

Dr. Reynes on Drug - Nutrient Interactions by Andrew Fisher



Dr. Reynes

Carlos Reynes, M D, NOHA Vice President, Professional Advisory Board Member and the Director of the Integrative Therapies Wellness Center presented a lecture on March 10th, titled **Drug - Nutrient Interactions, What You Don't**

Know Can Hurt You, in Oak Park. Dr. Reynes explained that there are at least 900 to 1,000 drugs that interact with nutrients. Anti-acids, anti-ulcer, and anti-convulsants are only a few examples of these interactions.

Dr. Reynes explained that drug manufacturers do NOT list nutrient depletions as side effects. For example, oral contraceptives affect folic acids, B vitamins and others, this can result in symptoms such as depression and anxiety.

Other drugs with nutrient interactions include anti-ulcer and anti-convulsants. Anti-diabetics deplete CoQ10 and B12 among others.

Anti-hypertensives deplete calcium, magnesium, vitamins B1, B6, C, and CoQ10. Anti-inflammatories deplete vitamins A, D, and B6 among others. Many antibiotics deplete almost all nutrients.

Dr. Reynes noted several specific nutrient depletions and a long list of the medications that cause these

depletions. He also listed a number of symptoms caused by nutrient depletions, such as low magnesium which can cause irregular heart beats and weakness. Even with "natural" supplements, one should know their effects, correct dosage, and which combinations to avoid.

Dr. Reynes also addressed food and medicine interactions. The most noteworthy was grapefruit juice which can increase medication absorption by 90 percent! There are many interactions with protein, fatty acids, fibers and others. The final area covered was herb and drug interactions for which there has not been as much research. The most common herb with many interactions is St. John's Wort.

For more information, a DVD of this lecture may be ordered by visiting www.nutrition4health.org. Integrative Therapies Wellness Center is located in River Forest, 708-771-3471.