



# Books Worth Reading

## The Generic Benefit

(NAPSA)—To help their patients save money, more and more doctors are prescribing generic rather than brand name drugs. To help themselves avoid confusion, many of these patients are turning to a new guide book that provides up-to-the-minute, easy-to-understand information and cost comparisons for more than 500 medications.

Called *Generic Alternatives to Prescription Drugs* (Basic Health



Publications, \$7.99) it's by a licensed pharmacist and board-certified nutrition support pharmacist, Diane Nitzki-George, R.Ph., MBA, BCNSP.

The authoritative resource includes:

**A new book can help you preserve your health and wealth.**

- The most frequent reason for prescribing a particular drug
- How to find similar drugs
- When to take the drug and what to do if a dose is skipped
- Food, alcohol, drug, herb and supplement interactions
- Possible allergic reactions and side effects
- Precautions
- Other tips and advice.

You can find the guide at local book and health food stores or by calling 1-800-575-8890.