

Drug Side Effects – Cause and Prevention (Part 1 of 2)!

Ever experienced “Drug Side Effects” or know someone who has? Simply put, a Drug Side Effect is when you develop one (or more) new symptom or condition not present before taking the drug.

Ever been or know someone who has been prescribed a second drug to counter the “side effects” from the first drug? Or even, prescribed a third drug for the “side effects” from the second drug; and on and on, until taking multiple drugs for multiple new symptoms and conditions that were caused by the side effects from each drug prescribed?

In Part 1 and 2 of these articles, I will share the causes of **Drug Side Effects** and how to prevent their harmful effects, if you must take drugs, at this time.

ROOT CAUSE OF DRUG SIDE EFFECTS #1 of 2: Toxicity – All drugs are made of “chemicals” and all chemicals are toxic to the body. So, it’s no mystery that ingesting a poisonous substance has health consequences, commonly called “Drug Side Effects.” In addition to the primary chemically-active ingredients, your drugs may also include other toxic substances, such as synthetic polymers, dyes, Talc, etc.

ROOT CAUSE OF DRUG SIDE EFFECTS #2 of 2: Nutrient Depletion – What is not well known is that chemicals deplete the body of macro- and micro-nutrients, such as essential vitamins, minerals, amino acids, proteins, essential fatty acids, etc.


Antibiotics, for example, deplete Calcium, Magnesium, Potassium, Vitamin K, and certain B Vitamins (B1, B2, B3, B5 & B6), to name a few. Their common side effects include: nausea, vomiting, abdominal cramps, diarrhea, dizziness, balance and hearing problems, skin rashes, itching, swelling, trouble breathing, sinus headache, yeast infections to serious heart and lymphatic conditions, again, just to name a few.

In medicine it is called “drug-induced nutrient depletion” when the drug **blocks the absorption, storage, metabolism, or synthesis of essential nutrients in the body**. When nutrients are blocked or depleted over time, new health conditions develop and/or current health conditions get worse.

Remember in my article, “5 Stages to Health or Disease!” (Villager, 09/09/21, P5), I shared: “Other than injury or heredity, all other causes of Disease start with Toxicity and Nutritional Deficiencies or Excesses (Stage 2).” Therefore...

NUTRITION FACT #17: Drug Side Effects are symptoms and conditions caused by nutrient depletion and toxicity from the chemicals and other toxic substances in drugs.

DRUG SIDE EFFECT PREVENTION #1 of 2: Limit drug use to life-threatening emergencies only, whether prescribed or over-the-counter. This was and still is the original purpose for formulating drugs for short-term use.



“Take Time for Your Health or Make Time for Your Disease!”

by **Dr. Donna F. Smith**
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In emergencies, short-term use of drugs are able to save lives because of their ability to suppress symptoms and manipulate biochemistry, however, these actions on a daily basis may lead to serious side effects.

From my articles, you now know that the causes of Drug Side Effects and Disease starts with nutrient depletion and toxicity, so it may have occurred to you that there is only one reason to seek medical attention today: Life-Threatening Emergencies! Life-Threatening Emergencies include “unconsciousness, head or spinal injury, non-stop severe pain, uncontrollable bleeding, wound suturing and to cast a broken bone, which may or may not be life-threatening at the time of the injury.”

DRUG SIDE EFFECT PREVENTION #2 of 2: For all other symptoms and health concerns, choose Clinical Nutrition. For example, our Clinical Nutrition Therapy provides non-toxic, side-effect free, safe, effective, whole food, therapeutic supplements, that are clinically-formulated to provide the

nutrients your body requires to correct the causes of your symptoms and health concerns and thereby, healing itself.

These therapeutic supplements are recommended and dispensed based on a Clinical Nutrition Analysis of the Laboratory Reports from testing your biochemistry (blood, urine, saliva, hair, stool and genetics). Testing means, there is no guessing...you are provided the exact nutrients your body requires to heal itself.

NUTRITION FACT #18: Limit Drug use to Life-Threatening Emergencies and use Clinical Nutrition to identify and provide the nutrients your body needs to correct the causes of all other symptoms and health challenges and thus, heal itself.

For a copy of the above-referenced article, “5 Stages to Health or Disease,” you may refer to its past issues or Email: Villager@AdvancedClinicalNutrition.com.
Subject Line: 5 Stages – V+ACN

Also, please call me for a **FREE Initial Consultation for help with the above!**
Dr. Donna Smith holds a Ph.D. in Clinical Nutrition, is a Doctor of Naturopathy (N.D.), a Board-Certified Clinical Nutritionist (C.C.N.), a Certified Dietitian-Nutritionist (C.D.N.), a Canadian-Chartered Herbalist (C.H.) and owner of **ADVANCED CLINICAL NUTRITION (Est. 1981) in Wichita Falls, Texas.**
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