



EXPERT contributor

Drug Robbers

By Omar Eliwa, Pharmacist, Welltopia

At Welltopia, we divide the pharmacy into zones. The green zone is filled with natural herbs and professional supplements, the white zone is where personalized medications are compounded, and the grey zone contains commercially available drugs.

Let's focus on the grey zone with its drug robbers, which are drugs that deplete our bodies from natural stores of vitamins,

minerals and hormones causing unpleasant, uncomfortable and unexplained side effects. The list of drug robbers is long. Organized below into five groups, some drug robbers are repeated, but each group is unified by its robbing effect of five key nutrients: Vitamin B, glutathione, magnesium, zinc and ubiquinone.

On top of my list are female hormones used for birth control and to relieve symptoms of menopause, antacids like Pepcid, ulcer medications like omeprazole, and diabetes drugs such as metformin. This group of medications can rob the body of one or more B vitamins which potentially can cause weight gain, depression, fatigue, anemia, nerve pain, depression and/or a sensation of pins and needles.

Secondly, Tylenol, generically known as acetaminophen, is a medication that some of us take on a daily basis. It is even safe to take during pregnancy. However, taking acetaminophen on a daily basis is tied to low glutathione, the powerful antioxidant needed to get rid of poisons inside the cells. Low glutathione can cause cataracts, macular degeneration, liver problems and/or high levels of the heart attack promoting substance homocysteine. My third group contains diuretics like thiazides and Lasix, female hormones (again), anti-inflammatories and aspirin. All these drugs can cause deficiency of the mineral magnesium which can contribute to depression, osteoporosis and/or an irregular heartbeat.

My fourth group contains repeated convicts: estrogen drugs used for birth control, ulcer and heartburn medications, and anti-inflammatories. All can cause a deficiency in the mineral zinc, causing bald patches, loss of taste or smell, erectile dysfunction and/or chronic diarrhea.

My final group contains the hero of anti-cholesterol drugs, the statin drugs such as Lipitor and Crestor. Also included in this group is the hero of diabetes drugs, metformin. These medications among others, may cause deficiency of CoQ10 (ubiquinone) which can result in leg cramps, muscle spasms, memory loss and/or fatigue.

Vitamin B complex, magnesium, glutathione, zinc and CoQ10 can be taken as over-the-counter (OTC) supplements. But the choices are overwhelming with so many companies promoting their products. Therefore, it is very important to remember to ask more questions the next time you purchase OTC medications or pick up a prescription from your pharmacy.

The UPS Store

Sandy Scandrett

10936 N Port Washington Rd.
Mequon, WI 53092-5031

M - F 8 am - 6:30 pm
Sat. 9 am - 3 pm

262.241.5922 Tel
262.241.5923 Fax
store2436@theupsstore.com

- UPS Shipping
- Mailbox Services
- Packing Services
- Digital Printing
- Copying and Finishing Services
- Packaging and Moving Supplies
- Freight Services
- Office Supplies
- Fax Services
- Notary Services



The UPS Store®

theupsstorelocal.com/2436



Did You Know?

Your Health Starts in Your Gut

Reignite your gut healing process with Welltopia's new product, **RESTORE**: a pioneer approach for gut imbalances.

VISIT US AND LEARN MORE ABOUT OPTIMUM GUT HEALTH!



Welltopia
PHARMACY

136 N Main Street,
Thiensville, WI 53092

www.welltopiarx.com

262-429-9429



Get 15% off your purchases with this ad!

Custom-Made Wellness
Delivered to Your Door Free of Charge

You might expect to find the just-opened Welltopia Pharmacy along a narrow shopping street in Italy!
- Gary Achterberg, GM Today newspaper