

Aspirin and Your Eyes

The ads are powerful and riveting, “an aspirin a day can stop one out of every 3 heart attacks.” This of course leads to the next assumption that if aspirin stops heart attacks, taking an aspirin a day for life will make you live longer. Unfortunately, this is a medical *myth*.

While aspirin therapy provides moderate secondary protection against the risk of a second heart attack, it does not prolong life, offers no protection against a primary heart attack, and is fraught with side effects—the newest involving the eyes. Because of this, any self-respecting physician would be hard-pressed to prescribe aspirin to people with no history of coronary heart disease. Yet the American Heart Association is calling for daily aspirin therapy *for all women!*

Daily aspirin can cause hemorrhagic stroke, GI bleeding, fatal heart attacks, excessive bleeding, gastritis, ulcer, and sudden death. And, aspirin can effect your eyes. It can cause *macular degeneration* and can double the risk of *cataracts*. Considered diseases of older age, part of the problem may be that older people have more aches and pains, and they take and are prescribed more aspirin.

If you want the benefits of aspirin without the side effects, there are safe alternatives. Omega 3 rich fish oils and flax seed oils, minerals that contain magnesium, nattokinase, and real vitamin E all offer the benefits of aspirin therapy. Possibly even consider the whole food state of aspirin in the form of willow bark extract. Its amazing when you take out one tiny part of an herbal extract to form aspirin it has so many side effects and in the entire form as in the properly prepared willow bark extract (Saligesic from Medi Herb) you have none of those terrible side effects. In fact studies show that it is as effective as Non Steroidal Anti-inflammatory drugs and COX inhibitors without any of the side effects.