

## Self Medicating – is it safe?

Have you ever tried something out (like a supplement from a health food shop) because it worked for a friend? The past time of self medicating can waste you money and time, and may leave you feeling disillusioned when not successful. We would like to briefly explain why results vary from person to person and why self medicating may not be the best thing to do.

### **Your body has it's own unique needs**

Unlike cars that are mass produced to a manufacturer's blue print, humans are all different. Physiologically we are all constructed slightly differently with our own nuances. For example, Some people have a lot of some hormones and lack others, people respond to the same stress differently, some people feel the heat, others the cold.

### **Not all symptoms are caused by the same reason**

Often the end result or a symptom that a person experience, vary from person to person. An good example are flushes in menopause. These can be due to; not enough oestrogen; not enough progesterone; poor liver clearance of hormones or up regulated oestrogen receptor sites. So assuming the cause is the same in everyone leads to taking something that may not help.

### **Specialists' advice**

I always ask people who they turn to for accounting advice or legal advice. The response is usually "my accountant, or my lawyer". I suggest you consider managing your health with the same respect and discipline. It has taken years of training and patient experience to understand the effects of foods and supplements in people and often over simplified in magazines. The area of health and supplements is a specialist area and advice should only be taken from someone with adequate training.

### **Quality supplements**

With the advent of the internet, home catalogues, etc.. people can purchase supplements in a variety of ways. Supplements are not all the same in terms of qualities, efficacy and safety. I imagine most people wouldn't take a medication unless it was approved by the Australian standards, so I suggest apply the same standards to supplements.

### **Final word**

Purchasing something for yourself can be daunting. You might be buying an inappropriate supplement, wasting money or worse, making the condition worse. Seeing a practitioner trained in the area can save you money in the long term and help you gets results much quicker and safer. Please contact us in sports med for supplement advice ranging from sports, pregnancy, hormones, heart disease, arthritis and weight management.