

# Balancing Your Medications & Supplements: A Guide to Feeling Your Best

## What is the "Medicine Puzzle"?

When you take several medications (usually five or more), it's called **polypharmacy**. While these medicines help keep you stable, they can sometimes act like "thieves," robbing your body of the essential vitamins and minerals it needs to create energy. **Synergy** is the art of using high-quality supplements to "pay back" that debt, helping your body work better alongside your prescriptions.

## Why This Matters For You

- **Reduce Side Effects:** Many "new" symptoms—like leg cramps, tiredness, or brain fog—are actually caused by your medicine using up your nutrient stores. Replacing these can help you feel like yourself again.
- **Strengthen Your "Natural Muscles":** Think of medications as chemical crutches. They help you walk while you're hurt, but our goal is to strengthen your body's "physiological muscles" (like your digestion and energy production) so you can stand strong on your own.
- **Better Results:** When we fill your nutrient gaps, your medications often work more effectively, which may allow your doctor to lower your dosages over time.

## What You Can Do Today

1. **Create Your "Master List":** Write down every prescription, over-the-counter pill, and vitamin you take. Note when you take them and why.
2. **The "Low and Slow" Rule:** When starting a new supplement, introduce only one at a time every 4-5 days. This gives your body time to adjust and ensures you feel your best.
3. **Hydrate and Move:** Supporting your body's natural "trash removal" system is key. Drink plenty of water and try to have a daily bowel movement to help clear out toxins as your body begins to heal.
4. **Listen to Your Body:** If you feel a "flare" (feeling slightly worse before feeling better), don't panic. It often means your body is working hard to clean things up. Tell your coach so we can adjust your plan.

## Questions to Discuss with Your Practitioner

- "Based on the medications I'm taking, which specific vitamins might my body be running low on?"
  - "Are there natural tools we can use to help my prescriptions work better with fewer side effects?"
  - "Once my lab tests show improvement, how can we professionally share this progress with my prescribing doctor?"
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## **A Note on Safety**

*Never stop or change the dose of a prescription medication on your own. Our goal is to improve your health so significantly that your doctor decides to reduce your medication for you.*

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