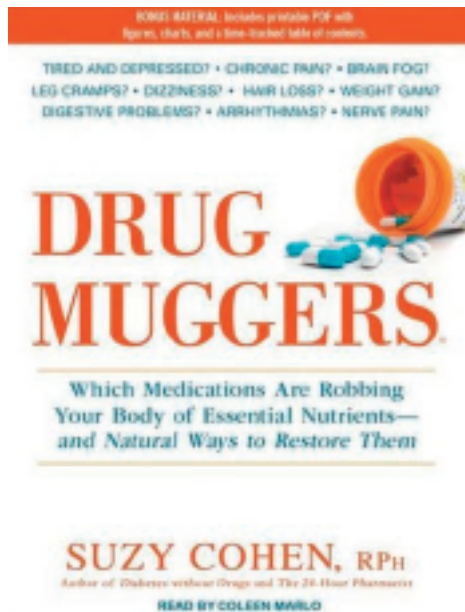


# BOOK REVIEW

By Sherokee Ilse, NHF Board Chairwoman



## Drug Muggers: Which Medications are Robbing your Body of Essential Nutrients – and Natural Ways to Restore Them

By Suzy Cohen, RPh and Syndicated Health Columnist

(“Dear Pharmacist”)(ISBN 978-1-60529-416-2; 2011; trade paperback, 371 pages; \$21.99.)

If you have ever wondered why there are so many side effects to over-the-counter and prescription medications and what might be done about it, look no further. And if you ever wished that the medications you take could cure diseases, you’ll learn why synthetic chemicals don’t do that in this informative, must-have book.

To be clear, Suzy Cohen, a Pharmacist for over 22 years, has dispensed plenty of medications and states that she

has seen lives saved as a result. She does not bash pharmacological drugs or suggest that people don’t take them when they are needed. Rather, she helps the reader to understand that, “Drugs have an intended effect on the body, but in the process of helping you, they can sometimes put your body in a dangerous state by slowly depleting you of key minerals that then causes other often serious problems.”

Even if you don’t use prescriptions yourself, chances are someone you love does. I found it personally very enlightening as I thought of my family and dear friends. I intend to share this book with them. Many of my relatives take Synthroid and or Armour for thyroid, which depletes iron and calcium. Others take statins such as Lipitor for cholesterol, which deplete most minerals and B vitamins. Many take Ibuprofen and other NSAIDs, which deplete Vitamin C, folic acid, and iron. Another relative takes blood-pressure medications, which steal zinc, magnesium, potassium, and calcium. Now I am armed with why other health issues arise after the use of synthetic medications and I have practical suggestions about foods and supplements that could counteract them. I feel so empowered!

Ms. Cohen writes in simple terms for the sake of ease of understanding for those who take medications. In fact, the amount of data and smart health practices presented is not only impressive but written in this easy-to-follow manner. Yet, unfortunately, she offers a dearth of scientific explanations for the benefit of doctors, nurse practitioners, chiropractors, acupuncturists, naturopaths, and other practitioners who need to know how to help patients counter the nutrient-robbing effects caused by drugs.

The book is divided into sections for easy reference and deep understanding. Part I offers helpful general information about many “drug mugger” medications, explaining what they are and how to protect yourself. Part II delves into the vital nutrients that are depleted by various medications and why it is so important to replace them. Many pages offer specifics on how to

replace those nutrients. In addition, the book lists foods and nutrients that should not be mixed with certain medications.

Other information – such as the proper way to test magnesium levels (red blood cells, not blood serum) – is presented, arming the reader with dependable advice from a pharmacist who should, and apparently does, know. On pages 171-172, under “Install a Nutrient Security System,” Cohen writes, “It bothers me that most conventional physicians dismiss *C. albicans* [an intestinal yeast overgrowth], but in my book it is a common cause of mineral deficiency, especially magnesium. To install the best security system, eliminate sugary foods (which feed the *C. albicans*) and take healthy probiotics and yeasts ....”

To be clear, the author does not tell readers to stop taking medications, but rather through education to inform yourself about what may be happening when you do. In her own words, she wants readers “to stay safe on your medications, if you must take them.”

As we health-freedom advocates profess, it is up to each person to be well informed to protect our own health freedoms. This must-have resource will help you do just that. Not too many books offer such empowering information that is this easy to understand and follow. The *Drug Muggers* may well be your solution to reduce harmful side effects and improve your health.

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*Sherokee Ilse is the Chairwoman of the National Health Federation and an International Bereavement educator and speaker, as well as the author of Empty Arms. She lives in Minnesota and her websites include: <http://www.WintergreenPress.com>; [www.BabiesRemembered.org](http://www.BabiesRemembered.org); [www.BabiesRemembered.org](http://www.BabiesRemembered.org) <http://www.HealingHeartsShop.com>;and <http://www.LossDoulasInternational.com>.*