



[00:00:00] Fatal Convenience Intro

Darin: It's that time of the week for another fatal convenience. This is a bite-size segment that addresses some of society's fatal conveniences and the steps you can take to avoid becoming a victim of them. I define fatal conveniences as the things we may be doing because the world we live in makes us believe we have to, tap water, shampoo, sunglasses, food. I dive into the hidden truths behind some of our everyday choices that could not only be harming us but even killing us, so let's dive in.

[00:00:42] Fatal Convenience

Darin: Welcome, everybody. Welcome to another fun, exciting, uncovering, discovering, and truth-telling episode of Fatal Conveniences. This one is kind of big because it is the biggest sold drug in the world. So this is over-the-counter pain pills, nonsteroidal antiinflammatory drugs. This is everything from ibuprofen, Aleve, Advil, aspirin, naproxen, Celebrex, Vioxx, all of this stuff and so many more. So nonsteroidal antiinflammatory drugs are regularly used by more than 60 million Americans and are "effective" in relieving pain, reducing fever, inhibiting inflammation. It is again the most widely used drugs in the world. So this is a fatal convenience because we feel a little pain and we want to make it go away when there's nothing wrong with the body. Inflammation is a natural part of healing. It brings stem cells. It brings prostaglandins. Like these things are here to help heal us. So when there's a healing response, it increases the voltage in the body, which also pulls in all of these other healing responses. So, therefore, it's protecting the body, but the problem is we're doing all of these things to increase inflammation and the body's ability to heal. So there are many reasons why people are reaching out for nonsteroidal anti-inflammatories is because they're in pain. But largely, as we'll discover, there are many things you can do to lower inflammation in your body and we'll save that towards the end. Here's a little history. It's interesting. Aspirin and heroin were created with a two week period of each other in 1897 by a German chemist, Felix Hoffman. It's the same dude who worked at Bayer and he created the chemical giant and pharmaceutical company in the late 19th century. It was a period where the chemists began creating new substances that they could be used in medication rather, this is interesting, rather than using the isolated active ingredients that they're finding in plants. So they wanted to create something completely new so they could patent the whole thing. So companies like Bayer established basically pharma and research departments that experimented with adding acetyl groups to different molecules to synthesize new substances. We'll find out in the end. We go back to the plant kingdom to relieve yourself of the pain, the suffering, and the inflammation. So full circle, we're going to stop taking all of these anti-inflammatory and pain medications, go back to the plant kingdom where we started 60,000 years ago and use that as a way to health. Follow nature and you will not be taken down the wrong path. Some fun facts about aspirin, which is directly off the Bayer's website. In 1949, aspirin turn 120 old. Guinness Book of World Records is the most frequently sold pain reliever in the world. What makes it convenient? Well, we avoid our pain like crazy. We avoid anger, fear, shame, all of that. We don't want to look at ourselves. We feel a little bit of uncomfortable, we reach for all the stuff. So that's the convenience. It is there to treat injuries, arthritis, muscle



aches, dental pain, all of this stuff. Obviously, it plays a significant role. I don't want to pooh-pooh it completely. It plays a significant role in us moving forward. I don't remember the last time I took any of that stuff and I've had some painful moments in my life. Broken toes, sticks, getting lodged up into my foot, all kinds of chain saws. Last time I took a listen, I have more women, friends in menstrual pain that takes maybe once a month. They take some of that stuff. I don't think that's what we need to worry about if you're taking it every so often, but on a consistent basis now we're really looking at systemic problems. So the problem is with some of this stuff is we're being marketed too like crazy, but it's also this massive experiment. The drug Vioxx was finally taken down. I think it came out in 2004 and after a study showed Vioxx caused an increased risk in serious cardiovascular events such as stroke and heart attack. According to the American Gastroenterology Association, AGA, each year the side effects of nonsteroidal anti-inflammatory hospitalizations is over a 100,000 people and kills 16,500 people in the US every year. And that is over the counter anti-inflammatory, the aspirin, the leaves, all of that stuff. It's killing 16,500 people a year due to mostly bleeding stomach ulcers. That's the thing, they're saying take aspirin, thins out your blood, helps with the heart. Well, it's also burning a hole in your stomach and potentially killing you. Also, the number one killer in society is cardiovascular-related diseases, and that's due to these drugs. In 2015, an expert panel on the FDA beefed up their warning labels about the risk associated with nonsteroidal anti-inflammatory drugs, including that there is an increased risk in heart failure, thanks FDA, through their use risk of heart attacks and strokes even occur as early as the first weeks of using them. FDA not looking out for us again, just putting out a report that no one sees. Thank you, FDA. I appreciate that. We all appreciate your support. And a study at Harvard Medical School confirms how dangerous nonsteroidal anti-inflammatories are for your heart. Contributor, Dr. Christian Ruff says for patients who have heart disease or who require long-term treatment with high doses of nonsteroidal anti-inflammatories, the increased risk is more of a concern. The three main influencers dose frequency and existing cardiovascular disease. Now, keep in mind that cardiovascular disease, heart disease is one of the top, if not the top killer of people in the United States. So most of them are swapping, using their heart medications at their heart disease with nonsteroidal anti-inflammatory is increasing their risk of heart issues and complications and even death. So the economics, Americans are estimated on spending an average of 50 billion, that's \$50 billion a year trying to deal with pain, and many turn to chemical medications for relief more than anything else. And there is a clear link between the search for pain relief and the opioid crisis. So we're all in pain. We're all living an unsustainable, unhealthy life. There's only 2.5% of the United States that is deemed healthy. That comes from the research that Dr. Furhman told me in another episode that he had on 2.5% only of people in the United States are deemed healthy. So we're looking for a way out of our pain. So, therefore, it leads to a massive, massive problem. Environmentally, nonsteroidal anti-inflammatories are released into the environment and the excretion and unused drug waste has caused environmental damage and contaminants in the marine ground and also the surface water ending up these drugs are absolutely ending up in our waterways, in our tap water and is not being filtered out. The mechanisms for filtration are not effective at getting drugs out of our waterways, which is why we need to get this out. If you want a solution for that Aquatru is one of my great affiliate links that you get a massive discount. Go to darinolien.com and go to my affiliates, go to the shop and you get Aquatru and get a massive discount. A few hundred bucks.



You have an incredible water filtration systems, so get rid of the drugs that as in your water. More reasons why nonsteroidal anti-inflammatory drugs are harmful, they blunt antibody synthesis in the body, which also inhibits B cells. It's basically saying that it reduces antibody production. So your body's response to viral load virome bacteria, it lowers the body's ability and also affects the circulating immune response. When you're on this anti-inflammatory, not only it takes your body a lot longer and sometimes blunts and stops the body's ability to create antibodies, so your immune system is going down, it also stops the inhibiting of the police, of the circulating immune response of anything within your body that your body needs to respond to from an immune perspective. So it's shunting and blunting all of those mechanisms down. Extremely scary, especially now. So if you're one of those people that you're in pain and you're taking anti-inflammatories and you're running around in COVID and other ways of not wanting to get the flu, the nonsteroidal anti-inflammatories are affecting your immune system. So, again, I have all this research in the show notes. And pregnant women, please, please, please keep in mind that when you're taking nonsteroidal anti-inflammatories, there is a report prescription of over-the-counter nonsteroidal anti-inflammatories such as diclofenac or Voltaren, Nimprex, or Aleve, Celebrex, Ibuprofen, Advil increased the risk of miscarriage. So any of these anti-inflammatory, nonsteroidal antiinflammatory drugs increases your risk of a miscarriage if you're pregnant. There was also a Dutch study found that the use of nonsteroidal anti-inflammatories may increase your risk of arterial fibrillation, a heart condition characterized by a rapid, irregular heartbeat. This condition, in turn, increases your risk of heart failure and stroke. So that was a Dutch study, a non-compromised Dutch study. Researchers found that the participants who use nonsteroidal to inflammatories are 1.8 times more likely to be diagnosed with arterial fibrillation in comparison to people who did not take the pain relievers. So basically, by taking this, you were increasing your risk of heart irregularity. As mentioned earlier, these drugs suppress the production of prostaglandins, which are needed for the successful implementation of the embryo in the womb. So that's a whole nother level. If you're trying to get pregnant, stay off these anti-inflammatory drugs. Increasingly difficult and disruptive in the overall systemic of women in terms of trying to get pregnant and or if you are pregnant, chances of miscarriage. Increased gastrointestinal damage, this is all over the place with nonsteroidal anti-inflammatories. So if you're using this stuff on a consistent basis, this is a big no-no. It's damaging the gastrointestinal tract. It's burning through your stomach, the esophagus, small intestines. What part of this do we-- I mean, we're going to get to the solution of this, but what are we doing with all these drugs, man? Like, if an alien came down and saw that we were popping all these things and the answer was already in nature, what the hell are we doing? More than half of all bleeding ulcers are caused directly from nonsteroidal anti-inflammatories and this is directly from the gastroenterologist, from Byron Crasser, M.D., a spokesperson for the American Gastroenterology Association. So this is just a really, really bad, bad gastritis, renal syndromes, respiratory effects, heart attacks, respiratory effects, that's everything now. It's like COVID and all this stuff. Please stay away from this stuff. A recent study published in the British Medical Journal examined cardiovascular risk and individuals taking nonsteroidal anti-inflammatories. Many of these, they tested over four or five of them. This data evaluated the risk in the major cardiovascular events occurring within 30 days of taking all five of these top ones. So this is a really bad thing. And we just completely got okay with doing this stuff. So some other big no-no's while you're pregnant, please do not take nonsteroidal



anti-inflammatories. Any kidney donors, asthma, children are at a massive risk, stomach ulcers, reflux, all of that. If you have reflux and you're taking all this stuff, that's probably an indication, liver and kidney, pre-existing conditions, history of stroke and heart attacks, please stay away from what seemed to be innocent nonsteroidal anti-inflammatories. We have to get used to what the pain signals are trying to tell us about our overall health and our body. And that's an inside deal. And then go to a functional medicine doctor to try to get the pain and inflammation down by getting sleep, getting hydrated, and having functional foods, higher pH foods, alkaline foods, and mindset, shifting your mindset from not all pain is bad. It's steering us in a direction that's required. So again, the diet, radically reduce the processed meat, fish, dairy, eggs, lower the added sugars, but don't be afraid of the fresh health producing lower inflammatory fruit. This will help with insulin. This will help with leptin levels, this will decrease the insulin, leptin resistance and then reach for the incredible use of things like blueberries, ginger, pumpkin seeds, tumeric, of course, tart cherry, extra virgin olive oil, chili peppers, mint, even small amounts of red wine. I don't drink at all, and then leafy greens. If you juice for a week, for God's sake, your pain's probably going to go away. 99.9% of the people are just dealing with chronic inflammation, fibromyalgia, stress, all of that stuff. And of course, get out in the sun. The vitamin D has shown that it activates a variety of mechanisms to help reduce pain and also, of course, in kicks in the immune system in a big way as it's moving in into the winter, increase your intake of supplementation of vitamin D and K together. Morning elixir is easy. Throw Himalayan pink salt in, turmeric, black pepper, apple cider vinegar, incredible anti-inflammatory, incredible soothing for the digestive system and do that on a consistent basis along with drinking a liter of water. Boom! I guarantee you that's going to make a massive effect, not to mention fresh fruits and vegetables, big leafy green salads, nuts, seeds, legumes, that kind of thing. Incredible way. And if you need a little assistance with all of that stuff easily, go to my 121 Tribe, the super life program, you get three free days of that program. So sign up for that and see what kind of delicious recipes and ways of living that will lower your inflammation and make you feel great. Make sure to do incredible things like mindfulness meditation. If you want breathing exercises, increase your oxygenation, which helps lower the acidity in your body and increase the amount of oxygenation and pH balances. Again, natural alternatives from a root perspective, ginger, and tumeric. Boswellia is incredible. Bromelain, which is an enzyme, systemic enzymes are incredible. Even Cayenne is great for joints and stuff that will actually help not only on but also internally. And then teas, peppermint, camomile, passionflower, lemon, rose, green tea are all great. And of course, like what the doctor said in my previous episode, CBD oils, incredible. And the cannabinoid system help with the turpins, in the flavonoids, in the antioxidants, as well as all of these other fresh fruits helping the antioxidants, lowering the inflammation. So there are incredible resources I'll have in the show notes, but that is it. Stay away from the drug world. We need to switch this paradigm, turn it around, turn it to plants, pulling the power ourselves. We know what to do. We have been humans longer than the American Medical Association has been trying to dupe us into drugs, getting us healthy. It doesn't work and hasn't worked, and it's causing a lot of pain and suffering. Take our power back, bring in the plants again, and live your happiest, healthiest life ever. I love you and have the best day of your life.

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Darin: Thanks for tuning in everyone. I hope that left you feeling inspired to take a closer look at the everyday choices you're making and how they could be impacting your health and even planet. If you want to learn more about life's fatal conveniences, head over to fatalconveniences.com. You can sign up for the exclusive access to Fatal Conveniences episodes, news, insights, and more. And all this great stuff gets sent each week straight to your inbox, making it really easy. Now, that's a convenience without the negative side effects. It only takes a few seconds to join. Just fill in the form and take that amazing step towards making better choices. Remember, small changes can have big impact. So, keep diving my friends, keep diving. And if you haven't had a chance to check out the interview, I released earlier on the week, here's what you missed:

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Dr. Gazzaniga: CBD, just to go over the basics of it is a cannabinoid. It's a type of molecule that we actually have similar molecules in our body. We have these things called endocannabinoids and we actually make them. And actually, people who exercise heavily, it's been shown that those go up. So when you get the runner's high, it is actually your own little hit. So these substances are in the cannabis plant. So there's marijuana, which has a higher level of THC to CBD, and then there's hemp, which has a higher level of CBD. So the ratios are different. And for hemp, for the most part, 0.3% qualifies it or takes it out of the realm of being a controlled substance, so it's safe to take.

[00:21:15] Amplify Plug

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