



**Drug-Induced Nutrient
Deficiency (DIND) & How It’s
Sabotaging Your Health**

**“The Hidden Cost of
Your Meds: Are You
Being Robbed?”**

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Presentation Outline

	<u>Topic Discussions</u>
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Is it Illness or Is it a Deficiency? >

Common Medications That Steal Your Nutrients >

Your Diet Isn't Helping Either >

How Nutrient Loss Leads to Chronic Health Issues >

What We Do As Holistic Practitioners >

Our Goal= Get You Off Meds, Not Add More >

"1 in 2 Americans take
daily prescriptions"

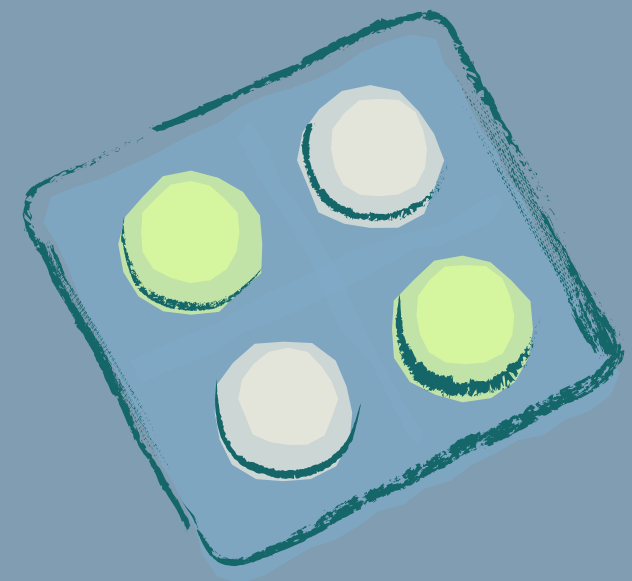
NEXT

“Is it really chronic illness... or chronic deficiency?”

💡 Most “chronic illnesses” are actually
undiagnosed nutrient deficiencies in
disguise!



- Over 50% of adults are on prescription meds
- Most never hear about DIND from their doctor
- Fatigue, mood swings, anxiety, brain fog, and chronic pain can stem from nutrient loss



What Is DIND?



Drug-induced nutrient deficiency occurs when medications interfere with the body's ability to absorb, store, metabolize, or synthesize essential nutrients, leading to nutrient depletion and potentially causing health problems.



Common Medications That Steal Your Nutrients

●○○🔥 These meds might be robbing you blind... nutritionally speaking!

NSAIDs: That are often taken to help deal with pain, inflammation, and can be purchased over the counter.

●●○ Blood Pressure * Cholesterol Medications

1 in 4 Americans are prescribed Statin Medications to manage cholesterol levels. **1 in 3 of Adults** in America are on Blood Pressure Medication.

●●● Anti-Depressants * SSRIs

1 in 10 Adults in America are currently taking antidepressant medications. **Citalopram is the 40th most commonly prescribed drug** in the US.

“Not all medications are bad—
but understanding their
nutrient cost is crucial!”

Medication Type	Common Brand Samples	Nutrients Depleted
Antacids/ PPIs	Prilosec, Nexium	B12, Magnesium, Calcium, Iron
Statins	Lipitor, Crestor	CoQ10, Vitamin D
Birth Control Pills	Yaz, Ortho-Tri-Cyclen	B6, B12, Folate, Magnesium, Zinc
Metformin	Glucophage	B12, Folate, CoQ10
Diuretics	Lasix, HCTZ	Potassium, Magnesium, Sodium
SSRIs/Antidepressants	Zoloft, Prozac	Magnesium, Sodium, B Vitamins

The Spectrum of Nutritional Status

01 . OPTIMAL

This is **the ideal zone** where nutrient levels are sufficient to support all metabolic, immune, neurological, and cellular functions efficiently and without compromise. **Optimal levels** go beyond “normal” lab values. Just because your nutrients are “**within range**” **doesn't mean they're optimal for YOU.**

02 . INSUFFICIENCY

This is a subclinical stage—nutrient levels are below optimal but not low enough to trigger red flags on conventional blood tests. This is the “**gray zone**” where many clients live for years—**feeling “off” but being told everything is “normal.”** This stage is reversible with the right nutritional and lifestyle interventions.

03 . DEFICIENCY

At this stage, **nutrient levels are significantly low**, often showing up on lab tests and contributing to diagnosable symptoms or chronic disease. This is where **the body is functionally impaired**—not just nutrient-depleted, but damaged by long-term deficiency. Medication may manage symptoms, but **only targeted repletion and restoration can rebuild from the inside out.**

Your Diet Isn't Helping Either



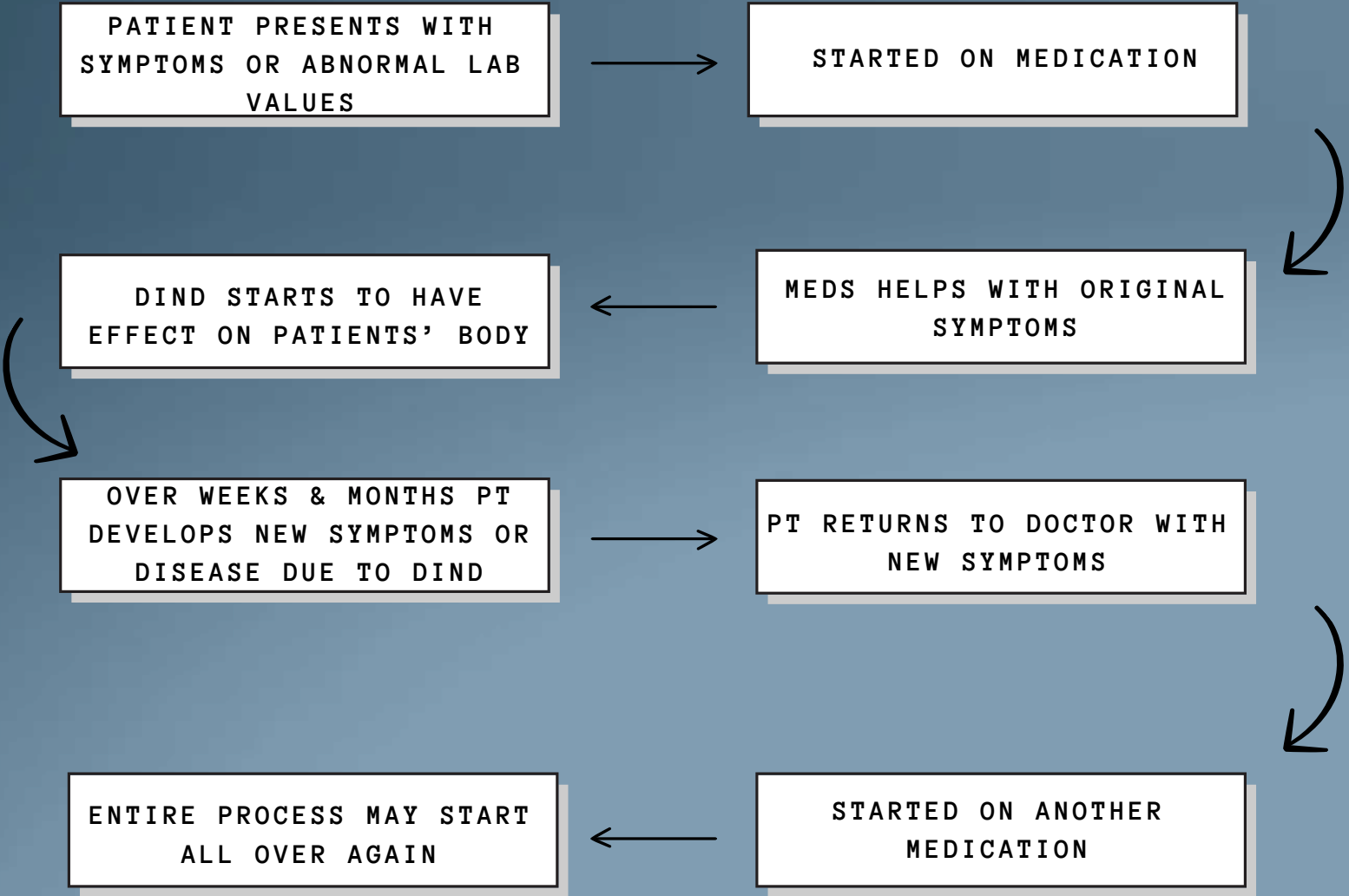
🥦 Think your salad's got your back? Think again.

NEXT

- Modern soil is mineral-depleted
- Most produce has 30–80% fewer nutrients than 50 years ago
- Processed foods = nutrient dead zones



THE DIND CASCADE



HOW NUTRIENT LOSS LEADS TO CHRONIC HEALTH ISSUES

→
🌀 When your body's running on empty, symptoms appear fast...

Deficiencies ➡ Symptoms

- Magnesium ➡ Insomnia, Muscle cramps, Anxiety
- B12 ➡ Brain fog, Numbness, Fatigue
- Zinc ➡ Poor immunity, Skin issues
- Potassium ➡ Heart palpitations, Weakness
- CoQ10 ➡ Low energy, Heart issues

“It’s not always disease—it’s often depletion.”

Chronic Health Issues Caused by Nutrient Deficiencies



Cognitive & Mental Health:

- **Depression** → B6, B12, Folate, Omega-3, Vitamin D
- **Anxiety** → Magnesium, B vitamins, Zinc
- **Brain Fog & Poor Memory** → B12, Omega-3, Choline, Iron
- **Insomnia & Sleep Disorders** → Magnesium, Calcium, B6, Tryptophan
- **ADHD-like symptoms** → Iron, Zinc, Magnesium, Omega-3



Cardiovascular Health:

- **High Blood Pressure** → Magnesium, Potassium, CoQ10
- **Heart Palpitations/Arrhythmias** → Magnesium, Potassium, Calcium
- **Elevated Cholesterol** → Omega-3s, Niacin, CoQ10
- **Congestive Heart Failure** → Thiamine (B1), Magnesium, Selenium



Musculoskeletal System:

- **Osteoporosis & Bone Loss** → Calcium, Vitamin D, Magnesium, Vitamin K2
- **Muscle Cramps & Spasms** → Magnesium, Potassium, Calcium
- **Joint Pain & Stiffness** → Vitamin D, Omega-3, Zinc, Manganese



Energy & Metabolism:

- **Chronic Fatigue Syndrome** → B12, Iron, Magnesium, CoQ10
- **Adrenal Fatigue** → Vitamin C, B5 (Pantothenic Acid), Magnesium
- **Hypothyroidism** → Iodine, Selenium, Zinc, Iron, Tyrosine
- **Weight Gain & Sluggish Metabolism** → Chromium, Zinc, Iodine, B vitamins

Chronic Health Issues Caused by Nutrient Deficiencies Continued...



Digestive & GI Health:

- **IBS / Leaky Gut** → Zinc, Glutamine, Vitamin A, Magnesium
- **Constipation** → Magnesium, Fiber, Water, B5
- **Low Stomach Acid (Hypochlorhydria)** → Zinc, B1, B6
- **Gallbladder Sluggishness** → Choline, Taurine, Lecithin



Skin, Hair, and Nails:

- **Hair Loss** → Iron, Biotin, Zinc, Protein, Vitamin D
- **Acne** → Zinc, Vitamin A, Omega-3
- **Eczema & Dermatitis** → B vitamins, Zinc, Essential Fatty Acids
- **Brittle Nails** → Silica, Biotin, Iron



Neurological Issues:

- **Neuropathy / Nerve Pain** → B1 (Thiamine), B6, B12
- **Tingling / Numbness** → B12, B6, Magnesium
- **Restless Leg Syndrome** → Iron, Magnesium, B12



Hematological Disorders:

- **Anemia** → Iron, B12, Folate, Copper
- **Easy Bruising / Bleeding** → Vitamin C, K, Bioflavonoids



Immune System:

- **Frequent Infections & Poor Immunity** → Vitamin C, D, Zinc, Selenium
- **Autoimmune Disorders** → Vitamin D, Omega-3, Selenium, Iron
- **Slow Wound Healing** → Zinc, Vitamin C, Protein, Vitamin A

NEXT  WE DON'T CHASE SYMPTOMS. WE RESTORE BALANCE.

What We Do As Holistic Practitioners

01

TEST	
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- Functional lab testing to identify deficiencies
- Review Diet and Lifestyle Habits



02

TREAT	
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- Bioavailable supplements + targeted herbal support
- Personalized nutrition protocols
- Gut restoration



03

THRIVE	
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- Detox pathways + Sustainable lifestyle coaching
- Root Cause Healing
- Remove need for medication
- Restore Balance Within





Our Goal = Get You OFF Meds, Not Add More

⊘ You weren't born to depend on pills for life.



WE GUIDE
CLIENTS TO
REDUCE &
ELIMINATE
MEDS SAFELY

REPLACE
DEFICIENCY
WITH
NOURISHMENT

EMPOWER
THROUGH
EDUCATION,
NOT JUST
PRESCRIPTIONS





Take Your Power Back – Naturally

Your Healing Starts with Knowledge

Let's restore your energy, clarity & confidence—one nutrient at a time.



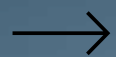
Book a Nutrient Review Consult

Let's build your Holistic Healing Plan together

"Your body wants to heal. It just needs the right tools."



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