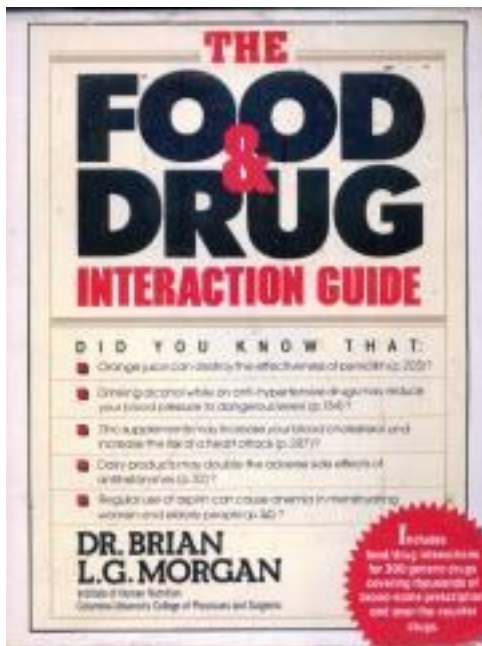


# The Food and Drug Interaction Guide



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Millions of Americans who take medication are completely unaware of its critical effect on how the body handles essential nutrients. It is crucial to recognize that different foods can minimize the effectiveness of a drug, or raise its potency to a dangerous level. You may be in a high-risk group for certain food/drug interactions and not even know it. That's why The Food and Drug Interaction Guide, an absolutely essential reference. Years in the making, this invaluable guide

explains in clear, easy-to-follow language exactly how what you take--from aspirin to prescription drugs--interacts with what you eat. Among the many critical points of information it provides are:

作者介绍:

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