

SUPPLEMENTS THAT DON'T MIX WITH MEDS

Just because something is natural doesn't make it safe, says pharmacologist Joe Graedon. Always check with your doctor before taking supplements—especially if you use medication, have surgery scheduled, or are over 65. —Amy Levin-Epstein

St. John's Wort

SKIP IT IF YOU TAKE: Antidepressants

If used with certain other depression drugs, SJW may cause serious side effects, including serotonin syndrome (a buildup of the brain chemical). It also interacts with many other drugs. **SMART SWAP:** Fish oil supplements. Omega-3 fatty acids may boost mood and help mild to moderate depression.



Turmeric

SKIP IT IF YOU TAKE: Blood thinners

Some research has shown that the spice turmeric can help reduce inflammation and consequent pain from arthritis, but it may interact with Coumadin

(warfarin) and other meds, which increases the possibility of bleeding. **SMART SWAP:** Antioxidant-rich juices like grape, pomegranate, or tart cherry, all of which may be able to ease the symptoms of arthritis.



Licorice

SKIP IT IF YOU TAKE: Diuretics for high blood pressure

Indigestion sufferers turn to stomach-soothing licorice root capsules, but when combined with diuretics or laxatives, this remedy can cause a dangerous dip in potassium levels. **SMART SWAP:** Ginger tea to ease stomach aches. Avoid aggravating foods like chocolate and citrus, or any drinks or foods that contain caffeine.



Feverfew

SKIP IT IF YOU TAKE: Blood thinners

This migraine remedy can slow clotting. It may also cause reactions if you have allergies to daisy family plants, like ragweed and chrysanthemums. **SMART SWAP:** Get enough magnesium. Research shows that people who are deficient are more migraine prone. Use a diary to track triggers like caffeine, alcohol, and certain foods.

