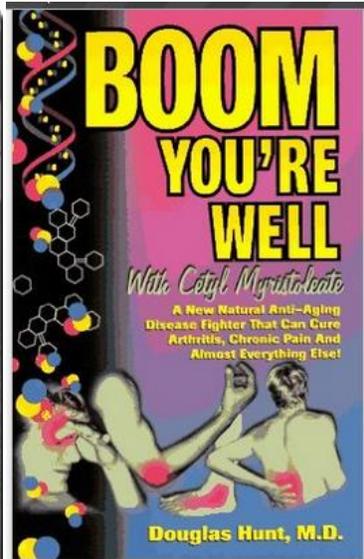
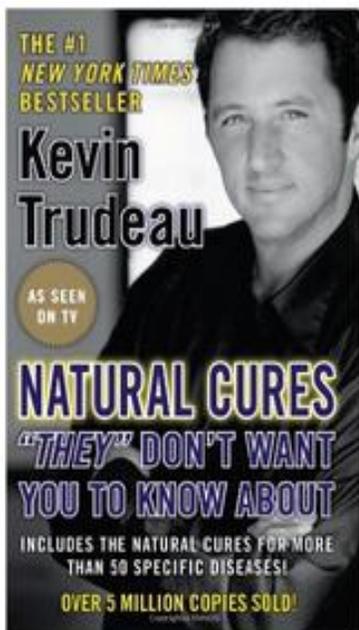
It's Time to Move from Drugs to Supplements by Rosanne Ferreri

“Cetylated fatty acids are a group of naturally occurring fats that are used in the treatment of autoimmune diseases like lupus, multiple sclerosis, Sjogren’s Syndrome, psoriasis, fibromyalgia, emphysema, cancer and osteoarthritis.” [Source: Web MD] Web MD additionally states: “There is an interest in cetyl myristoleate for osteoarthritis because it is a substance found in certain mice that **do not develop arthritis** even when researchers **try to cause** arthritis in the laboratory.”

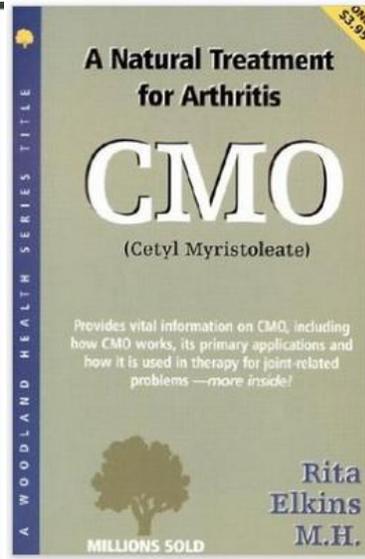
[www.ncbi.nlm.nih.gov/pubmed/8207671, NCB I Resources, “Cetyl Myristoleate isolated from Swiss albino mice: an apparent protective agent against adjuvant arthritis in rats.”]

Prolific author of over forty health books, Rita Elkins, took fifteen years to investigate CM8 and other natural supplements. She wrote CMO in 1997, the same year as the Siemands Clinic Trial demonstrated the effectiveness of CM8; in this book, she firmly stated that CM8 moves people away from the traditional focus on drugs to more natural supplements. Dr. Diehl’s CM8 cream for arthritis alleviated symptoms for not just a few weeks, a month or a year, but **FIVE years** [CMO: New Approach To Joint Health And Arthritis Marcia Zimmerman, C.N., 2002, https://www.rejuvenation-science.com/cmo_overview_zimmerman.html] Boom, You’re Well by Hunt Douglas, published in 1996 by Promotion Publishing includes over 50 testimonials to the effectiveness of CM8. Kevin Trudeau, author of Natural Cures They Don’t Want You to Know About asserts it’s our common drugs that are causing illness and disease in epidemic proportions. It’s a fact that CM8 works and was discovered in 1997; it’s time the medical establishment accepted its efficacy. Here are books that confirm our assertion that CM8 is a better treatment for arthritis than NAIDS with countless side effects.

There is no justifiable reason to keep this vital information from the general public.



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Relieving Pain in America: A New Blueprint that puts the Patient in Charge by Rosanne Ferreri

“Chronic pain affects 100 million American adults, more than the total affected by heart disease, cancer and diabetes combined.” This fact has caught the attention of Institute of Medicine, which has stated in its new blueprint for relieving pain in America [2011] the following: “Among steps to improving care, healthcare providers should increasingly aim at tailoring pain care to each person’s experience and self-management of pain should be promoted.”

Apparently, a one-size-fits-all approach has been the modus operandi with the same drugs being prescribed for everyone with pain or such a statement would not have been necessary. The blueprint went even further to say: “Given the burden of pain in human lives, dollars, and social consequences, relieving pain should be a **national priority.**” It is an undeniable fact that the anti-pain drug Tramadol has soared in use; “Prescriptions for Tramadol increased from 23.3 million to 43.8 million in 2013.” [Summary from The CBHSQ Report: “ER visits for adverse reactions involving the pain medication Tramadol” by Donna M. Bush, PHD, F-ABFT.]

If our government is now transitioning to a more holistic approach, it’s long overdue. They have fought doctors who have used natural approaches instead of drugs for the past 50 years, denying claims not performed in a clinic or hospital setting. It is good to see our government finally embracing the fact that each person is entitled to a tailored pain approach of his/her own choosing and entitled to direct the course of treatment used. Apparently patients now have a voice! Although our government approaches pain from a financial standpoint—the soaring rates of NAIDS prescribed cannot be sustained forever—the outcome will actually benefit those living with pain!

The estimated number of Tramadol-related emergency visits involving adverse reactions **increased 145%** from 2005 to 2009. The harmful side effects are alarming—seizures and a fatal drug reaction called serotonin syndrome. “In 2011, there were an estimated 54,397 emergency room visits involving Tramadol and 27,521 [50%] were from adverse reactions. “ [Substance Abuse and Mental Health Services Administration SAMHSA, *The CBHSQ Report*, May 14, 2015, Donna M. Bush] Tramadol is the second most prescribed narcotic pain reliever in the USA, outranking oxycodone in 2012. [IMS Health, 2012, Dec. Top 25 medicines by dispensing prescriptions US. Retrieved from <http://www.imshealth.com>]

Isn’t it time our government accepted natural supplements that do no harm and cost significantly less?

Source: Institute of Medicine [2011] *Relieving Pain in America: A Blueprint for transforming prevention, care, and research.* Washington, DC: The National Academies Press.

NSAIDS: Watch out for cardiovascular warning sign! by Rosanne Ferreri

All prescription NSAIDS have the same cardiovascular warning. They may increase the chance of heart attack or stroke that can lead to death. This chance increases if you have heart disease or risk factors for it, such as high blood pressure or when NSAIDS are taken for long periods of time. Mark Creager, President of the American Heart Association has stated: “I would say all are associated with risk... The more you use, the greater the risk. None of them are really safe; the adverse event can happen within weeks.” [Web MD.com, *The FDA Strengthens Warning on NSAIDS and Heart Risk*, Kathleen Doheny, July 10, 2015 http://www.webmd.com/heart/news/20150710/fda-warning-nsaids-heart_risks#1]

Medicine.net has created an exhaustive list of side effects for NSAIDS:

- nausea
- vomiting
- diarrhea
- constipation
- decreased appetite
- rash, dizziness
- headaches
- kidney failure,
- liver failure
- ulcers
- prolonged bleeding
- fluid retention
- edema
- allergic reactions for those with asthma

NSAIDS may also increase blood pressure in patients with hypertension, cause ringing in the ears [tinnitus], make a person abnormally tired, give him/her a persistent sore throat and fever or trouble breathing.

Mother Earth News has hit the issue on the head, as usual: “The FDA is responsible for monitoring the safety and efficacy of pharmaceutical products. While most assume the agency itself closely tests new drugs, this is not the case. Pharmaceutical companies provide the FDA with research from clinical trials to prove their new drugs are safe for the market—a practice that unfortunately leaves room for bias, according to Marcia Angell, MD, former Editor in Chief of *The New England Journal of Medicine*. Angell outlines these biases in her book, *The Truth about Drug Companies*; FDA approval committees often include members with ties to pharmaceutical companies.” [http://www.motherearthnews.com/natural-health/herbs-vs-drugs-facts-about-medicine-zmaz06djzraw.aspx *Herbs vs. Drugs: Get the Facts About Medicine*, Lynn Keiley & Stephanie Bloyd, December 2006/January 2007] Angell is straightforward: “When the drug companies sponsor trials of their new drugs... they will design the study, and the studies are designed in such a way that the new drug is compared with a placebo – that is, with a sugar pill. It’s not compared with an older drug.” Why not try natural supplements, rather than a sugar pill. The only thing you have to lose is pain.

700,000 Adverse Reactions to Prescription Drugs each year in the USA by Rosanne Ferreri

The uproar by pharmaceutical companies about oversight of supplements does not make any sense. The only adverse reactions to supplements have been few and far between and are limited to three categories. The first group is comprised of unsupervised children who get into the kitchen cabinet and consume supplements and other drugs they should not touch. That can be solved with cabinet safety locks. The second group is comprised of adult men and women that buy quick weight loss pills from China and energy drinks equal to six cups of coffee and then are surprised their heart races; I think these should *self chastise*. There has never in the history of mankind been a miracle cure for weight loss; you have to eat a wholesome diet, take supplements appropriate to your age, and exercise daily or every other day. The last group of people is comprised of the elderly who occasionally choke on large “horse pills.” This can be solved with a pill cutter or pulverizing the pill and adding it to applesauce. The majority of those taking supplements are not children, they are not elderly and prone to choking on pills, and they do not buy supplements from tiny bags from foreign countries hanging near the checkout counter of their local gas station. [The New England Journal of Medicine on October 15, 2015 essentially said the same in more clinical terms.] These small issues cannot be compared with “adverse drug events” caused by prescription drugs.

“An adverse drug event [ADE] is defined as harm experienced by a patient as a result of exposure to a medication. **ADE’s account for 700,000 ER visits and 100,000 hospitalizations each year.** The Institute for Safe Medication Practices maintains a list of high-alert medications that can cause significant harm or death if used in error: Insulin, Warfarin, anti-platelet agents like Aspirin and Clopidogrel account for **nearly 50% of all ER visits by medicare patients.** There are also adverse events that can effect a patient taking prescription drugs while yet in the hospital, and ADE’s that occur once a patient has been released to follow a specific drug protocol at home. *Doctors rarely talk about those incidents.* Most of us have an entire cabinet dedicated to unused drugs that were prescribed over the years, but which we quit due to adverse reactions. This one gave us a rash; that one made our eyes glaze over and turned our brains into mush. The red one made our heart race; the pink one made us sensitive to the touch.

There are countless hundreds of wasted dollars in every US home, sitting in yellow vials with white child-proof caps, that we have to dispose of properly. The pharmacy will give you your money back, even if you only used one pill. What should you do with this hazardous material?

- Mix medicines (do not crush tablets or capsules) with an unpalatable substance such as dirt, kitty litter, or used coffee grounds.
- Place the mixture in a sealed plastic bag
- Throw it in your household trash can.
- Scratch out all personal information on the prescription label of your empty pill bottle or empty medicine packaging to make it unreadable and throw it in your household trash can.
- The FDA recommends flushing the following list of prescription drugs:

http://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/EnsuringSafeUseofMedicine/SafeDisposalofMedicines/ucm186187.htm#Flush_List

Trust Your Body Not the Ancient Food Pyramid by Rosanne Ferreri

“The idea that you can get all of your nutrients from food is fine in theory, but virtually impossible in practice. Soil and water depletion, food and environmental toxins, poor absorption, pesticides, exercise and lack of calories can all cause deficiencies.” [*Why getting your Nutrition from Food Only is a Bad Idea*, www.bulletproofexe.com/why-you-need-supplements, Dave Aspry].



The older you become, the more you learn to trust your body signals to indicate deficiencies. Supplements are vital since our food supply has changed from family farms to aggregate corporations; nutrients we assume will be in our food are absent. Grains have changed with the advent of GMO's. Most plants are not harvested when ripe, but picked green. Fruits and vegetables sit in trucks for weeks before being sold in the marketplace. A store-bought tomato never tastes as sweet as one grown in an organic garden. It is entirely possible to eat large quantities of the right foods and still be malnourished.

Pesticide treated vegetables are lower in phenolics than organic ones. Phenolics naturally protect a plant from insects. Rather than allow plants to do what they do best, corporate farmers pre-coat seeds with Round-up, *which we inevitably also ingest*.

According to the non-GMO project, “Sixty-four countries around the world, including Australia, Japan and all of the countries in the European Union, require genetically modified foods to be labeled. As shocking as this may seem, GMO's are not required to be labeled in the USA. Why we as consumers aren't privy to this information remains to be seen. The food pyramid is not what it once was; it cannot be taken at face value. It's a fine in theory but breaks down in application. Supplements are absolutely necessary in 2016. Compared to grass fed meat, grain fed meat is abysmally low in antioxidants, fatty acids, minerals and vitamins. The type of steak you buy literally determines your health outcome. The older generation has seen this change from start to finish; they complain about wheat that will not create the bread they once made by the loaf; they complain that beef is tough like shoe leather and stringy; they say “the tomato is red but it has no taste.” When they bought gallon of milk delivered in glass jars, free of growth hormones, it would last several weeks and not stink. [*Why getting your Nutrition from Food Only is a Bad Idea*, www.bulletproofexe.com/why-you-need-supplements, Dave Aspry].

If possible, start your own garden in the backyard. You can control what you put on and under your plants as fertilizer and can save items by canning or freezing. Next, find local markets to hand pick produce. It is better to buy better meat twice a week than to fill your buggy with cheap cuts of meat eaten daily. Our grandparents could recognize a fresh melon from six feet away; our grandmothers would make the butcher cut meat as she wanted it. There's an art to picking food for the table. May we all learn it and live long from it!