

# Hidden Health Risks of Taking Medications

By Robert Ferguson

Medications like blood pressure pills and cholesterol-lowering drugs can help people stay healthy and manage chronic conditions. **But what happens when you take these medications for many years?** While they help keep certain health numbers in a safe range, taking medications long-term can harm the body in ways many people don't expect. Problems with the liver, kidneys, and even nerves can show up after taking some medications for 10, 20 or, over 30 years. However, supporting kidney health through key nutrients like omega-3 fatty acids and polyphenols may help protect against some of these risks.



## Problems with the Liver and Kidneys

The liver and kidneys are two very important organs that clean and filter waste from the body. When we take medication(s), these organs work to break down and remove what we don't need. Over many years, this can make your organs work harder than they are supposed to, which can lead to damage. For example, blood pressure medications like diuretics, which help reduce fluid in the body, also make the kidneys work overtime. Cholesterol-lowering drugs, known as statins, may affect liver health when used over a long time.

## Nerve Damage and Pain

Some medications can also cause nerve damage, especially in the hands and feet, in a condition called peripheral neuropathy. People with this condition may feel tingling, pain, or numbness, which can make it hard to walk or use their hands. Certain drugs, such as cholesterol-lowering statins and some cancer treatments, are linked to nerve damage that can make daily life difficult and painful. For people who develop neuropathy, even basic tasks like holding a cup or feeling different textures become challenging.

## Protecting Kidney Health with Omega-3s and Polyphenols

While long-term medication use may strain the kidneys, adding protective nutrients to your diet may help. Omega-3 fatty acids and polyphenols, like those found in the supplement BalanceOil+, have been shown to support kidney health by reducing inflammation and improving blood flow. Omega-3 fatty acids help maintain cell membrane health and can reduce chronic inflammation, which is often a factor in kidney stress. Polyphenols, a type of antioxidant, protect cells from damage by reducing oxidative stress, which also benefits kidney function. Together, omega-3s and polyphenols support the kidneys' ability to filter and cleanse the body and may even reduce the risk of kidney damage linked to medication.

## Patients Don't Always Hear About These Risks

One of the biggest issues with long-term medication use is that doctors don't always tell patients about these risks. Most people only hear about the main benefits of the medication, like lowering blood pressure or reducing cholesterol. But few patients are warned about what might happen after years of taking the drug. Because of this, people are often surprised when new health problems, such as nerve pain or organ strain, show up later.

## Other Risks Over Time

Long-term use of some medications can lead to other side effects, like stomach problems, memory issues, or even weaker bones. This is a serious issue, especially for older adults who may take multiple

medications for different conditions. With so many medications, there's a higher chance that side effects will build up over time.

### Ways to Be Safer

If you take medications for a long time, ask your doctor to check your liver and kidney function regularly to watch for any problems. Unfortunately, when the problems show up, it may be too late, and for this reason alone, I am constantly working to help people get off medications.

To support your health, consider adopting lifestyle changes such as improving your diet, exercising regularly, and managing stress. Incorporating supplements like BalanceOil+, which combines omega-3s and polyphenols, can provide additional support for your heart, nerves, and kidneys. These nutrients help to strengthen your body's natural defenses, promoting long-term health and wellness.

### Take Control of Your Health

If you're concerned about the long-term effects of your medications or want to explore ways to improve your overall health naturally, **consider scheduling a free consultation with Robert Ferguson**. In this consultation, Robert can discuss strategies to help you improve your health, reduce dependence on medications, and work toward a healthier, medication-free lifestyle when possible.

### References

1. **American Heart Association**. (2023). Understanding Your Medication. Retrieved from [<https://www.heart.org>]
2. **National Institute of Diabetes and Digestive and Kidney Diseases**. (2022). Liver and Kidney Function Tests. Retrieved from [<https://www.niddk.nih.gov>]
3. **Neuropathy Association**. (2021). Understanding Peripheral Neuropathy and Medications. Retrieved from [<https://www.neuropathy.org>]
4. **National Institutes of Health**. (2020). Omega-3 Fatty Acids and Polyphenols in Health. Retrieved from [<https://www.nih.gov>]

These resources provide additional information about the long-term effects of medications and the benefits of omega-3 fatty acids and polyphenols for overall health.

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