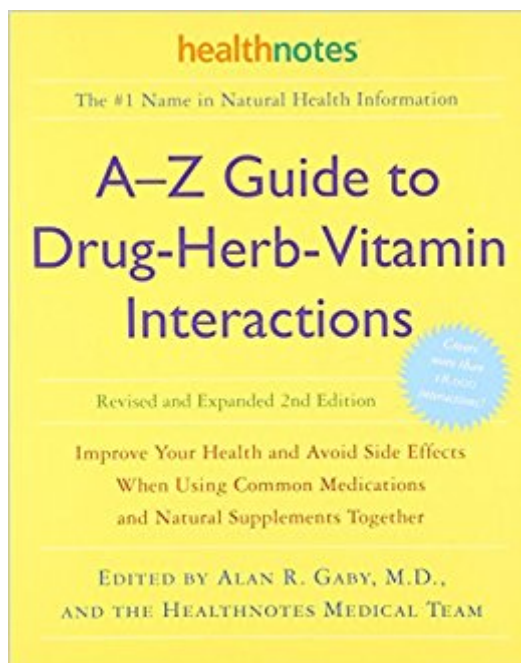


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# A-Z Guide To Drug-Herb-Vitamin Interactions Revised And Expanded 2nd Edition: Improve Your Health And Avoid Side Effects When Using Common Medications And Natural Supplements Together



## Synopsis

Know the Side Effects and Protect Your Health If you're among the millions of people taking prescription and over-the-counter drugs, as well as vitamins and natural medicines, you need to know which combinations are potentially helpful and which can be extremely dangerous. The *ÆZ Guide to Drug-Herb-Vitamin Interactions* is an essential resource to understanding the interactions that may affect your health. From the experts at Healthnotes, this revised and updated edition contains the newest information on thousands of drugs and supplements, based on studies published in the leading medical journals. Reliable and easy to use, this book is sure to become a trusted reference in your home.

**MORE THAN 18,000 DRUG-HERB-VITAMIN INTERACTIONS**

Find out about:

- Drugs that can deplete your body's nutrients
- Supplements that can interfere with drug absorption
- Side effects of common drug-herb-vitamin combinations
- Supplements that can help your prescriptions work better
- Combinations that should never be taken together

With a foreword by Dr. Bob Arnot

## Book Information

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## Customer Reviews

“This comprehensive review of drug-nutrient interactions is by far the most exhaustive of its kind is an invaluable tool for consumers and professionals, integrating the worlds of conventional and alternative medicine.”

—Julian Whitaker, M.D., editor of *Health & Healing* newsletter

“An essential resource.”

—Joe Graedon, M.S., author of *The People's Pharmacy*

An expert in nutritional therapies, Healthnotes chief medical editor Alan R. Gaby is a former president of the American Holistic Medical Association. Dr. Gaby has conducted nutritional seminars for physicians and has collected over 30,000 scientific papers related to the field of nutritional and natural medicine. He has authored five books and oversees the Healthnotes, Inc., writing team, comprising experts from the fields of medicine, pharmacy, nursing, naturopathy, public health, and chiropractic. Combing through more than 550 journals on a regular basis, the team prides itself on providing completely up-to-date, balanced, and objective information. Editor in chief Schuyler W. Lininger Jr. is the CEO of Healthnotes, Inc. Headquartered in Portland, Oregon, Healthnotes is the premier provider of reliable, easy-to-use health, food, and lifestyle information for web sites and interactive touch-screen kiosks. Its electronic kiosks are found in 6,500 pharmacies, supermarkets, and natural food stores in the United States, Canada, and the United Kingdom. Healthnotes also generates Web applications that are licensed to e-commerce and health-related Internet sites, as well as reference tools for physicians and health-care professionals.

I'd seen this book in a couple of physicians' offices, and with the various meds my family takes as well as supplements, I thought it would be a good thing to add to the bookshelf. It is a nice reference to have to make sure that nothing you take, or take it with, is a dangerous combo. The fact that it includes what nutrients a drug or supplement or herb might interact with is worth the purchase alone. While the printout that comes with our prescriptions might list some dangers, they generally don't list all. It's nice to have a reference at hand to verify and hopefully prevent any complications. I also like that the contributors come from multiple medical disciplines. This book does, however, needs to be updated as it hasn't been revised since 2006 (though I may just not be finding the latest version). Many drugs and supplements have made it to market since then. Another wish would be to see this offered as well in a book maybe half the size - similar to the Merck Family Desk Reference. A large print version for those with vision issues might do well, also.

I am glad that there is such a reference as the A-Z Guide to Drug-Herb-Vitamin Interactions, but I would like to find something with more entries. There were some products missing that I particularly wanted to check in all three areas. One thing I really would have liked to see was the reason why some combinations were unsafe. There is one antacid, for example, that I cannot take with a prescription that I use daily. Not only was it not listed as unsafe to use together as well as the side effects of such, it's scary that there may be other ones missed, as well.

I had to purchase this book for a class I am taking. It's a good guide and quick reference but would like to see more cross-reference information and more information in general on some of the drugs.

I take several prescription medications, and also vitamins, and supplements. Being a retired nurse I know that herbal supplements and vitamins can have major interactions with each other and prescribed drugs, I looked for an easy to use guide that provided clear accurate information. A-Z Guide to Drug-Herb-Vitamin Interaction is a simple tool to help use drugs and supplements safely and to tier best potential. I may look for more in depth information in the future but this book is a quick reference that serves my needs now.

This book has so much great info! If you want to check out what medications and herbs have potential to interact with each other than this books for you!

This is exactly what I was looking for. I just have to figure out how to use it:)

This is a must if you are not working w/ an herbalist or holistic doctor. If you take prescription meds you DO need to know about interactions and while some pharmacists will be able to help w/ possible interactions it's better to rely on your herbalist/doctor with this book as a back up.

I am taking a medication that isn't BRAND new to the market but isn't by any means OLD either. It has been released within the last 4 years. I was hoping it would be in this book as I am also taking herbal supplements, but it wasn't. There were other drugs that were supposed to be for the same conditions, but since they are different chemicals the interactions were potentially different, so I didn't find this helpful. That said, there are plenty of mainstream medications like antibiotics, etc. included in this book so it might be helpful to some folks. I just think that drugs, like computers, change so quickly that books like this can't cover everything. I am on the fence with my recommendation on this one.

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