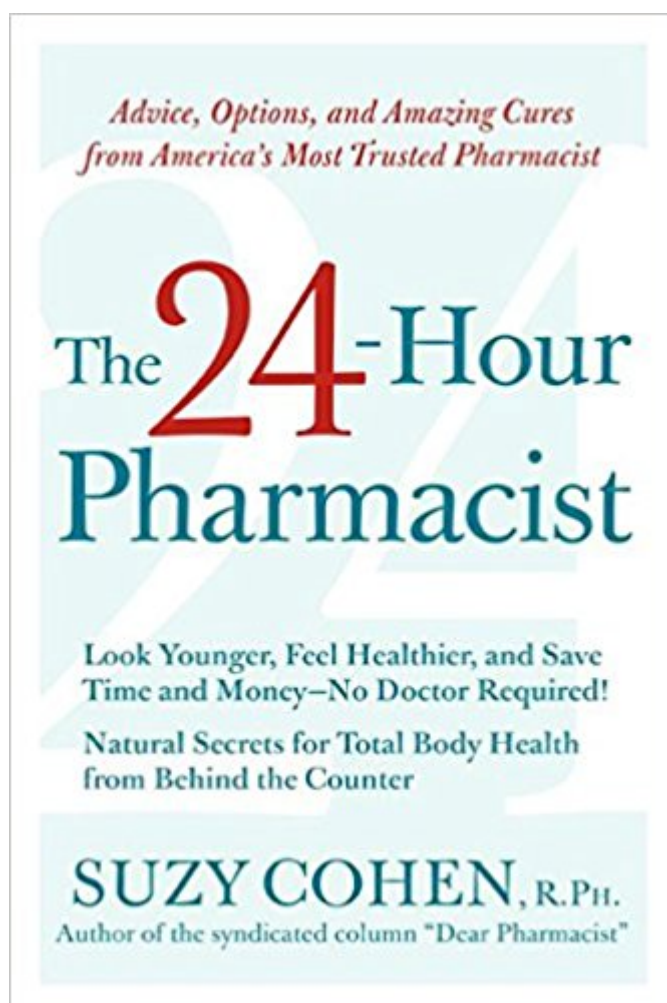


The book was found

The 24-Hour Pharmacist: Advice, Options, And Amazing Cures From America's Most Trusted Pharmacist



Synopsis

As a pharmacist for almost two decades, Suzy Cohen knows that medication can often be invaluable. But she has also learned to "think outside the pill" and recommend natural options that are often just as good or better at promoting health without the risk of dangerous, drug-induced side effects. In this comprehensive, one-of-a-kind resource, she answers such questions as: How can I stop my husband/wife from snoring? Are vitamin pills worth it or worthless? Are there alternatives to antidepressants? What kind of surge protection is there for hot flashes? How can I train my body to lose fat?

Book Information

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Best Sellers Rank: #345,524 in Books (See Top 100 in Books) #33 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Reference](#) #436 in [Books > Health, Fitness & Dieting > Reference](#)

Customer Reviews

Suzy Cohen, R.PH., has a syndicated column, "Dear Pharmacist," which reaches nearly 24 million readers coast to coast. When she isn't writing her column, she works as a pharmacist and speaks for various consumer and professional organizations. Suzy Cohen, R.Ph., tiene una columna sindicada, "Dear Pharmacist", que alcanza a unos 24 millones de lectores de costa a costa. Cuando no estÃ¡ escribiendo su columna, trabaja como farmacÃ©utica y da conferencias para varias organizaciones profesionales y del consumidor.

The author talks about everything from very effective alternatives to some prescription drugs, (why not start with these if you can, for example for better sleep, then get prescriptions if you need to.), to drug side effects (does anyone even get a package insert any more, let alone read it if they do?). Most valuable, in my opinion, the author lists the nutrients/vitamins/minerals that are depleted with

many prescription drugs, and why you need to replace them.. She calls them "drug muggers". Many people know about Lipitor and other statins depleting the COQ10 in the heart. This enzyme is very necessary for proper heart function and energy. Acid blockers interfere with the absorption of so many important vitamins and nutrients, but does anyone get this information with the doctors prescription? No one I know ever has. There are so many others. I have found that most all drug store pharmacists are a wealth of information, and are very happy to talk to people. There is lots of eye opening information in this very well written book!

Excellent book. If you're taking any type of pharmaceuticals, this book is worth its weight in gold. Suzy Cohen has the background, knowledge, and skills to bring things to the forefront that the pharmaceutical companies probably don't want you to know. She truly is America's Pharmacist. God bless Suzy Cohen!!

OK as a medical reference at the time. With the advances in medicine it is probably already out of date on many listings.

I gave it a five star because it is very informative and very helpful in decide what to consume to help my diabetes and I've had it sufficient time to know it's contents.

You can really get bogged down with all the info. Don't start buying a bunch of vitamins and minerals before consulting with a metabolic internal doctor and nutritionist. You should have your body chemistry checked before jumping into taking supplements. Her drug muggers book is excellent as well.

this is an excellent book, met my needs. shipped quickly

I like that throughout the book, resources are made available for testing that is either unheard of or not supported by my doctor's office, but it is a little concerning that my physician seems to dismiss some of these tests as unnecessary. I need to do more research to corroborate information here with information from other studies and websites, but it is a great wealth of information and a super start to a better way of life.

I've read this book through twice and it holds a wealth of information on what medicines rob your

body of what nutrients and how to replace them. It's for sure the doctors that prescribe meds for you don't know what effects they have on the body. Reading it did put me in a predicament, though. Trying to find out what and when to take the nutrients when you are on so many meds, as I am. I highly recommend this book, especially to doctors that want to be up to date and want the knowledge to help when it is needed by their patients.

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Never Before Positive Options for Sjögren's Syndrome: Self-Help and Treatment (Positive Options Series) Positive Options for Children with Asthma: Everything Parents Need to Know (Positive Options for Health)

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