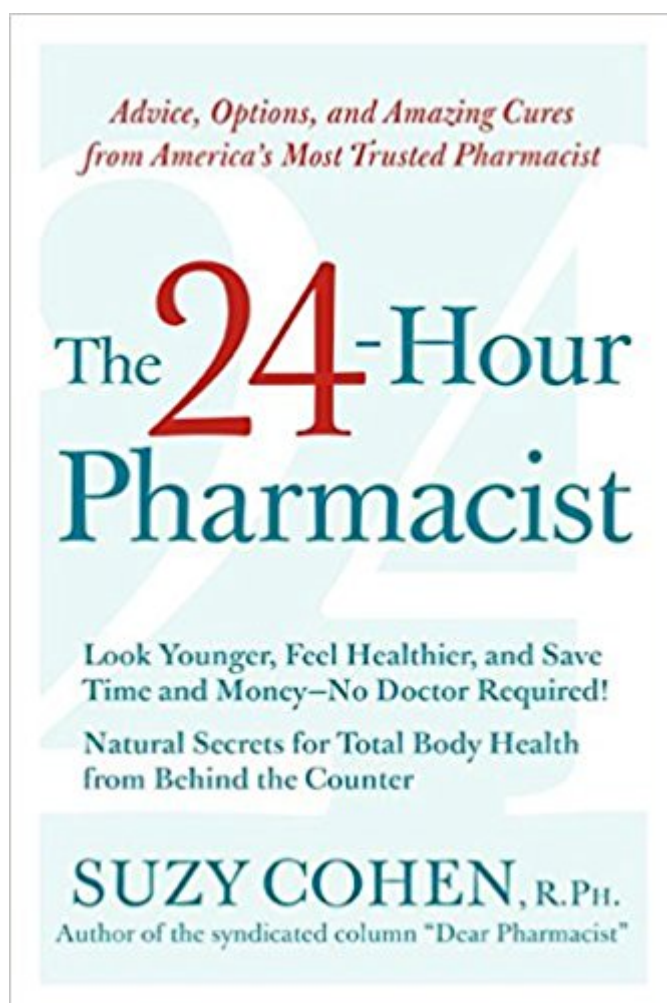


The book was found

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

Paperback: 368 pages

Publisher: William Morrow Paperbacks; 1 edition (June 26, 2007)

Language: English

ISBN-10: 0061173606

ISBN-13: 978-0061173608

Product Dimensions: 6 x 0.9 x 9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 104 customer reviews

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 está escribiendo su columna, trabaja como farmacéutica 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.

[Download to continue reading...](#)

The 24-Hour Pharmacist: Advice, Options, and Amazing Cures from America's Most Trusted Pharmacist
Options Trading For Beginners: Learn How To Get Started and Make Money With Options Trading
" Stock Options - Binary Options " Index Options " Currency ... " ETF (Options Trading - Finance - Money)
Cancer: Taboo Cancer Cures 6 Impressive and Secret Cancer Cures that Most People do not know about (Cancer, Cancer Cures, Yoga, Cancer Treatments, Cancer Medicine, Cancer Patient Book 1) Edition 2nd Just 1 hour
Amazing Guam Travelling Book Bring this book to travel: Edition 2nd Just 1 hour
Amazing Guam Travelling Book Bring this book ... travel (English Speaking) (Japanese Edition)
The America's Test Kitchen Healthy Family Cookbook: A New, Healthier Way to Cook Everything from America's Most Trusted Test Kitchen
Nail Fungus Treatment: Cure Nail Fungus Naturally With This Fast Toenail Fungus Treatment and Toenail Fungus Cures (nail fungus cures, nail fungus treatment, nail fungus)
Maria Treben's Cures: Letters and Accounts of Cures through the Herbal "Health Through God's Pharmacy" Insider-cures against cancer: 54 Insider-cures, scientifically founded, over 100 study sources + experience reports
High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High BP)
Psoriasis Natural Treatments, Remedies, and Cures: Your Guide to Psoriasis Home Treatment Options (How to Cure Psoriasis Naturally At Home)
Cook's Illustrated Cookbook: 2,000 Recipes from 20 Years of America's Most Trusted Cooking Magazine
Cook's Illustrated Baking Book: Baking Demystified with 450 Foolproof Recipes from America's Most Trusted Food Magazine
Positive Options for Colorectal Cancer, Second Edition: Self-Help and Treatment (Positive Options for Health)
Positive Options for Living with COPD: Self-Help and Treatment for Chronic Obstructive Pulmonary Disease (Positive Options for Health)
Positive Options for Living with Lupus: Self-Help and Treatment (Positive Options for Health)
Options Trading: Beginner Strategies And Techniques To Trade Options Profitably
Options Trading Made Simple: Discover the 2 Tools the Ultra-Rich Use for Asset Protection and Accelerated Wealth Creation. (Learn Stock Options Trading Series Book 1)
The Ultimate Options Trading Strategy Guide for Beginners: The Fundamental Basics of Options Trading and Six Profitable Strategies Simplified like 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)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)