

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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