

"Prescription drugs kill more than three times as many people as heroin, methamphetamines and cocaine combined."

combining medications, which can have a lethal outcome."

Dr. Gregory A. Smith, founder of Comprehensive Pain Relief Group, which utilizes integrated medicine for chronic pain sufferers, adds: "Prescription drugs kill more than three times as many people as heroin, methamphetamines and cocaine combined."

Like Matthews, Smith says the person abusing prescription drugs doesn't always notice his or her excessive intake. But family and friends should be aware of the signs, which include seeing several doctors to get refills, refilling too often or a history of substance abuse. According to the Waismann Method's Web site ([opiates.com](http://opiates.com)), other warning signs of addiction are changes in personality and shifts in mood, energy and concentration, social withdrawal, changes in appearance, increased inactivity and loss of interest in hobbies.

Matthews no longer takes Oxycontin but is still dependent on painkillers. Still without health insurance, the Georgia resident relies on visits to the emergency room about four times a month to get Lortabs (hydrocodone).

"It bothers me that I can't function without medication," she says. "I was the type of grandma who would take them to Chuck E. Cheese and on Easter egg hunts, but I can't now because I'm in pain."

"It's easier to give people a pill, that's where the docs are at fault," adds Smith. He advocates for natural pain alternatives, transitional medications like Suboxone or going to an integrative program, where different types of healthcare practitioners work to arrange the best treatment and outcome. If you are worried about addiction, he insists, "you don't ever have to be on a narcotic."

*\*Name has been changed*

## Lost Love

The wrong ingredient in your romance recipe can kill the mood.

**Y**ou've planned a romantic night filled with oysters, candles and music, but if you don't want that mood to dry up after dinner, then you might want to skip the dessert, among other things. According to Marrena Lindberg, author of *The Orgasmic Diet*, sugars and starches are anaphrodisiacs or libido killers because they raise serotonin, which can briefly lower desire, and sex hormone-binding globulin, which can lead to enduring effects on desire loss.

"Soy is also pretty bad," she adds.

"Trans fats are the worst for killing a woman's sex drive." These foods interfere with testosterone—a hormone essential



to driving sexual desire—and can zap your libido both short- and long-term if consumed frequently and in abundance. While coffee is a natural stimulant that can give you energy for a long night ahead, she warns that excess caffeine will temporarily lower a woman's sex drive by altering neurotransmitter levels.