

HEALTH ADVISORY



Drug Induced Nutrient Deficiencies

All prescribing practitioners are trained to be on the alert for the side effects of the medications they prescribe. But, little has been taught about the nutrients that are depleted as a result of these various medications.

Do you take aspirin, Tylenol, heart medications, birth control pills, antibiotics, antacids, diuretics or blood pressure-lowering medications? If so, you could be depleting a wide variety of necessary nutrients. These findings are documented in published scientific studies.

I will highlight specific examples of medications that cause nutrient depletion (s). The extent of depletion is contingent on that person's individual biochemical makeup and the length of time the person is on that particular medication. Remember, all medications have side effects...even something as "benign" as aspirin.

When a woman takes estrogen, regardless of the form (birth control pills, bio-identical, synthetic), it depletes the body of B vitamins, specifically B2, B3, B6, and B12. In addition, vitamin C, zinc, and folic acid are negatively impacted. These depletions can, in turn, lower serotonin and melatonin, increase homocysteine levels, increase anxiety, decrease libido, and impair glucose tolerance. When supplementing B vitamins, it is important to take them as a group instead of independently because they work synergistically.

Some other medications that wreak havoc on nutrients are atenolol, numerous antibiotics, statin drugs like Zocor, Lipitor and Crestor, steroid drugs like Prednisone and triamcinolone, blood pressure-lowering drugs like Lasix and hydrochlorothiazide, beta blockers like propranolol and ace inhibitors like lisinopril. These medications deplete magnesium which plays a role in over 300 functions in the body. In addition, it depletes coenzyme Q10 (CoQ10) which results in muscle aches and decreased ATP, the body's energy currency, and other nutrients such as folic acid, calcium, potassium, selenium, vitamin C, vitamin D, zinc and normal gut flora. Even common over the counter medicines like aspirin and Tylenol deplete folic acid, iron, potassium, sodium, vitamin C, and glutathione.

There are legions of prescription drugs that deplete nutrients from your body and affect your life. The consequences from these nutrient losses can affect your energy, mood, libido, and immune function. What's in your medicine cabinet today?

Call Total Health Solutions at **954-577-0008** for a full assessment of your vitamin, mineral and antioxidant status with a patented scientific blood test by SpectraCell Labs.

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