

When Whiplash is Like a Statin Drug...

Centennial—Many people are surprised after a car accident to realize that they are sore—that's because they always thought people with whiplash were faking it. They're surprised to find out that whiplash is real.

There's an actual mechanism that accounts for it! During trauma, cells are torn and destroyed. Torn parts of the outside fatty layer of the cell enter the pathway that makes inflammatory chemicals (called prostaglandins). That's why taking over-the-counter pain relievers can give you relief—the drug inhibits the enzyme that makes prostaglandin.

Typically, healing from trauma leads to fibrotic or scarred tissue and this leads to pain and degeneration. (Remember the fusing bone models in my office??) Fibrotic tissues are sensitive and weaker; they reduce messages into the spinal cord while opening the pain gate to the brain. So it stands to reason that a person's body will need nutrients to heal the injured areas.

Besides physical trauma, people can endure chemical trauma to the cells when they use statin drugs (cholesterol-lowering medications like Lipitor). They have very poor collagen-making abilities. Apparently the medication robs so much CoQ10 (ubiquinone) out of the cells, that there isn't enough left for making energy (ATP). Tendon and ligament ruptures/injury are frequently reported. And new collagen virtually falls apart! A person would have to supplement with 600 mg of CoQ10 a day to overcome the depletion from taking statin drugs. The risk of peripheral neuropathy goes up by 1600%! In fact, since learning of this, I advise against new patients beginning my protocol

who are taking statin drugs. Their prognosis would be so poor that it would appear their care would fail, when in fact it is the body's inability to heal and repair. [Neurology May 2002 and Statin Drug Side Effects by Graveline (retired astronaut/physician)]

I bring this up because statin drugs are so prevalent. Have you had a shoulder tear or a knee tear? Have you been on statin drugs? It may be time to open up discussions with your doctor. The most current research says that cholesterol levels are NOT a true risk of heart/stroke problems. Rather, C Reactive Protein levels are.

Besides, if you're serious about lowering your risk of heart/stroke problems, you should know there is prevalent research that says taking 1500mg of Omega 3 fish oils a day for 3 months drastically reduces the risk of cardiovascular events. At the same time, Omega 3's are well-known in the research to reduce inflammation. That means better healing after a trauma and a better response to your adjustments; that will lead to less pain relievers.

Yours in Health, Dr. Erica