



Supplement Your Prescription: What Your Doctor Doesn't Know About Nutrition

Hyla Cass

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Prescription drugs can rob you of the very vitamins and minerals your body needs to overcome your current health condition. Whether you suffer from high blood pressure, high cholesterol, chronic heartburn (GERD), arthritis, diabetes, or depression, the prescription drugs you are taking can actually make your condition worse! Why didn't your doctor warn you about this possible side effect? Most office visits are short, and time is limited. And the truth is, many doctors have very little knowledge about nutrition and how it affects your overall health and well-being. As a result, your doctor is unlikely to tell you how to supplement your prescription. Dr. Cass offers essential information to complement your doctor's advice. This straightforward, easy-to-use guide explains: * How drugs interfere with your body's ability to absorb and use vital nutrients. *What nutrient depletions and side effects you can expect with the most frequently prescribed drugs. *Which nutritional supplements and foods can safeguard against nutrient depletion and its health consequences. *How specific diet changes and nutritional supplements can help you take control of your condition. *Why it's important to support your plan with a balanced diet, exercise, and other self-care basics. *Where to go to find more information to become your own health advocate. Your medications should help, not hurt. With "Supplement Your Prescription," Dr. Cass shows you the way to optimal health.

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