Safety Flags at a Glance

Safety flags appear right after advice that could cause real harm for some people. The table below lists every safety flag in the book, with page numbers so you can find them again quickly. Safety flags are separate from evidence labels.

Safety flag	Page
Laxative teas taken for days	p. 13 (Ch. 2)
Juices and smoothies high in oxalate	p. 14 (Ch. 2)
Fasting or juice-only days while taking diabetes medicines	p. 14 (Ch. 2)
Activated charcoal can stop medicines working	p. 15 (Ch. 2)
Carbon monoxide from heaters and charcoal	p. 21 (Ch. 3)
Choosing fish during pregnancy, when planning a pregnancy, while breastfeeding, and for young children	p. 24 (Ch. 3)
Chelation therapy without poisoning	p. 26 (Ch. 3)
Paracetamol with alcohol still in your system or after days of heavy drinking	p. 46 (Ch. 5)
Signs of alcohol poisoning	p. 47 (Ch. 5)
Emergency signs of heart attack and stroke	p. 56 (Ch. 6)
An irregular heartbeat that lasts after you've sobered up	p. 56 (Ch. 6)

Safety flag	Page
Alcohol, big meals and heart medicines	p. 57 (Ch. 6)
When "heartburn" isn't just heartburn	p. 63 (Ch. 7)
A hot, swollen joint with fever, or a first-ever swollen joint	p. 66 (Ch. 7)
Treating gout yourself with anti-inflammatory painkillers	p. 66 (Ch. 7)
Drowsy driving in your first week back	p. 86 (Ch. 9)
Stopping alcohol suddenly when dependent	p. 94 (Ch. 10)
Alcohol during pregnancy or when trying to conceive	p. 106 (Ch. 11)
Signs of an eating disorder	p. 116 (Ch. 12)