



Wellness Minute

Health Information You Can Use On Your Path To Wellness

[WARNING]

Do Your Patients Know

**Prescription Drugs
DEplete Key Nutrients?**

Medications Depleting Key Nutrients?

**“We know drugs work, but they
have serious, and sometimes
life-threatening, side effects.”**

Data indicates that up to 75% of all Americans over the age of 65 take an average of 4 prescription drugs on a daily basis. Yet, not one study has ever been done to document the safety of any random 4-drug combination cocktail. Not one. I have always wondered if many of the deaths from COVID-19 and the elderly were because drug interactions created by their medication caused the perfect storm for a weak immune system.

We know drugs work, but they have serious, sometimes life-threatening, side effects. One of the reasons they produce long-term side effects is because they deplete essential nutrients. If you are on any prescription drug, please understand not only do ALL drugs have side effects, but most major pre-

scription drugs deplete vital nutrients.

A doctor who I respect greatly, Dr. David Brownstein, was lecturing and commenting about the rise in use of prescription drugs. Dr. Brownstein knocked me off my seat when I heard him say, “It is ludicrous to think that we were born and made to have our enzyme systems poisoned and our receptors blocked long term and expect a good result.” Yes, maybe you are taking supplements to support various repair mechanisms. But at the same time, if you are on prescription drugs, you are depleting or hindering the absorption of nutrients.

Can you see the value of asking your wellness clinician to assess your prescription meds?

Your clinician can instruct you how to begin supplementing to replenish nutrient deficiencies, depending on which meds you take.

It's common knowledge that statin drugs deplete CoQ10, but most people are not aware that statin drugs also directly or indirectly deplete other nutrients like beta-carotene, B vitamins, magnesium, calcium, folic acid, phosphorous, vitamin A, B12, vitamin E, vitamin K, zinc, and vitamin D.

CoEnzymeQ10 is famous for its role in the mitochondria and energy production, but minerals and vitamins are necessary for energy production as well, especially magnesium, which is deficient in most Americans and is a major influence on heart

function. Think about it... doctors give statins to reduce cholesterol, yet statins deplete the nutrients that are needed for healthy muscle function. Hmm... "heart... muscle function?"

Another group of nutrient depletions are caused by diuretics. It makes sense that diuretics as a group will deplete minerals like magnesium, potassium, and calcium as forced increased urination is the goal of the drug. Increase urination, and we expect a loss of minerals, probably all minerals. However, an important nutrient lost with diuretics is B1. B1 is essential for healthy sugar metabolism and to make hydrochloric acid. Many people are not aware that B1 is a huge deficiency and should be supplemented by anyone who is taking diuretics.

Let's look at another class of drugs, nonsteroidal anti-inflammatory drugs or NSAIDS. NSAIDS used for pain and inflammation can cause stomach bleeding. In fact over 16,000 people die every year from NSAID use. Several gastroenterologists are aware of this phenomenon and routinely use a product by Biotics Research Corporation called Gastrozyme to heal the gut as long as patients are using NSAIDS for pain.

Oral contraceptives are another class of drugs that deplete nutrients. It is very common for families to take oral contraceptives and plan a pregnancy, only to find they can't conceive. I often wonder if it is the lack of depleted nutrients that causes the systemic or metabolic inflammatory problems that prevent conception. The deficiencies caused by oral contraceptives are

beta carotene, B1, B2, B3, B6, B12, folic acid, biotin, B5, vitamin C, magnesium, zinc, tryptophan, and tyrosine.

Selective serotonin re-uptake inhibitors or SSRIs, a type of antidepressant medication deplete B6, B12, and folic acid. They also deplete vitamin D and sodium. Even if they don't deplete essential fatty acids directly, we know that anyone who is depressed can benefit from essential fatty acids, which have been shown to reduce inflammation in the brain.

Anti-diabetic medication will reduce coenzyme Q10, folic acid, and B12. Antibiotics obviously create a need for flora replacement, but did you know that "antibiotic use will cause depletions in biotin, inositol, B1, B2, B3, B6, B12, and vitamin K?"

If you are taking one or more prescription drugs, I urge you to seek the advice of your wellness clinician. Get an evaluation for nutrient deficiencies. If you've made the decision to take pharmaceuticals, especially long term, you should at least compensate by supplementing the nutrients that are depleted by your meds. As a foundation, everyone needs a daily quality multi-vitamin mineral, a balanced essential fatty acid, and an active probiotic. Next, have your wellness professional determine which supplements and the correct dose you need to replenish the vital nutrients necessary for healthy living. Knowing the truth about your prescription drugs is the first step... the next step is taking that knowledge and doing something about it.