

Your Guide to Medications, Nutrition, and Feeling Your Best

What is the Medication-Nutrient Connection?

Did you know that while medications are designed to help you, they can sometimes act like "nutrient thieves"? When you take a prescription, your body uses up extra vitamins and minerals to process that medicine. Over time, this can leave your "nutrient tank" empty, which might cause new symptoms like tiredness or brain fog.

Your unique DNA also plays a role—it acts like an instruction manual that tells your body how fast or slow to break down your medicine.

Why This Matters For You

- **Feel More Like Yourself:** By replacing the nutrients your medicine "steals," you can often reduce pesky side effects like muscle aches or low energy.
- **Make Your Medicine Work Better:** When your body has the right "fuel" (nutrients), your treatments can work more effectively and safely.
- **Clear Up the Confusion:** Sometimes, a "new symptom" isn't a new illness—it's just a sign that your body needs a specific vitamin. Identifying this helps us get to the root of how you feel.

What You Can Do Today

1. **Follow the "2-Hour Rule":** To make sure your medicine and your supplements don't interfere with each other, try to take them at least two hours apart. This helps your body absorb both properly.
2. **Watch for "Hidden" Signs:** If you feel extra tired, have muscle cramps, or feel "foggy," write down when these feelings happen. This helps us see if your medicine might be depleting things like Magnesium, Vitamin B12, or CoQ10.
3. **Don't Change Your Dose Alone:** Never stop or change your prescription medication on your own. Our goal is to support your body so well that your doctor may eventually decide to adjust your dose based on your progress.

Questions to Discuss with Your Practitioner

- Based on the medications I'm taking, which specific vitamins or minerals might my body be running low on?
- Could my "brain fog" or fatigue be a side effect of a nutrient depletion rather than a new health issue?
- How can we work together with my prescribing doctor to monitor my progress as my nutrition improves?

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