



healthcare for the whole family

## ***Nutritional Costs of Your Meds!***

Q: I want to stay on my medication, but is there anything I can do to decrease the side effects?

Did you know that most of your prescription drugs deplete your body of important nutrients? If you look at the functions of the nutrients in the body, usually they directly relate to the side effects of the drugs. My patients, who are on medications, find the medications much more tolerable when I give them supplements that the drugs deplete. Here are some common examples of medications and only some of their nutrient deficiencies:

1. Antibiotics—will kill off the bad bacteria but also the good bacteria, leaving your system depleted in probiotics. A deficiency in probiotics can lead to gas, bloating, diarrhea and bad breath.
2. Anti-inflammatory drugs—include Asprin, corticoid steroids, and NSAIDS. These may cause depletion of vitamin C, calcium, magnesium and folic acid to name a few.
3. Birth control pills & hormone replacement therapy—deplete your B vitamins, namely B6. B6 is very important for hormonal health—decreasing menstrual cramps and PMS.
4. Cholesterol lowering drugs—can deplete the body of coenzyme Q-10 which is very important for heart health.
5. Medications for acid reflux and ulcers—block the production of stomach acid. Acid is needed for the absorption of B12, calcium and iron.

Remember, you can still take your medications. Let me try and help you make it easier and your body healthier!