

# 5 Questions You MUST Ask Your Doctor Before Taking Anything!

**1. What am I taking this for?** Am I taking this for the symptom(s) I'm experiencing or the problem that's causing the symptom(s)?

**2. Will this cure the reason I'm taking it?** Will this cure the problem? The symptom will continue if we don't fix the problem/reason you're having the symptom.

**3. How long do I need to take it? What happens when I stop?** Will the problem/symptom(s) stop? Will they come back?

**4. What are ALL the possible side effects and what vitamin, or mineral will this deplete?** Anything we take (even ibuprofen can deplete a vital mineral or vitamin so if they answer nothing, that's just code for they don't know).

**5. If I chose not to take this (because it is YOUR choice), what else can I do?**

Hint: There is ALWAYS something you can do and if your doctor says nothing, that's just code for they don't know. Conventional medicine docs are trained in disease management, not how to keep you healthy. It doesn't mean someone else doesn't know, but you have to be willing to find the person who does!

**BONUS Question: What's the plan?** A pill without a plan is like taking the battery out of your fire alarm to stop the noise (your symptoms) but it doesn't put out the fire and the problem continues. You must put out the fire (the problem)!