

## of the Week...

### Type 2 Diabetes and Lifestyle

Type 2 diabetes is often linked to lifestyle meaning a poor diet and lack of exercise to say nothing of the possibility of an impaired nerve supply to the pancreas. Think about this...is it possible that people who eat more green, leafy vegetables also have a healthier diet overall? Sure! Is it possible that those who eat better are also more likely to exercise? Sure!

### America's #2 Most Popular Drug

The #2 most popular prescribed drug in 2009 according to Forbes Magazine (May, 2010):

Simvastatin (high cholesterol)-Over 80 million subscriptions. The most common brand name for this drug is Zocor. Here's what you need to know...

We present this information for you if you find that you MUST take medication. Now you can be aware of the do's and don'ts:

This is a toxic drug with natural alternatives that are contra-indicated if taking this drug.

Side effects associated with taking Zocor include but are not limited to:

\*Allergic reactions like skin rash, itching or hives involving swelling of the face, lips or tongue...this and the following should be reported to the prescribing doctor as soon as

possible...dark urine, fever, pain, muscle cramping, blistering of the skin including inside the mouth, difficult urination, fatigue...

#### Food Interactions

\* DON'T disrupt your medicine with grapefruit. Avoid grapefruit and grapefruit juice (and potentially pomegranate) as they may inhibit the body's ability to break down simvastatin, making it **more** toxic.

\* DON'T take red yeast rice with statins.

*Although red yeast rice (Monascus purpureas) extract has been shown to lower moderately high cholesterol and triglycerides, it contains small amounts of natural HMG-CoA reductase inhibitors and should not be used with statin medications.*

Stay tuned...more vital drug information...

## The Bottom Line...The Bottom Line...The Bottom Line...

Just so you know, some drugs may increase the risk of side effects from Zocor. Certain antibiotics and antifungal drugs have been found to impact how the body responds to this drug. With all the possible side effects and the natural alternatives...it just makes more sense to us to investigate ways of growing your health through positive lifestyle change than to enter the world of gambling that this or that drug will have the desired effect without causing other problems.

This issue of the HealthTip of the Week is brought to you as a public service by...

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