

DEPLETED BY DRUGS

*Learn How Prescription & Over-the-Counter
Pharmaceuticals Rob Your Body of the
Vital Nutrients You Need*

INSIDE:

*100+ Drugs and the
Specific Nutrients
They Deplete*



www.HealingGourmet.com

Depleted By Drugs

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DISCLAIMER: This publication does not provide medical advice. Always consult your doctor.

Did Your Doctor Give You a Prescription... for Nutrient-Depletion?

When you look at the statistics, it seems that the practice of medicine has morphed into the practice of pill-pushing.

Long gone are the days when the doc would make a house call, listen to your concerns and address the cause of your illness. In the age of HMOs and Big Pharma, you wait 30 minutes in the lobby, get 7 minutes of face-time...and leave with 5 prescriptions.



When it comes to your long-term health, prescription and over-the-counter drugs are not your friend.

In fact, the fourth leading cause of death now in the U.S. is prescriptions! More bizarre still is that many of these prescriptions actually cause the disease they're prescribed to prevent—by way of nutrient deficiencies or side effects.

- **Antidepressants:** Taking antidepressants increases the risk of suicide by 39% according to a 2006 study published in *JAMA*.
- **Cholesterol Lowering Medication:** Heart medicines deplete the very nutrients the heart needs—including magnesium, vitamin D and CoQ10.
- **Anti-Inflammatory Medications:** Deplete the body's B vitamins which are natural (and strong!) protection against one of the most important inflammatory markers—homocysteine. Learn more in ***20 Tests Your Doctor Hasn't Performed (And Should!)***
- **Osteoporosis Medications:** Deplete the very nutrients your body needs to build bone including calcium, magnesium and phosphorous.
- **Antibiotics:** kill your healthy gut flora. As you learned in ***Your Digestive Ecosystem***, your healthy flora (or your "forgotten organ") makes up 70% of your immune system! *How can you ward off infection when your infection-fighters are warded off?*

Based on recent information, an astounding majority of ALL age groups are on dangerous drugs. In fact, 53% of people age 18-34, 62% of people age 35-49, 75% of people age 50-64, 87% of people age 65-79 and 91% of people age 80 and older take at least one prescription drug.

This book is just a sample of some of the nutrients that are depleted by drugs.

Let's get started!

Prescription Drugs

Antibiotics	Nutrients Depleted
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Cephalosporin Antibiotics

- Cefprozil (Cefzil)
- Cefuroxime (Ceftin)
- Loracarbef (Lorabid)

Vitamin B1, Vitamin B2, Vitamin B6, Vitamin K, Biotin, Inositol, Friendly Intestinal Bacteria, Folic Acid, Niacin, Vitamin B12

Macrolide Antibiotics

- Azithromycin (Zithromax)
- Clarithromycin (Biaxin)
- Erythromycin

Vitamin B1, Vitamin B2, Vitamin B6, Vitamin K, Biotin, Inositol, Friendly Intestinal Bacteria, Folic Acid, Niacin, Vitamin B12

Penicillin Antibiotics

- Amoxicillin
- Penicillin V Potassium

Vitamin B1, Vitamin B2, Vitamin B6, Vitamin K, Biotin, Inositol, Friendly Intestinal Bacteria, Folic Acid, Niacin, Vitamin B12

Quinolone Antibiotics

- Ciprofloxacin (Cipro)
- Gatifloxacin (Tequin)
- Levofloxacin (Levaquin)
- Lomefloxacin (Maxaquin)
- Moxifloxacin (Avelox)
- Norfloxacin (Noroxin)
- Ofloxacin (Floxin)
- Sparfloxacin (Zagam)
- Trofloxacin (Trovan)

Vitamin B1, Vitamin B2, Vitamin B6, Vitamin K, Biotin, Inositol, Friendly Intestinal Bacteria, Folic Acid, Niacin, Vitamin B12

Sulfa Drug Antibiotics

- Sulfamethoxazole-trimethoprim (Bactrim, Septra)

Vitamin B1, Vitamin B2, Vitamin B6, Vitamin K, Biotin, Inositol, Friendly Intestinal Bacteria, Folic Acid, Niacin, Vitamin B12

Antibiotics

Tetracycline Antibiotics

- Doxycycline (Doryx, Periostat, Vibramycin) Vitamin B1, Vitamin B2, Vitamin B6, Vitamin K, Biotin, Inositol, Friendly intestinal bacteria, Folic Acid, Niacin, Vitamin B12, Vitamin C, Calcium, Iron, Magnesium, Zinc
- Minocycline (Minocin)
- Tetracycline (Achromycin, Sumycin)

Antidepressants

SSRI Antidepressants

- Fluoxetine (Prozac) Melatonin

Tricyclic Antidepressants

- Amitriptyline (Elavil)
- Amoxapine (Asendin)
- Clomipramine (Anafranil)
- Desipramine (Norpramin) Coenzyme Q10, Vitamin B2
- Doxepin (Sinequan)
- Imipramine (Tofranil)
- Nortriptyline (Aventyl, Pamelor)
- Protriptyline (Vivactil)
- Trimipramine (Surmontil)

Anti-Inflammatory Drugs

Corticosteroid Drugs for Inflammation

- Beclomethasone (Beclovent, Vancenase, Vanceril) Calcium, Magnesium, Potassium, Selenium, Zinc, Beta-Carotene, Vitamin B6, Folic Acid, Vitamin B12, Vitamin C, Vitamin D, DHEA, Melatonin, Protein and Amino Acids
- Budesonide (Pulmicort, Rhinocort)
- Dexamethasone (Decadron)
- Fluticasone (Flonase, Flovent)
- Hydrocortisone (Cortef)
- Mometasone (Nasonex)
- Prednisone (Deltasone, Meticorten)
- Triamcinolone (Azmacort, Nasacort)

Anti-Inflammatory Drugs

NSAID Drugs for Inflammation

- Celecoxib (Celebrex)
- Diclofenac (Voltaren)
- Diflunisal (Dolobid)
- Etodolac (Lodine)
- Fenoprofen (Nalfon)
- Ibuprofen (Advil, Motrin, Nuprin) Iron, Melatonin, Zinc, Folic Acid
- Indomethacin (Indocin)
- Naproxen (Aleve, Anaprox, Naprosyn)
- Oxaprozin (Daypro)
- Piroxicam (Feldene)
- Sulindac (Clinoril)
- Tolmetin (Tolectin)

Antiretroviral Medication

- Ribavirin
- Zidovudine (Retrovir) Copper and Zinc

Asthma Medication

- Albuterol (Proventil, Ventolin) Potassium

Birth Control Medication

Numerous combinations of female hormones Magnesium, Vitamin B2, Vitamin B6, Folic Acid

Diabetes Medications

Biguanides for Diabetes

- Metformin (Glucophage) Vitamin B12, Folic Acid

Sulfonylurea for Diabetes

- Acetohexamide (Dymelor)
- Chlorpropamide (Diabinese)
- Glimepiride (Amaryl) Coenzyme Q10
- Glipizide (Glucotrol)
- Glyburide (Micronase, Glynase, Diabeta)
- Tolazamide (Tolinase)
- Tolbutamide (Orinase)

ACE Inhibiting Medication for High Blood Pressure

- Benazepril (Lotensin)
- Captopril (Capoten)
- Enalapril ((Vasotec)
- Fosinopril (Monopril)
- Lisinopril (Prinivil, Zestril) Zinc
- Moexipril (Univasc)
- Quinapril (Accupril)
- Ramipril (Altace)
- Trandolapril (Mavik)

Special Note: ACE Inhibitors can cause an increase in the level of the mineral potassium

Alpha2-Adrenergic Agonist Medication for High Blood Pressure

Coenzyme Q10

- Clonidine (Catapres)
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Angiotensin II Receptor Antagonist Medication for High Blood Pressure

- Candesartan (Atacand)
- Irbesartan (Avapro) Calcium, Magnesium, Zinc, Phosphorus, Coenzyme Q10
- Losartan (Cozaar)
- Olmesartan (Benicar)
- Telmisartan (Micardis)
- Valsartan (Diovan)

High Blood Pressure Medication and Congestive Heart Failure Medication

Beta Blocker Medication for High Blood Pressure

- Acebutolol (Sectral)
- Atenolol (Tenormin)
- Betaxolol (Kerlone)
- Bisoprolol (Zebeta)
- Carvedilol (Coreg)
- Metoprolol (Lopressor, Toprol) Coenzyme Q10, Melatonin
- Nadolol (Corgard)
- Propranolol (Inderal)

Special Note: Beta-Blocker drugs frequently cause a decrease in the level of protective HDL-cholesterol. Some practitioners recommend taking chromium to offset the drop in HDL; 200mcg of Chromium Picolinate is a suggested dosage.

Vasodilating Medication for High Blood Pressure

- Hydralazine (Apresoline) Coenzyme Q10, Magnesium, Vitamin B6

Cardiac Glycoside Medication for Heart Failure

- Digoxin (Lanoxin, Lanoxicaps) Magnesium, Vitamin B1, Calcium, Phosphorus

Special Note: While Digoxin does not deplete the mineral potassium, if you are low in potassium while on this drug there is an increased risk of drug toxicity

Cholesterol Lowering Medication

Bile Acid Sequestrants Cholesterol Lowering Medication

- Cholestyramine (Questran) Beta-Carotene, Folic Acid, Iron, Vitamin B12, Vitamin D, Vitamin E, Vitamin K
- Colestipol (Colestid)

Osteoporosis Medication

Bisphosphonate Bone Building Medication

Calcium, Magnesium, Phosphorus

- Alendronate (Fosamax)

Ulcer Medication

Histamine H2 Antagonist Ulcer Medication

Calcium, Folic Acid, Iron, Zinc, Vitamin B12, Vitamin D

- Cimetidine (Tagamet)
- Famotidine (Pepcid)
- Nizatidine (Axid)

Proton Pump Inhibiting Ulcer Medication

Calcium, Iron, Zinc, Folic Acid, Vitamin B1, Vitamin B12

- Lansoprazole (Prevacid)
- Omeprazole (Prilosec)
- Esomeprazole (Nexium)
- Pantoprazole (Protonix)

Pain Relieving Medication

Opiate Analgesics

Folic Acid, Iron, Potassium, Vitamin C

- Hydrocodone with APAP or acetaminophen



Will Your Antacid Give You Alzheimer's? If you use Gaviscon, Maalox or Mylanta, you're being exposed to aluminum — a widely recognized neurotoxin that has been found in increased concentrations in Alzheimer's patients. And it's not just in your antacids, it's in many common foods, cooking tools and other commonly used substances too. See ***Smart Cooks Age Better*** for the full list of aluminum-containing products to avoid.

Over the Counter Drugs

Non-Prescription Medications

- | | |
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| <ul style="list-style-type: none"> • Acetaminophen (Tylenol) | <p>Coenzyme Q10, Glutathione</p> |
| <hr/> | |
| <ul style="list-style-type: none"> • Antacids (Amphojel, Basaljel, Gaviscon, Gelusil, Maalox, Mylanta) | <p>Folic Acid, Vitamin A, Vitamin B1 and Vitamin D, Calcium, Chromium, Copper, Iron, Magnesium, Phosphorus, Zinc</p> |
| <hr/> | |
| <ul style="list-style-type: none"> • Aspirin (Anacin, Bayer Asprin, Bufferin, Ecotrin) | <p>Folic Acid, Vitamin B3, Vitamin B6, Vitamin C, Vitamin D, Calcium, Iron, Potassium, Zinc</p> |
| <hr/> | |
| <ul style="list-style-type: none"> • Laxatives with Bisacodyl (Carter's Little Pills, Correctol, Dulcolax, Feen-a-Mint, PMS-Bisacodyl) | <p>Calcium, Potassium</p> |
| <hr/> | |
| <ul style="list-style-type: none"> • Laxatives Mineral Oil (Mineral Oil) | <p>Beta-Carotene, Vitamin A, Vitamin D, and Vitamin E, Calcium</p> |
| <hr/> | |
| <ul style="list-style-type: none"> • NSAIDs for Pain and Inflammation (Ibuprofen, Advil, Children's Advil, Motrin, Midol IB, Nuprin, Actron, Orudis KT, Aleve, Naproxin) | <p>Folic Acid, Melatonin, Iron, Zinc</p> |
| <hr/> | |
| <ul style="list-style-type: none"> • Ulcer Medication H2 Histamine Inhibitors (Pepcid AC, Tagamet HB, Axid AR, Zantac 75) | <p>Folic Acid, Iron, Zinc</p> |
| <hr/> | |
| <ul style="list-style-type: none"> • Ulcer Medication Proton Pump Inhibitors(Prilosec) | <p>Folic Acid, Vitamin B1 and Vitamin B12, Calcium, Iron, Zinc</p> |

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