

TIRED AND DEPRESSED? • CHRONIC PAIN? • BRAIN FOG?
LEG CRAMPS? • DIZZINESS? • HAIR LOSS? • WEIGHT GAIN?
DIGESTIVE PROBLEMS? • ARRHYTHMIAS? • NERVE PAIN?



DRUG MUGGERS

Which Medications Are Robbing
Your Body of Essential Nutrients—
and Natural Ways to Restore Them

SUZY COHEN, RPh

Author of Diabetes without Drugs and The 24-Hour Pharmacist

Suzy Cohen

Drug Muggers: Which Medications Are Robbing Your Body of Essential Nutrients--and Natural Ways to Restore Them



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How to remain compliant with your medication but still feel well• Drug Muggers is your side-effect alternative.Prescription and over-the-counter medications help millions of people with devastating diseases and chronic conditions. However in the process, these medications may also deplete the body's natural stores of vitamins, minerals, and hormones— Learn which minerals you need invest the heartburn medicine• Pharmacist Suzy Cohen calls these medications "drug muggers," and she says it's necessary to replenish what a medication mugger steals from your body to be able to feel your best and avoid unwanted effects. Learn which vitamin supplements outperform medications in some casesDrug Muggers is an eye-opener!You will discover:• How exactly to relieve unpleasant or potentially serious side effects•Unpleasant, unpleasant, and unexplained side effects? Which foods and drinks to avoid if you take certain medicines• How to install a nutrient security system with vitamins, minerals, and food choicesPlus! Improve digestion and alleviate constipation with a simple nutrient• Improve your time levels•the very nutrients you need to keep energy levels high, fend off infections, and become healthy. • Uncover the antioxidant you must have to save your heart• Get your hair and fingernails to grow quicker by replenishing nutrients• Find out which vitamins and minerals will be the purest and highest quality• Not understanding the drug-mugging effect may lead to new "diseases" and perhaps catastrophic health consequences. You can (and will) enhance the way you experience— It reveals why you might be feeling so poorly and how exactly to improve your well-being with affordable nutrients which are sold over-the-counter.whether you take medicine!



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I can't thank you enough Suzy for writing this book and starting my eyes, I truly am thankful! I am so grateful to have this publication. the beginning of my relief. These details is on the web so I don't know that I would buy this type of book again. I especially appreciate the info as to what types of a vitamin or mineral are most conveniently assimilated, along with what not-so-useful forms are being used by some manufacturers because they are cheaper. There exists a very helpful set of Resources, Great health supplements: Businesses that put their finest foot ahead" on p. Upon the books arrival, I immediately looked up my medicines and there it had been. also a chapter on daily ideals, with explanations of some abbreviations and "Are megadoses the solution?" (Zero.) and "Why I pay out no attention to the quantities. I first saw the name Suzy Cohen while I was waiting around in line at Entire Foods and there was a magazine that she was highlighted in on Thyroid health. I had been struggling with debilitating migraines and head aches for a few months and the comfort was immediate. Nonetheless it did make me wonder why physicians, when prescribing medications, don't know this information and why they don't suggest to their individuals to take the required supplements to supply the nutrients they are being deprived of during the course of their medicine.") "Supplements to battle the drug muggers" (what supplement has what important nutrients, and what "drug muggers" it will fight) "Drug muggers of biotin (Supplement B7)" "Drug muggers of calcium" "Medication muggers of CoQ10" "Drug muggers of glutathione" ("The liver uses glutathione to metabolically process all the medications you take and remove them from your body once their purpose offers been served...frequently list an ingredient even if it seems in a negligible amount or if it's extracted from the wrong portion of a plant. For example, unworthy supplements may condition 'gingko extract,' whereas a high-quality supplement is proud to reveal the dosage as '40 mg gingko extract (leaf) standardized to 24 percent heterosides." (Fine, I admit that I have no idea anything about heterosides, nevertheless, you get the idea.) (3) CoQ10 suspended in rice bran oil or olive oil, rather than dry powder in a capsule enters the body's cells more easily and may be more bio-obtainable. "The ratio of copper to zinc is a lot more clinically valuable than the concentration of either one." An excessive amount of one, and you end up getting a relative scarcity of the other. Sometimes a deficiency of zinc arises because of the use of birth control pills that cause extreme copper, and the resulting mood changes (for the even worse) may become treated with psychoactive drugs, whereas the problem is actually being due to an imbalance. Checking your medications to see what the body has been deprived of was eyes awakening. I had already read that somewhere else, but not this: Vitamin E may be the name for a family group of 8 molecules, so "the very best brands possess all eight in their formulas." The author remarks that vitamins to arrive the wrong form are a deal-breaker on her behalf, and would be for me personally, too. And now, because of this book, I understand those ARE deal-breakers.) Here are just some of the many, many things I didn't know until I read this book: (1) If you are supplementing zinc and copper, neurotransmitters in the mind that affect mood, they need to end up being taken in the correct ratio. over night and was bloated and miserable, I was tired constantly, depressed and acquired no energy to do my morning works.e., ubiquinol) comes under the brand Kaneka QH.. Buy organic forms because synthetic ones do not offer antioxidant safety, and the author and some other experts actually consider synthetic versions of beta-carotene to become "downright dangerous." The set of things this reserve has taught me goes on and on. But speaking of lists, here are the titles of a few lists and charts in the book: "Grapefruit interaction chart" "Common drug muggers" (This chart is excellent, with headings such as "Types" (of medicines) / "Common Drugs" / "Install your security program" [what to try counteract the depletion of nutrition in each case], and ".. Awesome Info I like this reserve my Suzy Cohen, most her books are on the money, very important info for people to get healthy and inform other family members about what an overuse of medications can carry out to your overall health, Some Docs simply follow the Ama criteria.or these complications might result. 313 of paperback): "Supplement makers." Without it, your couldn't clear medications and toxins from your blood. I've learned therefore much and have highlighted many parts of the book... A Godsend! I hated just how I looked Life changing publication for me!" People

anxious in order to avoid needless or harmful added ingredients will be pleased to read, toward the finish of the book, about "flavoring, binders, humectants, lubricants, disintegrators, and preservatives. I gained 10 pounds. I had a complete Hysterectomy three years ago and my doctor at the time placed me on large sums of Estrogen and along with Progesterone and Testosterone to stabilize my hormones and after the shock of my body going through everything, my cortisol was high and my thyroid was unwell. I purchased that magazine and couldn't place it down, I later on purchased her publication "Drug Muggers" and it truly has changed my entire life. The better absorbed form of CoQ10 (i.e. I hated the way I looked, I obtained most of my excess weight in my thighs, butt and belly. Good read Good read Reserve was published in 2011 This book is missing some of the newer, frequently prescribed prescription medications. I did so my blood work again and it showed my Estrogen was low and my doctor stated that my body was "craving Estrogen"! don't know these details and why they don't recommend to their patients to take the necessary supplements to . I made the decision to visit someone else and they put me on a Estrogen patch that was 1/2 the potency of the Bio-Identical cream I was on and literally over night I wasn't as bloated and I began to feel a bit better, well at least my inner thighs weren't rubbing up against one another when I ran. I still wasn't quite right, not the way I use to become and I noticed easily ate broccoli at night I would wake up to be less bloated the very next day. I didn't place all of it collectively until I go through Suzy's magazine and publication. I've always taken supplements however, not the ones my body had been depleted from the HRT. I started taking person B vitamins plus a B-complex and my mood lifted significantly and I got energy once again that I haven't experienced in over 3 years, I also started taking Calcium D-Glucarate to flush out the surplus Estrogen I am back again to my original weight. I wouldn't be without it! I should let it be known here that I've zero connection with the author or publisher of this publication or any other reason to praise it, apart from the fact that I have found it so impressive and useful. I saw this book on television and made a decision to order it. I was fighting some horrendous health issues and doctors were baffled and unable to stop the discomfort. One medication, led to another, then another plus they were still looking at adding even more. 327 of the paperback version (the main one I bought); (4) The author considers it better to take beta-carotene vitamin A, unless otherwise prescribed by your physician. It has helpful info as to what nutrients might need supplementation when we take certain medications. I started to immediately supplement what one medicine experienced robbed from my body and even could get off the medicine." And did you know this? My pain levels went from a 10 to a 5 within days and so are now right down to 2's and 3's regularly. I also began working with a doctor who specializes in "Integrated Medicine" and is willing to help me with the dosages of required supplements, etc. It really is my hope to be completely discomfort free 1 day soon which book gives me much needed information to help bring my body to circumstances of wholeness and recovery. Thank you for writing this book ~ it was a Godsend and an answer to prayer for me personally!!!. have to better inform and use the docs, take charge of your health. Readable but lots of it. Bought for my mom she loves it. much needed information This book has been so very useful to me as I am on many different medications.) "Medication muggers of magnesium" And many more. I purchased this mainly because a shock for my mom because she found out about it using one of her wellness shows and explained she wished it. I complained to my doctor that I sensed the Estrogen was too high as the only time I felt a little bit better and less bloated was the two 14 days I was using my Progesterone that counter balanced the high Estrogen. Helpful book So much good details. I continued listening to her and stayed depressed rather than felt best and I assumed this is what happens when you go into early Menopause and your unwanted fat and depressed so simply get over it!.. Book is sort of outdated. (2) Re vitamin E: the lab-created form, dl-alpha-tocopherol, is cheaper to create, but d- (not dl-) alpha-tocopherol is more biologically active. Natural ways to restore what is missing are also stated. (p. Certainly has mom's approval. I so worth it! I can't give you a lot of an impression from my potential but she says it is extremely informative and she is very happy with it.



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