

A Pill For Every Ill

When it comes to health and healing, our culture tends to look towards medication for the answer. While medicine can do amazing things and help save lives, it often masks a symptom rather than treats a cause. Often, this results in people taking multiple medications to address multiple related symptoms, a concept known as 'polypharmacy.' When we think of healing, the focus should be on where the symptoms arise from and in turn, what we can do to eliminate those symptoms at the source.

A study into the nervous system and polypharmacy was conducted at the Hiroshima Atomic Bomb Survivors Recuperation Center on 36 atomic bomb survivors and 20 non-atomic bomb survivors. In this study, the relationship between heart rate variability (HRV) and the number of medications taken was analyzed. A lower heart rate variability was found as the number of medicines increased in the patients. Heart rate variability (HRV) is a known indicator of nervous system function. When a low HRV is found, the nervous system is showing signs of failure to function correctly, which means that all aspects related to the nervous system are not working optimally and can cause symptoms of health conditions. This study shows that the lesser the functioning nervous system, the higher the likelihood of polypharmacy!

The quality of our health should be measured from the inside-out. When we function correctly at the source internally, our body can perform optimally, and we reap those benefits externally! When it comes to our health, our own body is our best resource; we have to take care of it!



New research shows that a better functioning nervous system leads to less future dependency on medications!

Okada, M., Okada, K., & Fujii, K. (2018). Influence of polypharmacy on heart rate variability in older adults at the Hiroshima Atomic Bomb Survivors Recuperation Research Center, Japan. Plos One, 13(12). doi:10.1371/journal.pone.0209081



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