What is Claimed is:

1. Pill crushing apparatus for use with first and second nestable cups, said apparatus comprising:

a) a first cup holder configured to removably hold said first cup;

b) a cup holder fixture axially aligned with said first cup holder;

c) a rotator base element axially aligned with said cup holder fixture opposite said first cup holder, said rotator base element operably engaged with said cup holder fixture such that said cup holder fixture and said rotator base element may translate linearly with respect to each other;

d) a second cup holder axially alignable with said first cup holder opposite said cup holder fixture and configured to releasably engage said second cup; and

e) a chip guard adapted to encircle the perimeters of said nestable cups;

whereby, upon rotation of said rotator base element, said cup holder fixture translates said first cup holder into engagement with said second cup holder thereby causing said cup holder fixture to rotate with respect to said second cup holder and thereby imparting a grinding force against pills held between said first and second cups, and wherein said chip guard prevents ground pill material from escaping through a gap formed at the juncture of said nestable cup perimeters.

2. The apparatus of claim 1 and further comprising a spring between said cup holder fixture and said first cup holder, said spring becoming gradually compressed as said cup holder fixture moves toward and engages said first cup holder.

3. The apparatus of claim 1 and further comprising a drive shaft connected to and operable to rotate said rotator base element.

4. The apparatus of claim 1 and further comprising a housing and a lid movable between an open and closed position with respect to said housing, said second cup holder located on said lid and axially aligned with said first cup holder when said lid is in said closed position.

5. The apparatus of claim 1 wherein:

a) said cup holder fixture further includes a first set of threads;

b) said rotator base element further includes a second set of threads which mesh with said first set of threads on said cup holder fixture such that said cup holder fixture and said rotator base element may translate linearly with respect to each other; and

c) a brake configured to be releasably applied to said cup holder fixture;

whereby, upon rotation of said rotator base element and when said brake is not applied to said cup holder fixture, said cup holder fixture translates linearly along said ~~rotatable base part~~ rotator base element toward said first cup holder moving said first cup holder into engagement with said second cup holder and causing said brake to ~~release~~ be applied to the cup holder fixture and thereby allow said cup holder fixture to rotate with respect to said second cup holder and thereby impart a grinding force against pills held between said first and second cups.