



# Drug Muggers: Which Medications Are Robbing Your Body of Essential Nutrients--and Natural Ways to Restore Them

By Suzy Cohen

Download now

Read Online →

## Drug Muggers: Which Medications Are Robbing Your Body of Essential Nutrients--and Natural Ways to Restore Them By Suzy Cohen

Unpleasant, uncomfortable, and unexplained side effects? Drug Muggers is your side effect solution.

Prescription and over-the-counter drugs help millions of people with devastating diseases and chronic conditions. But in the process, these medications can also deplete the body's natural stores of vitamins, minerals, and hormones—the very nutrients you need to keep energy levels high, fend off infections, and be healthy. Pharmacist Suzy Cohen calls these medications "drug muggers," and she says it's essential to replenish what a drug mugger steals from your body in order to feel your best and avoid side effects. Not understanding the drug-mugging effect may lead to new "diseases" and possibly catastrophic health consequences.

You'll discover:

- How to relieve uncomfortable or potentially serious side effects
- How to remain compliant with your medication and still feel well
- Which foods and drinks to avoid if you take certain medications
- How to install a nutrient security system with vitamins, minerals, and food choices

Plus!

- Improve your energy levels
- Learn which minerals you need if you take heartburn medicine
- Improve digestion and relieve constipation with a simple nutrient
- Discover the antioxidant you must have to save your heart
- Get your hair and nails to grow faster by replenishing nutrients
- Find out which vitamins and minerals are the purest and highest quality
- Learn which vitamins outperform medications in some cases

Drug Muggers is an eye-opener! It reveals why you may be feeling so poorly and how to improve your well-being with affordable nutrients that are sold over the counter. You can (and will) improve the way you feel—whether or not you take medicine!

 [Download Drug Muggers: Which Medications Are Robbing Your B  
...pdf](#)

 [Read Online Drug Muggers: Which Medications Are Robbing Your  
...pdf](#)

# **Drug Muggers: Which Medications Are Robbing Your Body of Essential Nutrients--and Natural Ways to Restore Them**

*By Suzy Cohen*

## **Drug Muggers: Which Medications Are Robbing Your Body of Essential Nutrients--and Natural Ways to Restore Them** By Suzy Cohen

Unpleasant, uncomfortable, and unexplained side effects? Drug Muggers is your side effect solution.

Prescription and over-the-counter drugs help millions of people with devastating diseases and chronic conditions. But in the process, these medications can also deplete the body's natural stores of vitamins, minerals, and hormones—the very nutrients you need to keep energy levels high, fend off infections, and be healthy. Pharmacist Suzy Cohen calls these medications "drug muggers," and she says it's essential to replenish what a drug mugger steals from your body in order to feel your best and avoid side effects. Not understanding the drug-mugging effect may lead to new "diseases" and possibly catastrophic health consequences.

You'll discover:

- How to relieve uncomfortable or potentially serious side effects
- How to remain compliant with your medication and still feel well
- Which foods and drinks to avoid if you take certain medications
- How to install a nutrient security system with vitamins, minerals, and food choices

Plus!

- Improve your energy levels
- Learn which minerals you need if you take heartburn medicine
- Improve digestion and relieve constipation with a simple nutrient
- Discover the antioxidant you must have to save your heart
- Get your hair and nails to grow faster by replenishing nutrients
- Find out which vitamins and minerals are the purest and highest quality
- Learn which vitamins outperform medications in some cases

Drug Muggers is an eye-opener! It reveals why you may be feeling so poorly and how to improve your well-being with affordable nutrients that are sold over the counter. You can (and will) improve the way you feel—whether or not you take medicine!

## **Drug Muggers: Which Medications Are Robbing Your Body of Essential Nutrients--and Natural Ways to Restore Them** By Suzy Cohen Bibliography

- Sales Rank: #22321 in Books
- Published on: 2011-02-15
- Released on: 2011-02-15
- Ingredients: Example Ingredients
- Original language: English

- Number of items: 1
- Dimensions: 9.10" h x .97" w x 6.56" l, 1.23 pounds
- Binding: Paperback
- 384 pages

 [Download Drug Muggers: Which Medications Are Robbing Your B ...pdf](#)

 [Read Online Drug Muggers: Which Medications Are Robbing Your ...pdf](#)

## **Download and Read Free Online Drug Muggers: Which Medications Are Robbing Your Body of Essential Nutrients--and Natural Ways to Restore Them By Suzy Cohen**

---

### **Editorial Review**

About the Author

**Suzy Cohen, RPh**, has been a licensed pharmacist for more than 20 years and writes the syndicated health column "Dear Pharmacist." She has made guest appearances as "America's Most Trusted Pharmacist" on many network shows, including *The View* and *The Dr. Oz Show*, and hosts a medical minute on the syndicated TV health show *Know the Cause*. Suzy is a member of the Institute of Functional Medicine, American College for Advancement in Medicine, and the American Association of Anti-Aging Medicine.

### **Users Review**

**From reader reviews:**

**Nancy Smith:**

Reading a book to become new life style in this 12 months; every people loves to examine a book. When you examine a book you can get a wide range of benefit. When you read textbooks, you can improve your knowledge, since book has a lot of information upon it. The information that you will get depend on what kinds of book that you have read. In order to get information about your research, you can read education books, but if you want to entertain yourself read a fiction books, this sort of us novel, comics, in addition to soon. The Drug Muggers: Which Medications Are Robbing Your Body of Essential Nutrients--and Natural Ways to Restore Them provide you with new experience in examining a book.

**Jackson Ponce:**

Beside that Drug Muggers: Which Medications Are Robbing Your Body of Essential Nutrients--and Natural Ways to Restore Them in your phone, it might give you a way to get more close to the new knowledge or details. The information and the knowledge you might got here is fresh through the oven so don't always be worry if you feel like an older people live in narrow small town. It is good thing to have Drug Muggers: Which Medications Are Robbing Your Body of Essential Nutrients--and Natural Ways to Restore Them because this book offers for your requirements readable information. Do you occasionally have book but you rarely get what it's about. Oh come on, that wil happen if you have this with your hand. The Enjoyable blend here cannot be questionable, such as treasuring beautiful island. Techniques you still want to miss that? Find this book along with read it from at this point!

**Stephen Bruns:**

Is it an individual who having spare time after that spend it whole day simply by watching television programs or just lying down on the bed? Do you need something totally new? This Drug Muggers: Which Medications Are Robbing Your Body of Essential Nutrients--and Natural Ways to Restore Them can be the response, oh how comes? The new book you know. You are therefore out of date, spending your time by

reading in this completely new era is common not a nerd activity. So what these guides have than the others?

**Katherine Wilcoxon:**

You can obtain this **Drug Muggers: Which Medications Are Robbing Your Body of Essential Nutrients--and Natural Ways to Restore Them** by check out the bookstore or Mall. Just viewing or reviewing it might to be your solve difficulty if you get difficulties on your knowledge. Kinds of this e-book are various. Not only through written or printed and also can you enjoy this book simply by e-book. In the modern era just like now, you just looking of your mobile phone and searching what your problem. Right now, choose your ways to get more information about your publication. It is most important to arrange yourself to make your knowledge are still revise. Let's try to choose appropriate ways for you.

**Download and Read Online Drug Muggers: Which Medications Are Robbing Your Body of Essential Nutrients--and Natural Ways to Restore Them By Suzy Cohen #QASL3J6NHIU**

## **Read Drug Muggers: Which Medications Are Robbing Your Body of Essential Nutrients--and Natural Ways to Restore Them By Suzy Cohen for online ebook**

Drug Muggers: Which Medications Are Robbing Your Body of Essential Nutrients--and Natural Ways to Restore Them By Suzy Cohen Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Drug Muggers: Which Medications Are Robbing Your Body of Essential Nutrients--and Natural Ways to Restore Them By Suzy Cohen books to read online.

### **Online Drug Muggers: Which Medications Are Robbing Your Body of Essential Nutrients--and Natural Ways to Restore Them By Suzy Cohen ebook PDF download**

### **Drug Muggers: Which Medications Are Robbing Your Body of Essential Nutrients--and Natural Ways to Restore Them By Suzy Cohen Doc**

**Drug Muggers: Which Medications Are Robbing Your Body of Essential Nutrients--and Natural Ways to Restore Them By Suzy Cohen Mobipocket**

**Drug Muggers: Which Medications Are Robbing Your Body of Essential Nutrients--and Natural Ways to Restore Them By Suzy Cohen EPub**