

## MURPHY-TYLENOL

continued from page 13

dosed with acetaminophen, typically in the setting of a flu-like illness, by well-intentioned but misinformed parents."

Acetaminophen packaging should have better warning labels, and should not be sold in 1,000 pill mega-bottles.

Acetaminophen-opiate combinations [like Vicodin] should be removed from the market.

"The prescription rules in California have made it far easier for physicians to prescribe an acetaminophen-opiate combination, such as Vicodin, than a pure opiate, such as codeine, although the former is far more dangerous."

The FDA banned Ephedra, which "contrasts with its puzzling, relatively meager efforts to prevent acetaminophen hepatotoxicity, which kills far more Americans each year than Ephedra."

In 2006, regular PARADE columnist Isadore Rosenfeld, MD, publishes<sup>4</sup>:

### Take This Painkiller Carefully Medical News That Matters Second Opinion

By Isadore Rosenfeld, MD  
Parade, February 19, 2006, pg. 6

"Acetaminophen, whose best know brand name is Tylenol, is one of the most widely used non-prescription painkillers in the US."

"Overdosing with it is the leading cause of serious poisoning in this country."

"Every year, too much acetaminophen accounts for 50,000 emergency room visits, 42% of liver failures, and an average of 458 deaths."

"Never take more than 4,000mg a day — eight 500mg extra-strength capsules."

Numerous other drugs also contain acetaminophen, including Nyquil, Sudafed, Alka-Seltzer, Sinutab, Contac, Actifed, etc.

"If you have two or three alcoholic drinks or more a day, be sure to consult your doctor before taking Tylenol."

"The symptoms of acetaminophen overdose are nausea, vomiting, abdominal pain and lack of appetite." [NOTE: these are symptoms that some may take Tylenol for, flu-like symptoms.]

## CLUM-WFC REPORT

continued from page 14

attempting to establish a common perspective on chiropractic amid the nuances of language and culture, government and regulatory authority, rigid structures and colorful personalities. In the last 18 years the profession and our structures within the profession have matured greatly. I can personally attest to this evolution in my life as well as in the life of the WFC.

**Gerard W. Clum, D.C.** is president of Life Chiropractic West in Hayward, California. He was elected president of the World Federation of Chiropractic in June of this year.

"The specific antidote is N-acetylcysteine (NAC)."

N-acetylcysteine (NAC) works to save the liver following acetaminophen poisoning because it elevates levels of the antioxidant and detoxifier, glutathione (5). I purchase N-acetylcysteine (NAC) in the product Complete Glutathione From Nutri-West: 800-443-3333.

In 2005, researchers associated with Harvard Medical School published in the American Heart Association journal *Hypertension*, an article noting<sup>6</sup>:

### Non-Narcotic Analgesic Dose and Risk of Incident Hypertension in US Women

*Hypertension*  
September 2005

Acetaminophen [Tylenol, Atasol, Anacin-3, Panadol, Excedrin {has acetaminophen, aspirin, and caffeine}], is one of the most commonly used drugs in the United States.

Compared with women who did not use acetaminophen, older women who took >500 mg per day had a 93% increased risk of hypertension.

Younger women who took >500 mg per day of acetaminophen had a 99% increased risk of hypertension.

Compared with non-users of acetaminophen, older women who consumed >500 mg per day for headache had a 240% increased risk of hypertension.

Compared with non-users of acetaminophen, younger women who consumed >500 mg per day for headache had a 370% increased risk of hypertension.

Higher daily doses of acetaminophen significantly increase the risk of hypertension in women.

Acetaminophen [Tylenol, etc.] impairs renal function by depleting glutathione, leading to renal endothelial dysfunction.

Clinicians commonly do NOT under-

stand that acetaminophen is NOT safe, and causes significant hypertension.

On June 2, 2006, Andy Dworkin, writing for the Newhouse News Service<sup>7</sup>, notes:

### Government Considers Stronger Warning Labels for Tylenol

**Extra Dose of Tylenol Can be Deadly  
Taking More Than Recommended,  
Even Once, Can Cause Liver Failure**

"Plagued by nagging colds, sore backs, throbbing heads and life's other aches and pains, millions of people reach for Tylenol."

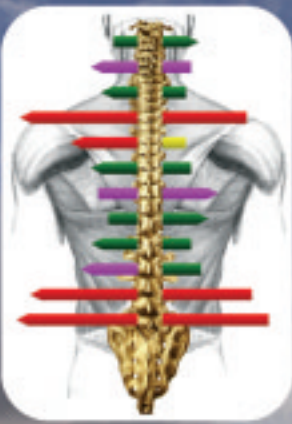

"And if one dose doesn't stop the pain, maybe two or three will."

"If you do that, you're courting trouble: An overdose of acetaminophen, the popular painkiller in Tylenol and other brands, sends thousands of U.S. residents to the hospital each year, killing hundreds."

For years, acetaminophen overdose

CONTINUED ON PAGE 20


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