

Medical Resources for NDs

A review of current publications
for the naturopathic industry

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Herb, Nutrient and Drug Interactions: Clinical Implications and Therapeutic Strategies

This paramount reference text is designed to help clinicians safely and effectively integrate herbal, nutrient and synthetic (pharmaceutical) drug therapies. In today's climate of transformation of the medical paradigm, clinicians are nationally sensing the pressure corresponding to the individual demands of 1) the emergence of personalized medicine; and 2) the self-education, self-prescribing patient. A margin of patients "naively assume that nutrient and herbal products are 'natural' and that this somehow implies they are 'safe.' More disturbing is the acknowledged fact that many patients often withhold disclosure of nutrients and herbal intake ... from their conventional health care providers" (p. xiii). How may these patients be addressed in the clinical care setting? Beyond this truth lies a deeper malady in that "ignorance of other health care systems" (p. xx) exists and, commonly, individual medical disciplines are both uninformed and unaware of the effects of each other's therapies.

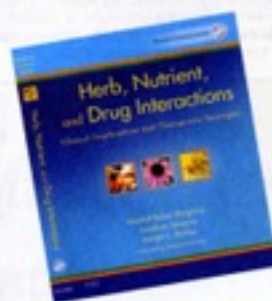
The *Herb, Nutrient and Drug Interactions* reference text was designed to provide a well-investigated approach to the reality

of herb, nutrient and drug interactions. Combining pharmaceuticals with herbs or supplements may yield consequences that can complement (or interfere) with a drug's therapeutic action and/or may increase adverse effects. Additionally, drug-induced depletion of nutrients may occur and must be supplemented for to resolve deficiencies. The book contains more than 60 comprehensive monographs of herb-drug and nutrient-drug interactions, divulging the most commonly used herbs and nutrients in clinical practice. The monographs feature summary tables and concise suggestions complementing the in-depth analysis as well as providing a quick and easy reference. The text of the book refers to evidence primarily from clinical trials primarily; secondarily it relies on human research. Lastly, it refers to animal studies or *in vitro* experiments to a supportive position. The references are included on a CD bound with the book. This up-to-date information provides current, evidence-based support of the latest developments in pharmacology, nutrition, phytotherapy, naturopathic medicine and other fields.

In defining a comprehensible understanding of how herbal remedies and nutritional supplements interact with pharmaceuticals, *Herb, Nutrient and Drug Interactions* best supports the naturopathic principle of *Primum Non Nocere*. By provid-

ing evidence-based methods that minimize the risk of harmful side effects, clinicians using this text may cultivate confidence in the development of safe, individualized treatment strategies for patients.

Editor's Note: Readers are invited to send additions, corrections, citations and other input and feedback to Interactions2@MedicineWorks.com, and to join a forum for sharing news, research and case discussions on interactions issues at <http://forums.medicineworks.com/>.



Just the FACTS

Title: *Herb, Nutrient and Drug Interactions: Clinical Implications and Therapeutic Strategies*

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