

Beware of Natural Medicine **CON MEN**, Some Supplements are a waste of money and some are Quite Dangerous

Even though there are some very professional and outstanding people doing Natural Medicine, There are many greedy charlatans cheating the public.

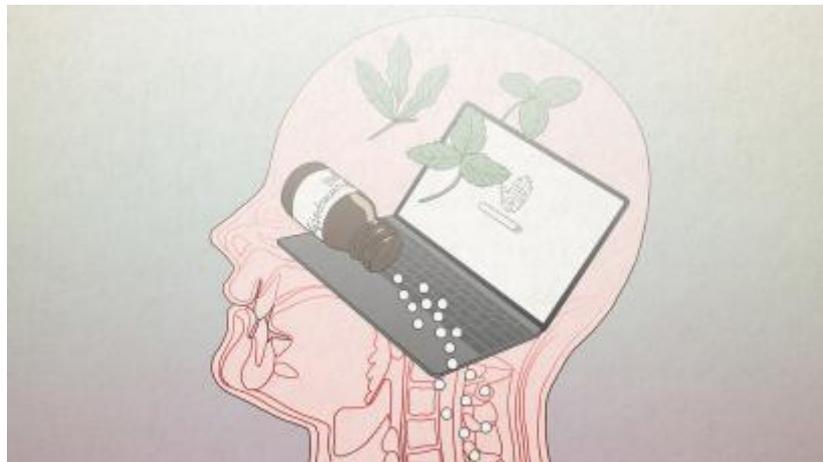


You might not know this, but [most dietary supplements](#) (99.999%) are not field tested for safety and FDA-approved. And some (5%) of these untested supplements could be very hazardous to your health.

A new [Facebook post](#) from pharmacy student Otoki Sicily is going viral for a very important reason—to warn people about the potentially life-threatening dangers of taking herbal supplements with other medications. What she has to say is super important and could save your life.

In the post, Sicily explains that she has been on clinical rotations at a hospital for the last seven weeks, and part of her responsibility includes going through the medical histories of hospital admissions. Basically,

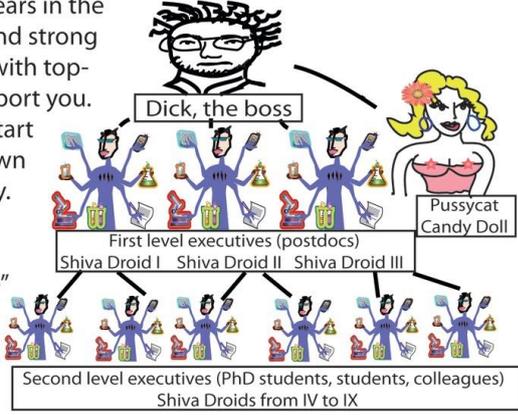
when anyone checks into the hospital overnight or during her shift, she needs to evaluate the medications the patient is currently taking, including when they last took each medication. The evaluation is especially important for patients who are going to be administered certain drugs or undergo specific procedures.



“So far, I've had at least one patient a week who uses MLM products,” she wrote. MLM stands for "multi-level marketing"-also called pyramid selling-and is a system in which people make money off the products they sell, as well as a portion of the profits generated by other sellers they've recruited. Though Sicily didn't name any specific MLM products in her Facebook post, popular MLM companies that sell supplements include Isagenix, Amway, and Herbalife.



“They almost always have a bunch of plant extracts in them, which means we have no way of knowing what they might interact with on their current med list or any agents we may use in the hospital,” Sicily continues.

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|  <p>Yesterday, one brilliant, “anonymous” young scientist (the first reader of this blog) had a great idea to illustrate how topdogs build their careers...</p> |  <p>1. You are a very ambitious and self-confident guy, wanting succes at any price, being able to sell anyone’s results as your own, and sacrificing even your family...</p> | <p style="text-align: center;">The scientific MLM (multi-level marketing)</p> <p>2. After a few years in the lab you must find strong cooperations (with topdogs) who support you. Then you can start to build your own MLM laboratory. First start with students, then try to “convince” colleagues to join the pyramid below you. Make and maintain the strong hierarchy, make your colleagues fear you (do not let anyone escape the system or become independent) and make them believe that they cannot work or live without you, and that they will take huge profit from working for you.</p>  |
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She says it takes a lot of time to look up every ingredient, especially because many MLM companies will use less-common names for plants, making it harder to look them up.

“Example: Lady excitedly started babbling about these 3 drinks that she takes every day when I asked about herbal supplements. One of the drinks contained ginseng, which can cause diuretic resistance [sic] and severe body edema [fluid retention],” she continued. “Guess what some of the patient's problems were. Yup, severe edema that wasn't responding very well to the IV diuretics we were giving her. Don't get me started on the atrocious amount of caffeine and stimulants and how those were impacting her blood pressure and heart rate.”

In this scenario, she was successful in informing the care team, who adjusted her therapy accordingly. However, she points out that many hospitals do not have sufficient staff on hand to research every single ingredient.

“The only reason that happened was because, as a student, my job during my unpaid rotations is to LEARN. So I was able to spend 30+ minutes looking to every f**king herbal/plant extract in these 3 MLM drinks,

summarize how they would impact her current meds, and what hospital meds we may want to avoid,” she explained. “Actual practicing pharmacists in this hospital usually don't have that kind of time to do a deep dive, so it would normally be missed unless it happened to fall in their lap during a rare lull.”

She also explains why she believes products from MLM are the biggest offenders, because they are "constantly popping up with new products and discontinuing old ones," which makes it less likely to appear in a database. Unfortunately, these MLM products target vulnerable populations, including people living with chronic illnesses, and encourage them to stop taking their medications, Sicily says.

According to the [U.S. Food & Drug Administration \(FDA\)](#), dietary supplements are regulated as food-not drugs-despite the fact that many of them contain “strong ingredients that have strong biological effects which may conflict with a medicine you are taking or a medical condition you may have.” The FDA also warns that “hidden drugs are also sometimes falsely marketed as dietary supplements,” putting you at greater risk.

While it is ultimately your decision on whether to consume unregulated health products, Sicily's post-as well the FDA's warning-should encourage you to always speak to your doctor or health care professional before introducing anything new to your diet or treatment plan, even if it's plant based.

If your doctor has no experience with natural medicine, or even worse, if he has no tolerance for Nature’s healing properties, **THEN GET A NEW DOCTOR.**