

# Understanding Your Medications & Nutrients: Filling the "Functional Gaps"

## What is Nutrient Depletion?

Sometimes, the medications we take to stay healthy can accidentally "steal" important vitamins and minerals from our bodies. Think of it like a car that uses up its oil faster than normal; if we don't "top off" those nutrients, you might start feeling new symptoms like fatigue, muscle aches, or brain fog that weren't there before.

## Why This Matters For You

- **Feel Better Faster:** By replacing the nutrients your medications might be using up (like B12 or CoQ10), we can often clear up "mystery" symptoms like low energy or muscle pain.
- **Stay Safe:** Some natural supplements can change how your prescriptions work. We want to make sure your supplements are helping you, not getting in the way of your doctor's plan.
- **Support Your Body's Foundation:** When your body has the right nutrients, it has the "building blocks" it needs to repair itself and function the way it was meant to.

## What You Can Do Today

1. **Create Your Master List:** Write down every medication, over-the-counter pill, and supplement you take, including the dosage. Bring this list to every session so we can check for any "clashes."
2. **The "One-at-a-Time" Rule:** If we decide to add a new supplement to your routine, wait 5 to 7 days before starting another one. This helps us see exactly how your body reacts and ensures everything is working smoothly.
3. **Listen to Your Body:** Keep a simple log of how you feel. If you notice a new "pins and needles" feeling, muscle weakness, or a change in digestion, jot it down. These are often clues that a specific nutrient needs to be topped off.

## Questions to Discuss with Your Practitioner

- "Based on the medications I'm taking, which specific nutrients should we check or replenish first?"

- "If my energy and lab numbers improve, how should I talk to my prescribing doctor about potentially lowering my medication doses safely?"
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