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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Combat Drug-Induced Nutrient Depletion**

**By John Dawson**

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Today, more than ever, consumers over the age of 50 are on some type of Pharmaceutical drug regimen, many of which promote healthier, longer lives. Unfortunately, many of these drugs also deplete vital nutrients from the body which may cause a new round of medical complications.

Women are a group of drug consumers who should be especially concerned with Drug-Induced Nutrient Depletion. Few women know that oral contraceptives lower the levels of vital nutrients such as Vitamin B2, B6 and B12, Vitamin C, Folic Acid, Magnesium and Zinc.

To put the importance of vitamins and minerals in perspective, think about the construction of a new building. Carbohydrate, Protein, Fat and Water are comparable to the building materials. Vitamins and minerals are comparable to the architect, contractors and construction workers. Without the architect, contractor and construction workers, it does not matter how many building materials you have, it will never be built. At the same token, without vitamins and minerals, our bodies cannot synthesize new cells, build new tissues and produce the energy we need regardless of how much carbohydrate, protein, fat and water we ingest every day.

Drugs can alter the ability of the body to digest, absorb, synthesize, transport, store, metabolize or eliminate nutrients. This situation potentially can cause Nutrient Depletion. Quite often, a patient is then placed on additional medication to combat a new set of symptoms. The cascading effect of such an approach to disease management often leads to a reduction in the patient's quality of life.

Folic Acid is a nutrient that is often depleted by drugs. Ross Pelton and James B LaValle claim that it can be depleted by some 30 different types of drugs, from Aspirin and magnesium containing antacids to stronger medications such as anticonvulsants, cardiovascular drugs and oral contraceptives. Some of the possible effects of Folic Acid deficiency can include Megaloblastic anemia, birth defects, elevated homocysteine levels, fatigue and even increased rates of colon and colorectal cancer.

## Combat Drug-Induced Nutrient Depletion

What Does Your Drug Deplete?

Antacids...Calcium, Phosphate, Folic Acid, Potassium

Antibiotics...B vitamins and vitamin K. Probiotics should also be taken

Anti-Diabetic Drugs... Vitamin B12, CoQ10, Folic Acid

Anti-Inflammatory Drugs (includes Corticosteroids, NSAIDS)... Calcium, Vitamin D, Potassium, Zinc, Magnesium, Vitamin C, Folic Acid, Vitamin B12, Selenium, Chromium, Vitamin A

Aspirin (Salicylates)/other mild pain killers...Vitamin C, Calcium, Folic Acid, Iron, Sodium, potassium, Pantothenic Acid (Vitamin B5)

Bronchodilators...Vitamin B6, Potassium

Cardiovascular Drugs...Zinc, Coenzyme Q10, Potassium, Calcium, Magnesium, Phosphorus, Vitamin B1, Vitamin B6, Sodium, Vitamin C, Folic Acid

Cholesterol Lowering Drugs...Coenzyme Q10, Vitamin E

Corticosteroids...( see anti-inflammatory)

Gout Medications...Vitamin B12, Sodium, Potassium, Beta-carotene, Calcium, Phosphorus

HRT...Vitamin B6, Magnesium

Oral contraceptives...Folic Acid, Vitamins B1, B2, B3, B6, B12, Vitamin C, Magnesium, Selenium, Zinc

Thyroid Medications...Iron

Ulcer Medications...Vitamin B12, Folic Acid, Vitamin D, Calcium, Iron, Zinc, Protein

Don't worry if your drug isn't shown. PDR replaces the nutrients that over 98% of drugs deplete.

To ensure you are not becoming nutrient deficient from your prescription medication, educate yourself about what you are taking and how it may affect the vital nutrients that enhance our lives. Protect yourself daily with PDR.

This world-class daily nutrient product contains therapeutic levels of the commonly depleted nutrients:

B Vitamins, Natural Vitamin E, Coenzyme Q10, Macro Minerals and Pro-Biotics.

Prescriptions are not complete without PDR!

## Combat Drug-Induced Nutrient Depletion

Goldshield Elite's PDR ( prescription depletion replacement) offers a balanced solution to replacing lost nutrients.

We owe it to ourselves to investigate the possibility of nutrient depletion, and to take action by replacing those nutrients our bodies need for a healthy, positive life. Try a 30 day supply of PDR- feel the benefits or your money-back.

Excerpts taken from " The Nutritional Cost of Prescription Drugs" by Ross Pelton and James B LaValle

John Dawson

I've been involved in the health and wellness industry for the last five years. I have created LifeStyleSucces2007 from my experiences and personal success and now supply cutting edge

scientifically backed nutritional products.

### **Nutritional Supplements: Are They Really Essential For Good Health**

**By Adam Thompson**

Why should I take nutritional supplements? Can't I just eat healthy, exercise, drink plenty of water, etc.? A fair question. After all, quality nutritional supplements are not cheap. Let's look at the arguments for taking nutritional supplements in addition to a healthy lifestyle.

Argument #1: Our foods no longer contain the nutrition they should

Due to modern processing and farming methods, foods that should be high in certain nutrients no longer are. For example, the tomato is an excellent source of phytonutrients, specifically, lycopene. But when you buy a tomato from the grocery store, there is little to no lycopene or other nutrients left in it. The tomato was likely grown on nutrient depleted soil, fertilized and sprayed with toxic chemicals, picked green, then gassed to turn it red. Little wonder it has no nutrition value left!

Another culprit in the nutrition depletion of foods is our food cooking and preparation. Even if you could by some magic acquire a nutrient rich tomato, cooking or storing the tomato will destroy most of the nutrients. For example, studies have shown that phytonutrients begin breaking down less than 24 hours after the vegetable was picked!

Of course, there are many other factors contributing to the poor nutrient content of our foods: breeding, GMOs, storage, etc, etc. Once you consider all of the factors causing the poor nutrient content in our food, it becomes quite logical to take supplements to replace these nutrients.

Argument #2: We no longer eat the right foods

If you eat a 100% organic, fresh diet, you're a long ways ahead of the rest of us. Of course, the foods you're eating are still nutrient depleted, as we saw above.

## Combat Drug-Induced Nutrient Depletion

But for the rest of us, we need to supplement our diets also because we're just not eating the foods we should. Currently, french fries are the most consumed vegetable in the United States. We're just not getting the nutrients we need!

### Argument #3: Environmental stress necessitates nutritional supplements

The Los Angeles Times ran an article last year revealing a startling finding: scientists announced that by the time a child born in LA was 2 weeks old, he had already been exposed to more toxins than would be acceptable for his entire life! While we don't all live in Los Angeles, we're all subject to environmental stress that puts extra burden on our immune systems. Even our drinking water has chemicals and toxins in it.

The best way to counter the stress on your body's health caused by all of these toxins and such is to support your body with proper nutrition. Since our foods are nutrient depleted, the only way to properly support your health is through nutritional supplements.

Argument #4: Nutritional supplements allow us to benefit from nutrient rich foods around the world. Even if our foods weren't nutrient depleted and our environment wasn't toxic, nutritional supplements

would still have benefit. They allow us to benefit from plants and nutrient rich foods found around the world that otherwise we would be unable to benefit from. Good examples would be the goji berry from China, the Australian bush plum, and many others.

Do you want optimal health? The only way to properly support your body's health is to take quality nutritional supplements.

Adam J. Thompson uses and recommends glyconutrients (

) and

goji berry juice (

), among other top quality supplements. Contact him at

with questions.

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