

# HEALTH NEWS

## Maximizing The Benefits Of Medication

(NAPSA)—Today, half of the U.S. population takes prescription medications to help safeguard health. But some doctors say that certain drugs might actually be robbing people of vital nutrients, causing serious side effects. According to medical expert Hyla Cass, M.D., taking one or more prescription drugs every day for any period of time could cause people to experience additional symptoms that are considered “part of the disease.”

In her new book, “Supplement Your Prescription: What Your Doctor Doesn’t Know About Nutrition” (Basic Health Publications), Dr. Cass explains the nutrient depletion side effects of the most commonly prescribed drugs. She then provides nutritional supplement guidelines. According to the book, medicines that impact nutritional health include:

- Cholesterol-lowering drugs: can deplete Coenzyme Q10, causing fatigue, muscle aches and increased risk for heart disease.
- Acid reflux and heartburn drugs: contribute to decreased levels of calcium and vitamin D, increasing the likelihood of bone fractures.
- Diabetes drugs: can lead to deficiencies in folic acid and vitamin B12, in turn increasing the risk of cardiovascular disease.

Other drugs covered include antibiotics, oral contraceptives, hormone replacement therapy, anti-seizure medications, and antidepressants.

### Smart Solutions

The book offers a multi-nutrient supplement plan, beginning with a daily multivitamin, with guidelines on what to look for on the label. Dr. Cass then offers nutrient guidelines to enhance the biochemical balance upset by the various drugs. There’s also advice

## SUPPLEMENT YOUR PRESCRIPTION

What Your Doctor Doesn’t Know About Nutrition

The Essential Guide to Making Prescription Drugs Work Better for You!

HYLA CASS, M.D.



**A new book says people taking medication should watch for signs of nutrient depletion.**

for those taking multiple drugs. Then, throughout the book, there are condition-specific supplements for each category of illness.

### Patient Results

Dr. Cass describes a patient who was referred to her because he was tired, nervous, depressed, and sleeping poorly. Rather than adding an antidepressant to his list of medications, Dr. Cass recognized the nutrient depletions caused by the drugs he was already taking, and recommended a supplement plan. “His energy and mood came back up without adding an antidepressant, with its side effects, to the mix. This happens so often,” says Dr. Cass, “that I felt compelled to write this book—for doctors as well as patients.”

The book is available in bookstores, health food stores, Internet bookstores, or by calling (800) 575-8890.