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Vitamins and Supplements

The Secrets Even Nutritionists Don't Know

Are Vitamins A Waste of Money?

6 Multivitamins Myths

Eating for Maximum Nutrition

Top Anti-Aging Supplements

Spiritual RDA

HomeCures *That Work*

Vitamins and Supplements

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Your body needs an array of vitamins and nutrients in order to function properly. Many of us take vitamin supplements in the belief they will give us all the nutrients we need. In truth, as their name suggests, nutritional supplements are just that — a *supplement* to your diet.

It is always best to get nutrients directly from food, but in the real world, that's easier said than done. So is taking a daily supplement a good idea? Home Cures That Work will help you analyze the facts.

I am proud to introduce you to a new contributor to Home Cures That Work, Sarah Stanley. As an endurance athlete, she knows that real, whole foods are staples for stamina. She is a passionate soul dedicated to naturally improving people's health. You'll appreciate her out-side-the-box experience and knowledge that will fuel your motivation for healthy living! In this issue, she'll separate fact from fiction— and safeguard your health — when it comes to the daily pills you pop, in *6 Things You Need to Know About Multivitamins*.

It's a sad fact that most common diseases of aging are preventable, yet most people don't engage in healthier lifestyle choices until after serious illness manifests. Case in point is the individual who never swallowed a single dietary vitamin or supplement until they're diagnosed with cancer. Dr. Saunders sees these cases every day and has a perfect plan for how to trust your body to regulate the nutrients it needs in *The Vitamin Secret Even Nutritionists Don't Know*.

For true healing to take place, the basics of proper nutrition, exercise and spiritual health must be your foundation. To compliment what's missing from our modern diet, vitamin and minerals that our bodies recognize and utilize efficiently may be a good choice. Home Cures That Work helps you eat your vitamins from your plate and not just the drug store.

For your health,
Cheryl Ravey
Editor, Home Cures That Work



The Vitamin Secret Even Nutritionists Don't Know

by Dr. Scott Saunders, M.D.

One of the biggest issues over the past hundred years since the discovery that specific nutrient deficiencies can cause disease is whether we should be taking vitamins every day. The word “vitamin” indicates a substance that is essential to life. These are substances we don’t make in our bodies, and therefore need to eat them in order to live – or live well.

In the past, doctors commonly dealt with vitamin deficiencies because people didn’t have access to fresh foods all the time, or their diets were very limited.

- Only eating white rice, for example lead to beriberi, a B vitamin deficiency.
- Sailors on ships had “hard tack” and dried meat, neither of which had vitamin C. Scurvy was common aboard ships, sometimes taking the lives of half the sailors on a voyage.
- During the industrial revolution, Rickets became a common illness because people moved their work and play indoors and didn’t spend time in the sun to get vitamin D.

Doctors also treated, unsuccessfully, cases of enlarged thyroid, goiter, with all sorts of concoctions until it was discovered that iodine deficiency was the cause. In 1924, iodine was added to salt to prevent this. However, most of our “designer salts” such as Himalayan salt, sea salt, and kosher salt, as well as the salt used for canning, processing, and cooking in restaurants and packaged food contains no iodine. Goiter, and other iodine deficiency disease are still common in the United States, and in the world.

One comment in the journal Lancet described the problem:

According to WHO, in 2007, nearly 2 billion individuals had insufficient iodine intake, a third being of school age... Thus iodine deficiency, as the single greatest preventable cause of mental retardation, is an important public-health problem. (1)

In modern times, doctors are taught that vitamin deficiencies are rare, and are not taught about diagnosis and treatment. However, we still see lots of “rickets,” but since it is mild and found in older people we have changed the name to “osteoporosis.” It’s extremely common in the modern world, but instead of giving vitamin D as in times past, we use drugs to kill the bone cells. We surgically remove goiters, or irradiate them, when all that is needed is iodine supplements.

Can I take too many vitamins?

The FDA is making a huge effort to keep people from taking vitamins. This comes in two forms:

1. Questioning the safety of vitamins.
2. Wasting your money on vitamins that don’t help anything.

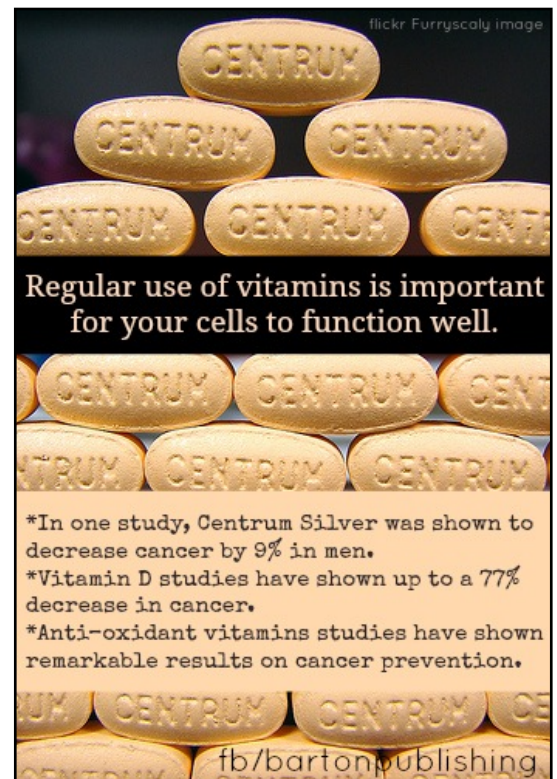
The safety of vitamins is unquestionable. The 2010 annual report of The Poison Control Centers found not one single death from vitamin overdose, in spite of the fact that well over half the population takes them. (2)

By contrast, there are more than 125,000 deaths per year from properly prescribed drugs; and drug overdose has become the *leading cause* of death and disability in the United States. (3)

Doctors will also tell you, “You’re just wasting your money, buying all those vitamins.” They told us in medical school that taking vitamins just made “expensive urine” because the body gets rid of what it doesn’t need. This has been an effective campaign, but is it true?

It is an important fact just in order to get into the urine, the vitamins have to be absorbed, get into the blood and bathe all the cells first. In other words:

- The cells are able to take what they need, and the kidney will get rid of the leftovers.



- Each cell has mechanisms to take up the nutrients it needs.
- Not all cells need the same vitamins and minerals at the same time, but must be available at the time they are needed.
- Thus, regular use of vitamins is important for your cells to function well.
- Those cells that don't get what they need can create disease, such as those noted above, as well as cancer.
 - In one study, a multivitamin, Centrum Silver (made by Pfizer, a drug company) was shown to decrease cancer by 9% in men.
 - Studies on vitamin D have shown up to a 77% decrease in cancer. (4)
 - Many other studies on anti-oxidant vitamins have shown remarkable results on cancer and disease prevention.

Even if the statistics were half as good, it would be worth taking vitamins. So, since they aren't toxic, and they often help, it's definitely a good idea to take your vitamins.

Which do I need?

Hilda was a spry woman in her eighties who came to me with two shopping bags full of bottles. "I want you to tell me which of these vitamins I need to take." She was a "member" of an anti-aging group that sent her a catalog of vitamins with articles on why people need them.

Every time she read an article about how important a vitamin was, she bought it. Now, she spent all her time reading about vitamins, organizing her vitamins, taking her vitamins, and buying her vitamins. The problem wasn't that she was overwhelmed by all the vitamins, it was that she was spending over \$300 per month on them, and could no longer afford it. She had a hard time letting go, even after I recommended discarding most of them.

A big question people ask me is, "Which vitamins should I take?" The answer is, "The ones you need!"

Now, it gets a little tricky. There are tests to determine which vitamins may be deficient, but these are not always accessible. I do lots of these tests, and I find most people who eat the American diet have certain nutrient deficiencies, so I always recommend to start supplementing with the common vitamins and minerals:

- Magnesium
- Iodine
- Vitamin D
- Selenium
- Chromium
- Zinc

Lest you should get overwhelmed, the majority of these are minerals that could be found in any common supplement. Note: Vitamin D is most often under-dosed, so I recommend much more than is found in a multi-vitamin.

What is the best way to get vitamins?

The way we take vitamins, concentrated, in a pill form, may not be the best way to get them. I would cite the clear example of Dr. Terry Wahls, MD who had Multiple Sclerosis, and found that taking vitamins helped, but it wasn't until she committed herself to getting all those vitamins from her food that she cured her illness.(5)

She states that there may be hundreds, if not thousands, of nutrients in the food that are not found in the vitamin pills. The best way to get your vitamins is in food. Hands-down.

Much of the problem with nutrition is that we eat so many calories, we cannot get enough anti-oxidants from our food to prevent damage to our mitochondria. Therefore, we are told we *must* supplement. Well, the truth is, if you eat low-calorie-and-high-nutrient foods, you *need less!*

The worst foods to eat are:

- Pizza
- Hamburgers
- Fries/chips
- Sweets
- Flavored drinks
- Baked goods (cookies, donuts, cake...)
- Pasta
- Breakfast cereal

These contain loads of calories, in sugar, starch, fat, and protein, but very little nutrition. They tear-down the energy-producing mitochondria without providing anything to build them up or protect them from damage.

The chemical reactions that go on in our cells all day long require these vitamins, so if you eat fewer calories, you need less vitamins and are less likely to be deficient.

The best foods to eat are:

- Kale
- Broccoli

- Anything green (except the green M&M's)
- Squash
- Cauliflower
- Whole fruit (not juice)

Kale and broccoli are singled-out, even though they are green, because they are so nutritious. These two go above-and-beyond the call of duty to protect, preserve, and build your energy supplying mitochondria. Food is clearly the best way to nourish your body. However, it is very hard to get all you need in food. Therefore, it would be wise to supplement.

Less is more

Since nutritionists are taught only about deficiencies, they are rarely aware that one of the best ways to get enough nutrients is to eat less calories. Now that we know how less calories gives us better nutrition, the next part is really incredible!

What few people, except the scientists themselves, know is that less nutrients is beneficial, as well!


We were always taught to take our “daily vitamin,” but few people know that is just a marketing plan, not a health plan. The truth is when we take a vitamin every day, we get resistant to it, we absorb less, and we don't use it efficiently. Moreover, when we take large amounts of one nutrient, we inhibit others. Here are a few examples:

- Zinc supplements inhibit magnesium and copper from being absorbed. (6)
- Selenium inhibits chromium absorption.
- The absorption of magnesium decreases as you take more supplements. (7)
- Vitamin C in high doses over a long period decreases the action of SOD (superoxide dismutase), an enzyme that protects your mitochondria from damage. (8)

When we take large amounts of one nutrient, we inhibit others:

- *Selenium inhibits chromium absorption.
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- *Zinc supplements **inhibit magnesium and copper** from being absorbed.
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*VITAMIN D3 - 50,000 IU once per week for adults and 20,000 IU for children
 *IODINE - 12.5mg once per week for adults and children
 *OMEGA-3 OIL - 3 grams twice per week with a meal
 *TRACE MINERAL SUPPLEMENT - once per week with a meal

Based on testing of hundreds of people, I have come up with a reasonable supplementation schedule.

The answer to the vitamin dilemma

We hear so much conflicting information about taking vitamins, how can we be sure we get enough without getting too much? This is a terrible question that is essential to answer, because, as Dr. Wahls found out, if you don't have your health, it doesn't matter what else you have.

The answer lies in how the body functions. All of life is in a constant rhythm, or state of flux.

- We need constant variability.
- We need to sleep, and be awake.
- We need to feast, and fast.
- We need hot and cold.
- We need good and evil.
- We need the contrast of all there is in order to function at all.

If everything were the same color, we might as well be blind! If everything made the same sound, we might as well be deaf. We need the symphony of different sounds, sights, and feelings to live and function. Our nutrients are no different.

When we get a constant level of any nutrient, our bodies automatically down-regulate the absorption and utilization of it. By the same token, when we are deficient, our bodies increase absorption and use of any nutrient. Therefore, in order to be efficient, and effective, we need periods of having a lot, and then of having none.

Vitamin pills are concentrated, high-dose (relative to food) nutrients that should be taken on an intermittent basis. In other words, if you take your vitamin pill twice per week you may get more out of it!

Now, how many problems does this solve!?

- Lower cost -- now you can afford to get a good quality one – and still spend less!
- Avoid nutrient interaction.
- You can have your magnesium, and zinc too!
- You will have enough, but not too much for every nutrient, every time.

In doing this, you put your trust in your body to regulate the nutrients. This is what the digestive system is set up to do. Believe me, it works!

Hilda, the above example, was very worried that she wouldn't get enough of some vitamins, and wouldn't throw away any of the ones she had already paid for. So, we came to a great solution! We poured all of her leftover supplements into a large bottle, shook them up, and she takes one per

day. She will not get the same supplement every day; the pill she takes on any one day is random! This way she gets all the nutrients she needs, in the most efficient and effective way. There will be no interactions among them.

I don't think everyone has to do this, but it isn't a bad idea for those who need lots of different nutrients, and want to get the most out of them.

Specific recommendations

Based on testing of hundreds of people, I have come up with a reasonable supplementation schedule:

- Vitamin D3 - 50,000 IU once per week for adults and 20,000 IU for children
- Iodine - 12.5mg once per week for adults and children
- Omega-3 oil - 3 grams twice per week with a meal
- Trace mineral supplement once per week with a meal

I would also add a multivitamin twice per week. You may need to add specific other nutrients, depending on your personal needs, but you should still take them irregularly.

So, eat good food – that which is low in calories and high in nutrients, and take your supplements on an intermittent basis. This is the secret to perfect nutrition!



Dr. Scott D. Saunders, M.D. (Ask-an-MD) is a practicing physician, specializing in preventative health care, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine. He is also the medical director of The Integrative Medical Center of Santa Barbara in Lompoc, CA. He went to UCLA medical school and is board certified in family medicine. View natural remedies with Dr. Saunders at: <http://drsaundersmd.com>

- (1) "Iodine deficiency—way to go yet". *The Lancet* 372 (9633): 88
 - (2) <http://www.aapcc.org/dnn/Portals/0/2010%20NPDS%20Annual%20Report.pdf>
 - (3) <http://wonder.cdc.gov/mortsq1.html>
 - (4) <http://ajcn.nutrition.org/content/85/6/1586.abstract>
 - (5) <http://www.youtube.com/watch?v=KLjgBLwH3Wc>
 - (6) <http://lpi.oregonstate.edu/infocenter/minerals/magnesium/>
 - (7) http://ckj.oxfordjournals.org/content/5/Suppl_1/i15.full
 - (8) <http://circres.ahajournals.org/content/83/9/916.full>
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Eating For Maximum Nutrition

By Amanda Box, N.D

Do you consider yourself to be a healthy eater? Maybe you're one that piles your plate high with vegetables and avoids drive-thrus like the plague. Surely you are getting all the vitamins and minerals that your body needs, right? Unfortunately, that likely isn't the case. It's not necessarily your fault either. Even if you're making extremely healthy food choices, it is very difficult to get the sufficient nutrients you need strictly from food.

Why can't we just rely on the food we eat to give us what we lack? It is because the availability of getting adequate nutrition from foods alone has become more and more difficult. Yes, there are those who don't eat well and live off processed and fast foods. It is expected that those choices would cause nutrient declines. However, it is disheartening to know that even those who make a conscious effort to eat well may also suffer from a lack of vitamins and minerals.

- Pregnant women are encouraged to take prenatal vitamins
- Thousands get a vitamin B12 shot every month
- Vitamin D and calcium supplements are now recommended to patients with bone issues.

So, what happened to our food? Why doesn't nature offer all we need?

The Nutrient Decline in Foods

The answer to the decline in nutrition lies in the food itself, not necessarily the one consuming it. In the 1980s, there began to be a concern about the decline of nutrients in our foods. Commercial

farming was taking over the food industry and pest resistance, transportability, and yield began to take precedence over nutrient content.

Researchers at the University of Texas found a significant decline in the nutrients in 43 different crops from the years 1950 to 1999. The greatest declines were found in protein, phosphorus, iron, vitamin B2, and vitamin C available in our foods. Given that another 15 years have passed since that study, I can only guess that nutrients have declined even further.⁽¹⁾

Theories as to why nutrients have declined so dramatically are:

1. Soil depletion from years of farming has led to nutrient depletion in crops.
2. The seeds themselves, if commercially produced or genetically modified, may produce crops lacking in nutrients.

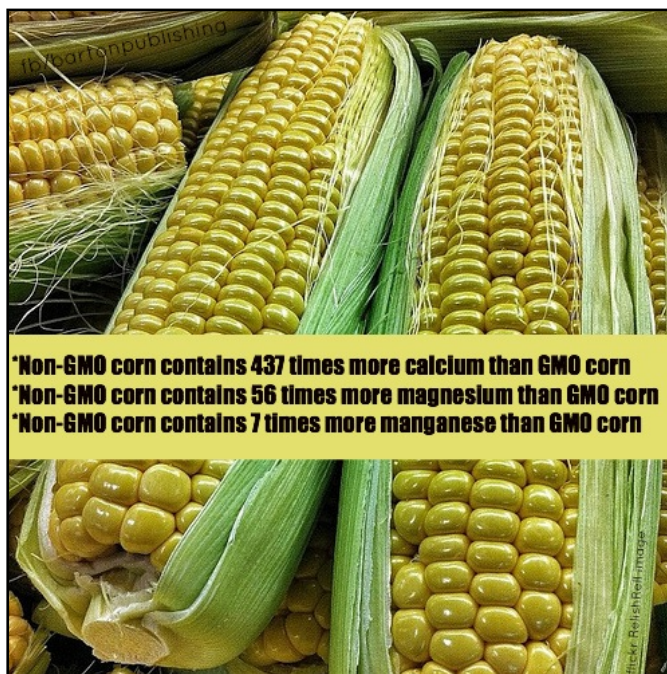
Getting the Most from Your Food

Because of the decline in nutrients, you would need to consume around 50% more food to get the same nutrition! It is often hard enough to eat your recommended daily allowance of fruits and vegetables the way it is! However, there are ways to beat the system and incorporate higher nutrient foods into your diet again.

Avoiding GMOs

Genetically modified foods are praised for their ability to resist pests and increase yield. Scientists boast that we can now produce more food to help feed the starving people all across the world. However, inside GMO foods some alarming secrets are hidden in the dark. Not only do many GMO foods contain far less vitamins and minerals, but many also cause food allergies and intolerances. This is because our bodies don't recognize these genetically modified organisms as real food...and rightly so! Genetically incorporated pesticides contained in the crops can also damage the body, specifically the lining of the intestinal tract.

Nutrients in GMO foods are lacking compared to their natural forms. For example, a study performed on the nutrient values of GMO vs. Non-GMO corn presented some very disturbing results. The studies results concluded:



- Non-GMO corn contains 437 times more calcium than GMO corn
- Non-GMO corn contains 56 times more magnesium than GMO corn
- Non-GMO corn contains 7 times more manganese than GMO corn

These are just the largest inconsistencies found. Many other vitamins and minerals were found to be lacking in GMO corn.

The GMO corn also contained levels of glyphosate and formaldehyde that exceed toxicity standards for humans. Non-GMO corn contained neither of these chemicals.

The first step in avoiding GMO foods is to know where to find them. Because there isn't a required label on GMO products, it can be quite the guessing game. However, there are several common GMO foods you should always keep an eye out for.

The most common GMO foods on the market are:

1. Soy
2. Corn
3. Sugar from sugar beets
4. Papaya
5. Canola
6. Zucchini and yellow squash

Unless a label specifies non-GMO or organic, and it contains one of the above foods, you can pretty much count on it being genetically modified. It may take a bit to get the hang of it, but always read labels and keep your eyes peeled for these GMO foods! I personally make a point to choose organic versions of these foods or avoid them all together. I don't want myself or my family to become a science experiment on what GMOs can do to the human body.

I firmly believe that genetically modified foods are not fit for human consumption.

Though GMO foods are celebrated as a scientific breakthrough, I view them as a poor replacement for true nutrition. It's like replacing a loaf of whole wheat bread with cardboard and celebrating how much easier it was to prepare! I like to think God knew what he was doing when he designed our plants and animals. There is truly nothing better than the God-given natural foods that are unaltered and unmodified.

Eating Heirlooms

Many people talk about eating organic foods, but there is another fantastic type of produce that is nutrient dense and 100% natural. These types of plants are called heirlooms. Eating heirloom

produce can insure that you're getting a seed that has not been commercially produced or genetically modified. Heirloom seeds have been passed down for hundreds of generations. It's really quite fascinating to think about. Down to the genetic makeup, you could be eating the same exact kind of tomato that your great great grandmother grew in her garden!

Heirlooms often have different colors and shapes than the typical produce you see at your grocery store. They often boast a richer flavor, as well. It can be a lot of fun taste testing all the different varieties.

Heirlooms can be difficult to find at a local grocery store, but your local farmer's market should have many to choose from. And you can always grow heirloom vegetables yourself. Even if you don't have room for a garden, you can purchase a couple large pots and place them outside on a deck or patio.

If you choose to grow your own vegetables, an easy way to boost nutrients in your garden is to practice composting. This offers a huge boost of natural nutrients to your soil and, therefore, the plants that grow in that soil.

If you don't want to grow your garden, be sure and ask about the farming practices of your local farmers. Let them know that you are concerned about the amount of vitamins and minerals contained in your foods. Most small farmers will be happy to answer your questions.

Nutrient Dense Foods

Naturally, some foods have more nutrients than others. Even vegetables are not all created equal. A bowl of iceberg lettuce, although a vegetable, is not much more than water and fiber. The best foods to choose have the most nutrition per calorie, such as:

- Colorful vegetables
- Legumes
- Fruits
- Whole grains
- Nuts
- Quality farm raised meat
- Free-range eggs
- Raw or organic dairy

Stay away from processed foods, desserts, and fried foods. They offer little nutrition and pack a lot of empty calories.

Many of these nutrient dense foods are also referred to as "super foods."

A great way to incorporate more nutrient foods into your meals is to replace refined ingredients with vegetables! A great example is this recipe for lasagna! This lasagna uses zucchini in place of noodles and is packed full of other vegetables! I love one-dish meals and this recipe is a fantastic edition to your family dinner!

Noodle-Free Vegetable Lasagna

Ingredients:

- 6 large organic zucchini, cut lengthwise into 1/8 inch strips

Sauce:

- 1 1/4 lb lean ground beef or turkey
- 1 onion diced
- 2 cups of fresh or frozen broccoli
- 2 cups of fresh or frozen cauliflower
- 2 cups fresh or frozen spinach
- 1 25 oz jar of organic spaghetti sauce
- 1 tbsp garlic powder
- Salt and pepper to taste

Cheese Layer

- 1 16 oz container of cottage or ricotta cheese
- 1/2 cup grated Parmesan cheese
- 3/4 cup mozzarella cheese



Noodles Directions: Preheat oven to 425 degrees. Spray a cookie sheet with non-stick cooking spray, then arrange zucchini slices and season with salt and pepper. Bake zucchini slices for 5 minutes on each side. Remove from oven. Set zucchini slices aside and lower oven temperature to 375 degrees.

Meat Sauce Directions: In a large non-stick skillet, cook meat until it's browned. To the skillet, add the veggies, seasonings, and the entire jar of spaghetti sauce. Simmer for about 10 minutes, (or until veggies are de-thawed/begin to soften), stirring occasionally.

Cheese Layer Directions: Mix the cottage cheese and Parmesan cheese together.

Putting it all together*: Begin by spreading 1/3 of the meat sauce in the bottom of the pan. Follow meat sauce with a layer of zucchini slices, followed by a layer of cottage cheese. Repeat the layers until casserole dish is full. Sprinkle the mozzarella evenly over the top. Cover with foil and bake at 375 degrees for 1 hour. Remove foil and bake or broil another 5-10 minutes until cheese is browned. Remove from oven and let rest for about 10 minutes before slicing, and serve warm!

I'm a sucker for good ethnic food. I love the flavors, the colors, and the wonderful aromas. This twist on a typical goulash mixes beautiful, nutrient rich vegetables with the rich flavor of curry.

Thai Curry Goulash

Ingredients

- 1 red onion, chopped
- 2 cloves garlic diced
- 2 red bell peppers diced
- 1 cup mushrooms
- 2 heirloom tomatoes diced
- 2 carrots shredded
- Cabbage (used half a small head diced)
- 1 can of coconut milk
- 1 tbsp red curry paste
- 3 cups diced chicken
- 1 tbsp arrowroot powder
- Fish Sauce to taste



Directions:

The beauty of this dish is you can use whatever vegetables you have on hand. Use this opportunity to clean out your fridge and eat up all your unused produce!

Begin by sautéing the veggies in a teaspoon of butter, starting with the onion and working down the list.

When all the veggies are soft, pour in the coconut milk and dissolve about a tablespoon of red curry paste into the developing sauce.

Add chicken to the pan. Next mix about a tablespoon of arrowroot with about a 1/4 cup of cool water then gently poured the white liquid into the pan to thicken the sauce. Lastly, add fish sauce to taste.

Serve over brown rice or enjoy alone.

The difficulty in obtaining all your daily nutrients from the foods you eat should not discourage you from eating healthy. It is still very important to get all that you can from your diet.

Eating nutrient dense foods, combined with a quality multivitamin can get you exactly where you need to be nutritionally.

Begin avoiding GMO foods and replace them with heirlooms and organics. Also fill your diet with wonderful nutrient dense foods and toss out those processed foods and sweets. You will feel better, look better, and have energy levels that only come from complete nutrition.



Amanda Box is a Traditional Naturopath and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 12 years and currently practices naturopathic consulting in the Kansas City, Missouri area. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic practitioner to turn to for your personal needs, Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at <http://amandabox.blogspot.com/> for

(1)http://www.utexas.edu/news/2004/12/01/nr_chemistry/

*Recipe adapted from www.thedashingdish.com



Vitamins: Waste of Money or Nutritional Asset?

By Amanda Box, N.D.

Are Vitamins Really a Waste of Money?

An editorial published in the *Annals of Internal Medicine* say that yes, they in fact are a waste. The editorial is titled, “*Enough is Enough: Stop Wasting Money on Vitamins and Supplements.*” This bold declaration is based on 3 studies that they believe “*prove*” that vitamins and supplements have no health benefits and do not prevent disease or death. In these studies, multivitamins were administered and studies were performed based on their ability to:

- Prevent cancer and/or cardiovascular disease
- Prevent a secondary heart attack
- Increase cognitive function

First of all, I want to make it clear that I am not a fan of blanket statements. Frankly, I find this editorial to be one gigantic blanket statement that is chock full of holes. Who is saying that a simple multivitamin to going to magically prevent chronic diseases like cancer or heart disease, or increase mental performance? Outside of bold marketing schemes, anyone versed in nutrition knows that it is much more complicated than swallowing a daily vitamin.

The government itself has repeatedly made statements that the typical American diet lacks critical nutrients. Even the public school system has been forced to make dietary changes to their meals in hopes of increasing nutrient consumption in children. In a society starved of vitamins and minerals, claiming multivitamins are useless is nothing short of absurd!

Vitamins: Not a Magic Pill

If anyone is tired of the “magic pill” scheme, then it is I. Nothing in the health industry irks me more than companies that push pills with promises of miraculous results.

Whether it is for weight loss, cancer prevention, or just an overall sense of well-being, no pill alone will work.

Believing a pill will fix a problem is truly the lazy man’s path. It NEVER produces significant results and the results you may get don’t last. Only a change in diet and exercise *combined* with the needed supplements can produce real lasting results!

Even in my distaste of the “magic pill” scheme, I’m a huge proponent of the use of safe supplements, including multivitamins! I believe the average person does not and more accurately cannot get adequate nutrition from diet alone. The only exception may be a person who eats natural, nutrient dense foods 99% of the time. And honestly, that person is in a teeny-tiny minority. Eating “perfect” is not practical or easy for most of us. I believe a quality multivitamin is a fantastic addition to a daily regime. Multivitamins help to fill in the gaps where the foods we eat are lacking.

I’m not advocating an “*Eat whatever you want... just take a multivitamin*” lifestyle. I believe that is ridiculous. Healthy food choices are the absolute foundation to health and wellness. However, even if you make healthy food choices, you could be lacking essential vitamins and minerals.

It’s not necessarily your fault that diet alone cannot provide all the necessary nutrition. Most all food is now processed, pasteurized, or cooked leaving it lacking in nutrients. Even declines in the nutrition of fresh fruits and vegetables have occurred due to depleted soil and genetically modified seeds.

For example, broccoli, a great vegetable source of calcium, contains 37% less calcium than it did 60 years ago!

This is the sad reality in the food industry today. Choosing organic, non-GMO, or locally sourced foods are great ways to consume higher nutrient levels.

Not All Vitamins are Created Equal

I always recommend a quality multivitamin for everyone as a foundational part of maintaining health and wellness. As I mentioned earlier, it is just too difficult to get everything you need from diet alone. However, I do NOT believe that all vitamins are created equal.



The supplement industry is not a regulated industry. The FDA and other organizations do not have jurisdiction over the natural products industry. This, in reality, is a good thing as it is highly likely that if the FDA did have precedence over the supplement industry that most products would be pulled from the shelves and you would have to have prescriptions to purchase them. Having the freedom to consume herbs, vitamins, minerals, and supplements of your choosing is a beautiful thing.

However, this leaves the integrity of the product up to the company that produces it. And unfortunately, there are companies who are just out to make money, not to produce quality products. Navigating through the hundreds of choices can be overwhelming! If the label says Vitamin C, then knowing that it might not contain much or any vitamin C can be scary...and frankly quite frustrating! So, how do you know that what you are buying is the real deal?

Visit a Health Food Store

If you haven't already, then it's time to take a trip to your nearest health food store. If you do not have a health food store nearby, then Home Cures That Work has an Amazon store full of products endorsed by the writers of this magazine located here: astore.amazon.com/hctw-20

I'm in no way trying to encourage a snobbish attitude towards vitamins carried by your local pharmacy or retailer chain. However, I have worked at several health food stores and also as a sales rep for several different supplement companies over the years. These positions have given me insight into the companies that produce the supplements carried by most health food stores. I believe, without a doubt, that these companies are far superior and worth the time and investment. The employees of most health food stores are trained and passionate about the products in their store. They can answer your questions and help point you towards a vitamin that fits your needs and budget!

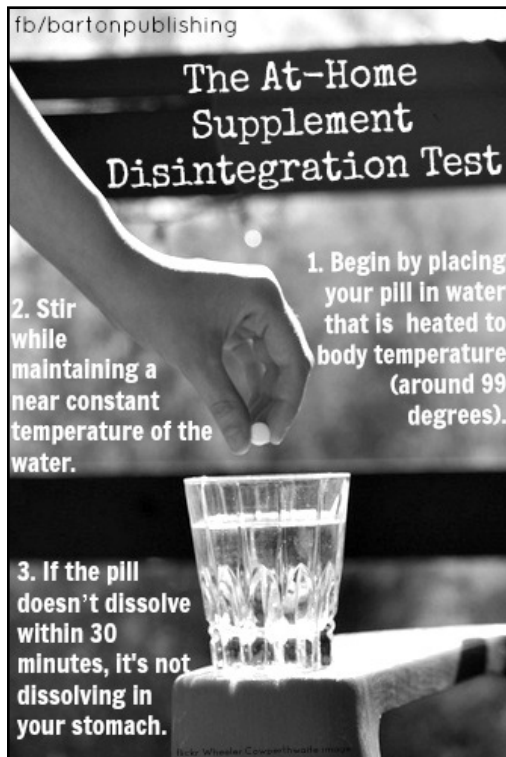
Working in the health industry has allowed me to be trained in the production, quality standards, and differing formulas put out by many of these companies. I can say, without hesitation, that their quality is above the standard of the mass produced cheap vitamins you'll find almost anywhere. Most of these companies refuse to put their products in big box chains or pharmacies. They are serious about what they produce and pride themselves in creating supplements that give real results. Results don't come from fillers or contaminated materials. Results come from supplements that:

- Dissolve in the digestive tract
- Are recognized and absorbed by the body
- Are free from contaminants and harmful materials

The At-Home Disintegration Test

Most likely, if you buy a quality supplement, then it has already underwent a disintegration test performed by the company. However, you may still be questioning whether or not the pill you're swallowing is going to pass right through you or dissolve like it's supposed to. This at-home test is not full proof, but can give you a pretty good idea if your vitamin or supplement is dissolving.

When performing this test, remember that enterically coated or time released capsules will not pass this test. They are not designed to dissolve quickly and many times are pH activated.



- Begin by placing your pill in water that is heated to body temperature (around 99 degrees).
- Stir while maintaining a near constant temperature of the water.
- If the pill doesn't dissolve within 30 minutes, it is likely not dissolving in your stomach as well.

I challenge you to try this with your current multivitamin. Many of the cheap, mass-produced vitamins do not dissolve efficiently and are a complete waste of money!

Another tip is to buy supplements contained in capsules rather than tablets. Capsules always disintegrate easier and faster than tablets. Liquid or chewables supplements are also good choices. If you have stomach acid or digestive issues, then this could be even more important for you to find products that break down easily.

Absorbing Your Vitamins

Unfortunately, a vitamin can completely disintegrate, but that does not guarantee that your body is going to absorb what is now dissolved. Many low caliber supplement companies use cheap raw materials that are full of fillers. You may be swallowing a pill that states 400 IU of vitamin D, but in reality it may contain only 200 IU. This is the importance of choosing a company you can trust that you know monitors and tests their products; you want your body to reap the benefits of what you choose to buy.

Another problem is the use of synthetic or chemical sourced vitamins. Chemically manufactured vitamins can cause vitamin toxicities and are often not recognized or properly utilized by the body. There are varying degrees within this group of vitamins, and they aren't all necessarily evil.

However, taking vitamins that are made from food-sourced vitamins are much safer, easier on the stomach, and are absorbed much better.

Not all food source vitamins are created equal. Many vitamins will state “Whole Food” on the label, but they are nothing more than synthetic vitamins mixed with foods. This can improve digestion and absorption of the vitamins. However, there are TRUE whole food vitamins on the market that are a much higher quality and in my opinion, offer the best absorption and utilization in the body. Taking these vitamins is the closest thing to getting them from real food!

There are 3 companies that I am currently aware of that manufacture these types of whole food supplements. I currently use many several supplements from these companies. My favorite benefit has to be that I can take their vitamins on an empty stomach with absolutely NO nausea! This is a testimony to the quality of their vitamins.

You don't have to buy these brands. There are many quality supplement companies that produce great products. However, I believe these companies are essentially the Gold Standard of vitamins, the Cadillac in a store full of Hondas, if you will.

Quality, whole food, supplements and products can be purchased from:

1. Garden of Life

The now famed health expert, Jordan Rubin, designed the Garden of Life product line. This line of supplements contains probiotics and enzymes designed to be gentle on even the most sensitive digestive tracts. Jordan once suffered from Cohn's disease, so most of his products are designed to digest easily and efficiently.

2. Megafood

Megafood is a lesser-known company that actually uses local farmers for their food-sourced vitamins! Their vitamins are made without the use of heat, which preserves the vitamin and mineral content. They also make mini-tabs, which are great for children or those with difficulty swallowing.

3. New Chapter

New Chapter is the pioneer of food-sourced vitamins and the first to use the fermentation method to produce their vitamins. I discovered just how wonderful they truly are when I was pregnant. Their prenatal is a Godsend to pregnant women battling morning sickness! I currently have several of their supplements in my cabinet and recommend their products often.

Contaminant-Free Vitamins

I'm not trying to use fear tactics, but as I have stated, you do have to be careful about your vitamins. This is again why I'm so adamant about where and from what companies you purchase your supplements.

Most gigantic supplement companies that sell to large retailers source their raw materials from China and do not test them before manufacture. This doesn't mean you're necessarily ingesting toxic material; they are more likely fillers. However, the possibility still exists that contaminants can be in your supplements.



NEWCHAPTER®

Garden of Life®

MegaFood™

Fresh From Farm To Tablet™

Not All Vitamins Are Created Equal

These companies are essentially the Gold Standard of vitamins, the Cadillac in a store full of Hondas.

The products that give me the most concern though, are fish oils. I vehemently push ONLY buying fish oil products that have been third party tested and are free of PCBs and metals. The more fat the fish, the higher the contaminant level. Therefore, their oil can be a prime source of toxic chemicals! Don't let untested fish oil even touch your lips! Read the labels and find a company that cares enough to test their oil for purity.

Filling in the Void

No, vitamins are not a magic bullet and should never be a replacement for food. However, they are a great way to fill the voids in our daily diets. They are not a waste of money and they are definitely not useless. However, not all vitamins are created equal.

Using wisdom by purchasing quality supplement that breakdown, absorb into our system, and are free of toxic contaminants is important! So, make a trip to your local health food store and try a quality vitamin today. Fill those nutritional gaps and feel the difference!

Amanda Box is a Traditional Naturopath and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 12 years and currently practices naturopathic consulting in the Kansas City, Missouri area. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic practitioner to turn to for your personal needs, Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at <http://amandabox.blogspot.com/> for contact info.

*Recipe adapted from www.thegraciouspantry.com



6 Things You Need to Know About Multivitamins

by Sarah Stanley

Americans spend \$30 billion yearly on vitamins and supplements (1); globally, \$68 billion sold (2). With these figures, one might be tempted to think we have health to go along with it. Sadly, that is not the case; we have more disease than ever before...and costs to go with that. To put it in perspective, here are some hard numbers.

- \$190 billion is spent on added health care costs each year from obesity. That's almost 21% of the total U.S. health care costs!
- Heart disease is the number one killer in America (yes, even over cancer).
- And one last fact, diabetes has tripled in the last 30 years (CDC). In 2012, alone it costs us \$245 billion, compared to \$174 billion in 2007 (1)

Statistics like these make me even more passionate about helping people live well!

So, what does this have to do with multivitamins and supplements? Glad you asked! It has to do with our inner health and what you put in your body on a daily basis. Most people eat junk products and then think that a multivitamin can counteract what they just consumed.

But wellness doesn't work like that..True health comes from sources as close to the earth as possible, as in real, organic, whole foods.

Let's dive into this and learn about the 6 things you need to know about multivitamins.

#1. Multivitamins are not real food.

The best vitamin and minerals always come from pure, natural, organic sources, like kale, spinach, spirulina, chia and hemp. Each one of these real foods contains the essential vitamins and nutrients your body needs and craves.

God created us and He created foods to help our bodies thrive. He knew what he was doing! Pretty smart, eh?!

Eating nutrient-dense foods heal our body, give us energy, prevent illness and build strong immune systems. Eating real food throughout the day gives your body the chance to absorb the nutrients properly. Our bodies absorb the vitamins and minerals when eaten from real foods vs. swallowing a pill. Vitamins don't contain antioxidants and phytonutrients that real food contains: micronutrients and macronutrients.

The important value of micronutrients and macronutrients are often overlooked.

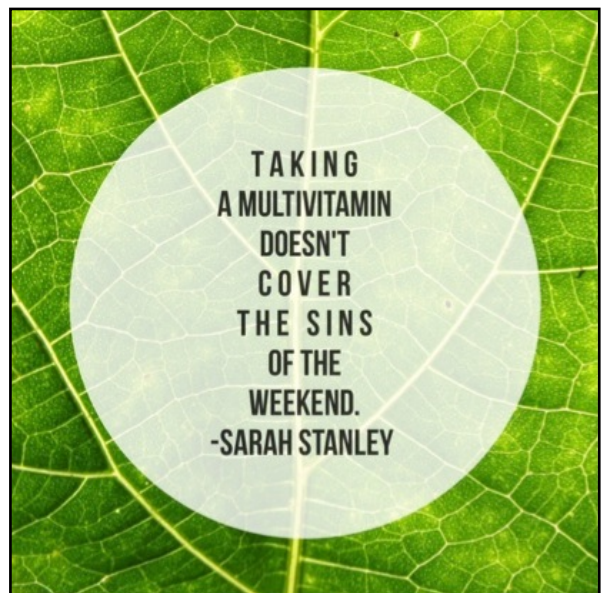
- Micronutrients are the vitamins, phytochemicals, antioxidants minerals and trace elements that your body needs for health longevity.
- Macronutrients are protein, carbs, fat, which are essential for wellbeing, but from the proper sources. Healthy fat from organic coconut is healthy, while fat from McDonald's French Fries is not.

You can remember the difference between these macronutrients and micronutrients by "I need" for micronutrients (the ones you want to focus on). You want to eat as many micronutrients as possible. These whole foods are some of the best sources of micronutrients: kale, beets, red cabbage, spirulina, chia, hemp. These are the best kind of multivitamin. Ever!

#2. Multivitamins aren't a substitute for healthy living 24/7, 365.

Like the quote says, multivitamins do not cover the sins of the weekend (or week for that matter)..

They don't cancel out the unhealthy products you consume on a regular basis. Eating bacon cheeseburgers, consuming soft drinks and sipping coffee dessert beverages (such as Cafe Mocha) aren't only terrible for your health; they are depleting your body of vital nutrients.



This is why healthy living is a 24/7, 365 lifestyle, day in, day out. Wellness becomes routine just like the air you breathe. Wellness is a habit.

- You automatically reach for a glass of pure water instead of a soft drink.
- You make kale chips at home instead of devouring a bag of potato chips.
- You are what you eat. You are what you drink.

Could it really be that simple? Yes, it really is that simple... with a few other things added like emotional health, faith and physical activity. When we get back to the basics of consistently living healthy, multivitamins aren't needed.

#3. Multivitamins need to be used with caution.

As with anything you buy, you have to *always* consider the source. Major pharmaceutical companies make many multivitamins that you see on the store shelves (Centrum is made by Pfizer), and are made with synthetic (not real) junk ingredients.

How can something made in a lab be good for our bodies? Answer: it's not. God intended for us to eat what He created. Plants like quinoa, chia, berries, kale, spirulina, spinach and hemp are wonderful sources of phytonutrients, essential minerals and micronutrients (remember that word?) to help keep our bodies well.

Buying a cheap multivitamin is not only wasting your hard earned dollars, it's also not doing your health any good either. Very few multivitamins or vitamins are worthy of your money! If you do decide to take a multivitamin, then I recommend MegaFood. These vitamins are made from wholesome, fresh organic foods so you know you are buying the best quality vitamin.

#4. Multivitamins are needed in most people's diets, but from the proper sources.

Because we live in a toxic environment and our food supply is filled with preservatives, additives and other chemicals, most of are probably aren't eating real, whole foods. In addition, many of us hide from the sun because we've been inundated with ads telling us to slather on the sunscreen, making us vitamin D deprived.

The solution, however, isn't to pop a pill, but to get back to the basics again. An estimated 85% of people are vitamin D deficient. Signs of a vitamin D deficiency are:

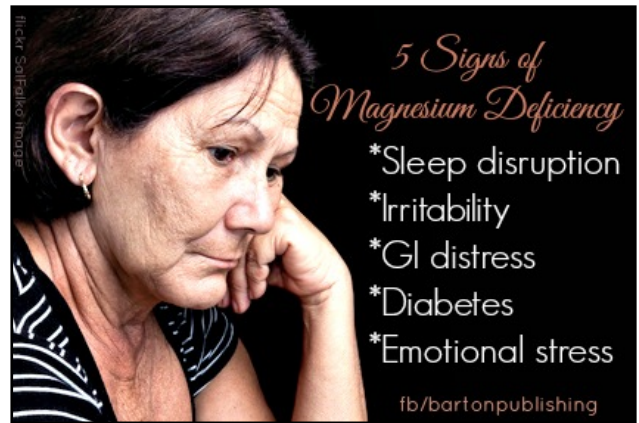


- Flu
- Diabetes
- Muscle weakness
- Gum disease
- Asthma

Where can you get vitamin D? The sun! This is one of the best sources of vitamin D! The only plant-based source of vitamin D is found in mushrooms. Remember, the sun isn't the enemy. Getting a daily dose of vitamin D (sun) daily *is* good.

Because people live fast-paced, stress-filled lives, magnesium is another mineral that people are low in, which can lead to:

- Sleep disruption
- Irritability
- GI distress
- Diabetes
- Emotional stress



Instead of popping a multivitamin, get yourself some Natural Vitality Calm, which contains magnesium (and calcium) so you can begin to cure what ails you.

#5. Multivitamins don't address the root of the issue.

It's easy to go to a store, wander down the supplement aisle, grab a bottle, go home and swallow. Wellness doesn't come from plastic bottle!

Popping a multivitamin, just like prescriptions, doesn't address the root issue of why you need a multivitamin. Why are you stressed? Why do you have a headache? Why do you think you need that multivitamin? When we look beyond the surface of what's really the cause of the health issue can we begin to heal our bodies. We've already established that we're nutrient deficient, so figure out what foods you need to be eating more of.

We all can probably eat a lot more greens like these on a daily basis:

- Kale
- Spinach
- Salad greens
- Spirulina

- Chlorella

Each one of these real foods contains vital nutrients to give your body life, like good eyesight, strong heart, liver function, and kidney support. Always come back to the source of why you need vitamins. A lot of us do need vitamin and mineral support, but taking a one size fits all approach isn't benefiting your health.

Note: working with a holistic doctor or an applied kinesiologist can be extremely helpful in figuring out what your body is lacking and what minerals your body might be just fine with.

#6. Multivitamins aren't a probiotic.

80% of our immune system lives in our gut and a multivitamin is not a probiotic. Do you get sick frequently? Instead of turning to a multivitamin that will just flush down the drain, start healing your gut to build a strong immune system.

So, don't spend money on a multivitamin, invest that money into quality probiotics, preferably from real food sources. Kombucha and sauerkraut (in the fridge section, not shelf stable) are two of my favorite sources of probiotics. You can also choose Kefir.

You will find that by shifting the focus from "multivitamin, multivitamin" to heal-thy gut (did you catch that?), I purposely spelled out healthy into two words: health-thy. When we have a heal-thy gut, we heal our body and we become healthy.

Take away: always get your vitamin and minerals from real, whole, organic food sources first and on a daily basis. Be really picky about what you put in your body. Take care of your body and your body will take care of you. Address underlying causes. Get sunshine. Heal your gut. Following these keys will enable you to live a long and healthy life!



Sarah Stanley is a wellness educator, endurance athlete, speaker, author, and founder of #wellnesschat & {wellprint}. Passionate about healthy living Sarah lives what she speaks about, practicing a whole foods, plant-based lifestyle that fuels her ultrarunning adventures. Her goal is to empower others to be knowledgeable about what they put in & on their body so they can live healthy, disease-free and happy life. She's been featured in SELF, SHAPE, Ladies' Home Journal and Washingtonian. Find Sarah on [Twitter \(@SarahStanley\)](#), [G+ \(+SarahStanley\)](#) and visit [SarahStanleyInspired.com](#) to start your wellness journey today!

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Spiritual RDA (Recommended Daily Allowance)

by Michael Tyrrell

The “New Year” is historically a time when people make resolutions that they rarely keep... This year, my “New Year Resolution” was not to make a resolution, but to instead start living a revolution because words are cheap and actions are priceless. I started 2014 not *talking* about losing weight, but *actually* shedding 14 pounds in 14 days! Later in this article, I will share with you how Michael got his groove back and became a lean clean fat loss machine. But, first, it’s time to unveil this month’s topic, “Vitamins and Supplements.”

If you are a subscriber to Home Cures That Work, then there is a good chance you are one of the millions of people who are health conscious and always on the lookout for natural alternatives to keep yourself and your family healthy year around.

If you are currently taking multivitamins and/or supplements and have benefited from doing so, then you have probably noticed the recent “barrage” of tabloids purporting that vitamins and supplements are essentially useless and offer little if any health benefits, whatsoever! In fact, CBS, NBC and The Huffington Post have launched an all out smear campaign against natural supplements with inconclusive research based on little more than cherry picked demographics and hearsay.

Telling people who have revolutionized their health by using vitamins and supplements that they don’t work is akin to a person telling someone who is accomplishing a great feat that it can’t be done!

Here is the million-dollar question... Who can you think of that would be threatened by consumers use of vitamins and supplements and people taking responsibility for their own health?

Here is another question...

- How many tabloids have been exposing the deaths, side-effects, secondary diseases, addictions and suicides related to prescribed pharmaceutical drugs?
- Would any tabloid dare to report that pharmaceutical drugs are essentially useless and offer little if any health benefits whatsoever?
- Were you, or anyone you know included in ANY trial or study that would discount the effect of natural vitamins and supplements?

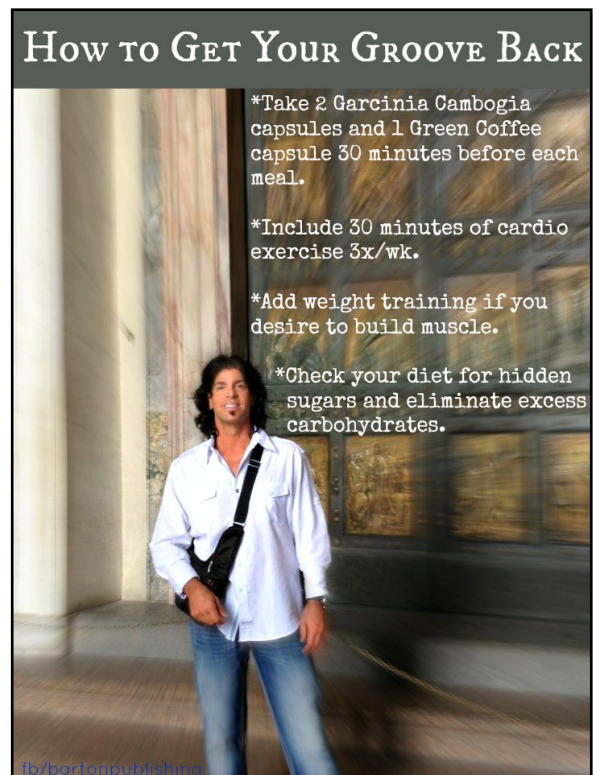
I submit these questions not to get your answer but rather to stimulate you to ask yourself some questions of your own. Anyone who possesses even a layman's understanding of the human body could easily deduce that something that is derived from nature would be far more tolerated by the body than something that was derived from a test tube! But, that deduction would take common sense, a nearly extinct virtue in today's culture!

Here's the bottom line...if something works for you...keep doing it regardless of what the naysayers are reporting Remember, a man with an experience is NEVER at the mercy of a man with an argument!

I am the poster child of vitamins and natural substance. My life, my wife's life, as well as our families, friends and countless others have been transformed by a protocol of intelligent natural supplementation.

In fact, I only used two supplements to lose the aforementioned 14 pounds in 14 days...Garcinia Cambogia and Green Coffee (Svetol). Simply take 2 Garcinia Cambogia capsules and 1 Green Coffee capsule 30 minutes *before* each meal and make sure you include 30 minutes of cardio exercise 3 times a week (weight training also if you desire to build muscle). You also need to check your diet for hidden sugars and eliminate excess carbohydrates. If you follow this recipe to the letter, then you can easily lose a pound a day. I am living proof!

Since 1984, I have been both a student and an advocate



of natural supplementation with a deep knowledge of vitamins, supplements, herbs and Chinese medicine, as well as Ayurvedic medicine. I can assure you that at 54 years of age I have never needed pharmaceutical drugs and have a body and energy level that would make a 30-year-old envious!

But even with all of that going for me, it only affects my physical wellbeing... and friends, we are far more than that! You see, God made us triune in nature; we are composed of body, soul and spirit, with each part requiring attention!

Jesus ALWAYS taught balance. For example, if you spent all of your time fixated on nurturing the body alone, then how would your Soul (thought, will and emotions) and your Spirit fare?

“And exercise yourself unto Godliness. For bodily exercise is profitable for a little: but Godliness is profitable for ALL things, having promise of the life which now is, and of that which is to come.” 1 Timothy 4:8

A couple of years ago I attended a meeting and a man of great means approached me and said, “Son, I don’t even have a spiritual life.” I replied, “You have made all of your money by utilizing only 2/3 of your capabilities and this has made you rich...Today, I would like to introduce you to the missing 1/3 that will make you eternally wealthy!”

Everyday consumers spend millions on a myriad of products that promise to enhance their appearance and curtail the ravages of time. Though there is certainly nothing wrong with that, the danger is the preoccupation with the exterior while at the same time neglecting the interior.

“Woe to you, scribes and Pharisees, hypocrites! For you clean the outside of the cup and the dish, but inside they are full of robbery and self-indulgence. You blind Pharisee, first clean the inside of the cup and the dish, so that the outside of it may also become clean.” Matthew 23:25-26

We are made beautiful from the inside out, not the outside in!

If you will, think of yourself for a moment as a triangle with your spirit as the base or foundation and one side representing the body and the other, the soul. You are only as strong as the weakest link, so if your body or soul is compromised no matter how spiritual you are... It will be difficult to stand. Yet God expects us to stand strong...So, how do we do it?

I am glad you asked! Lets start by taking our daily multivitamin out of the cabinet and take a look at the label. Ahh...there it is, the three initials: RDA.



RDA stands for Recommended Daily Allowance or, in layman's terms, what you need daily to remain healthy. When referring to your body, the RDA is the suggested intake of essential nutrients that your body needs... But, what would a spiritual RDA look like?

Lets look at the life of King David to get a better idea.

“I will praise you seven times a day because all of your regulations are just.” Psalm 119:164

This was King David's spiritual RDA: he stopped everything seven times a day, everyday, to praise God with a grateful heart for His righteousness.

Maybe you are thinking, “I am far to busy to stop everything 7 times a day and praise God.” Well, here is another scripture for you.

“Rejoice always; pray without ceasing; in everything give thanks; for this is God's will for you in Christ Jesus.” 1 Thessalonians 5:16-18

Wow, and you thought seven times a day was too much? Did that just say, "Pray without ceasing?" Yes, it did...but let me explain the word “religion” (the practice) never resonated with me because it can mean a devotion to God or...your toothbrush...

Here are some examples:

- “People would say I am very religious because I attend church twice a week.”
- “I religiously brush my teeth three times a day.”

To pray without ceasing is NOT a “religious” practice. It is a lifestyle that obviously DOES NOT mean you quit your job, ignore your friends, never sleep or eat because you are praying without ceasing...Can you pray without opening your mouth, without closing your eyes, while you are on your feet, or at the grocery, behind your desk? YES!

Here is another illustration. You must breathe without ceasing. After your first breath...NOBODY HAS TO TELL YOU HOW TO DO IT AGAIN!

Prayer is spiritual communication with God. You can pray from your spirit while your body is carrying out a myriad of activities! People get soooo hung up with “how to do it” that it becomes a form (schematic) or religious habit and it becomes powerless and passionless. Prayer becomes a chore.

So, here are a few essential vitamins to help you reach your own recommended daily allowance of relationship with God:

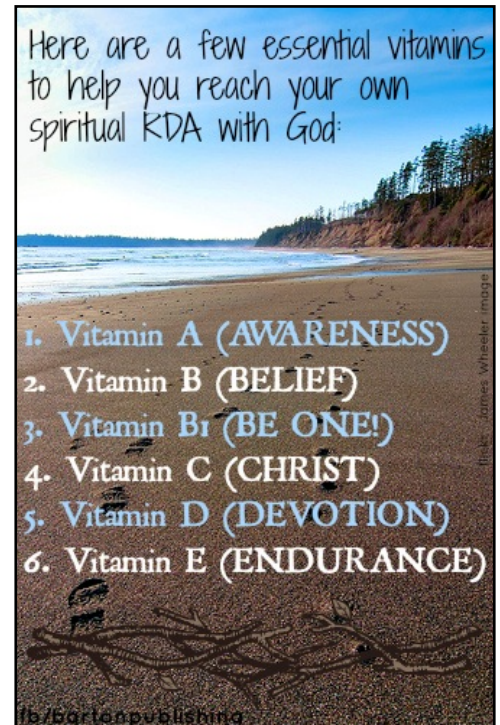
1. Vitamin A (AWARENESS)
2. Vitamin B (BELIEF)
3. Vitamin B1 (BE ONE!)
4. Vitamin C (CHRIST - you cannot take too much of this one!)
5. Vitamin D (DEVOTION)
6. Vitamin E (ENDURANCE)

Just like your daily vitamin regimen is custom tailored to your specific nutritional needs your spiritual RDA works the same way. My “dosage” may not work for you. So maybe you are wondering, “Michael how will I know when it’s working for me?”

Dear friend, it will be obvious...righteousness, peace and joy are just a few of the initial benefits of a daily interaction with God! If you get daily exercise, then your body will show it and people will notice. In same way, if you have a consistent time set aside for God, then your spirit will soar and everybody around you will notice.

Remember...take the dosage (RDA) necessary for you to establish a healthy relationship with God and if you get stuck...consult your owners manual, the Bible, all of the answers to life’s questions live between the pages...

May 2014 be a year of great spiritual breakthrough for you and your loved ones!



Michael Tyrrell, www.michaelytyrrell.com is the founder of the Network Center Inc., a not-for-profit, 501(c)(3) organization founded in 2001 which works as an advisory agency to local churches, faith-based ministries, Para-church ministries, schools, home fellowships and music ministries in connection with their outreach ministries or missions based activities. Michael has been committed to training their key leaders and members to deliver the message of their Christian faith in order to reach the lost, the disenfranchised, the sick and the hurting through the organic roots of the Christian faith and other areas as needs arise. Michael has been in full time ministry for the last 27 years and is a writer music producer and well known musician. <http://michaelytyrrell.com>



Top 6 Anti-Aging Supplements

By David Kekich

Just twenty years ago, vitamin popping was still held by the mainstream medical community as a worthless fad. But studies now show we are woefully vitamin deficient.

For example, two USDA surveys of 5,188 people and 16,103 people discovered that *not one* got 100% of the recommended daily allowances (RDA) for vitamins, minerals and nutrients. And RDAs are far below what many researchers determine to be optimal health levels.

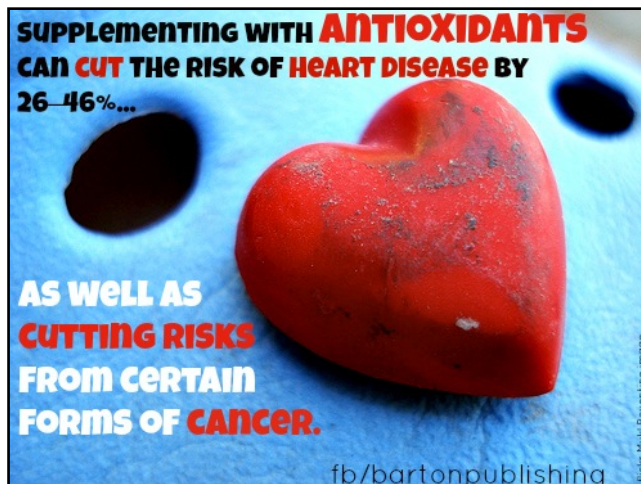
Today, you would be hard-pressed to find a physician who would disagree with the tremendous potential health benefits supplements can provide. That's because we finally have tens of thousands of published studies supporting the use of supplements. We also have ways to measure just what, if any, positive effects many supplements have on you. In fact, we now know you can fix defects in your DNA with vitamins and minerals.

According to the *Proceedings of the National Academy of Sciences* (PNAS), there are many genetic differences that make people's enzymes less efficient than normal, and that simple supplementation with vitamins can often restore some of these deficient enzymes to full working order.

Thanks to emerging technologies, we will soon be able to tell precisely what supplements and what dosages are optimal for you. For now, we need to take a more general approach.

According to Dr. Bruce Ames of the University of California at Berkeley, over fifty genetic diseases have already been identified that can be corrected by aggressive nutritional supplementation. Diet alone and recommended daily allowances (RDA) will never do it for *optimal* health. In fact, optimal health is not possible without supplements for most of us.

Published studies showed that supplementing with antioxidants can cut the risk of heart disease by 26–46%, as well as cutting risks from certain forms of cancer.



Supplementation can also help you avoid stroke, diabetes, arthritis, macular degeneration, Alzheimer's and much more. The bare basics include a daily high potency multivitamin tablet and essential fatty acids. Ninety-seven randomized trials involving over 275,000 subjects showed omega-3 fatty acids, like fish oil, reduced cardiac mortality risk by 32% and overall mortality by 23%.

Also, if you or someone you know has arthritis, lymphoma, herpes, HIV, low energy, Parkinson's or frequent infections including colds and flu, these people may have a common link—nutritional deficiency. Researchers found that in almost any diseased condition, patients are glutathione deficient.

The supplements for which we have found the most supporting benefits and the most clinical data by far, are six key antioxidants. These six substances are:

- Vitamin C
- Vitamin E
- Coenzyme Q10 (CoQ10)
- Glutathione
- Lipoic acid
- Carnosine

Dr. Lester Packer of the University of California at Berkeley, one of the world's most renowned experts on antioxidants, has found the first five to act as an antioxidant network in your body.

How Much Should You Take?

The daily requirements for each of these antioxidants as established by the USDA are far too low, according to the accounts of a large number of scientists and physicians. There is still a heated debate as to what the correct dosages should be, and they will vary from person to person. At present, the following guidelines are based on the general recommendations of Dr. Lester Packer.

Vitamin C

Vitamin C, according to Dr. Packer, should be taken in doses of 250 mg, twice daily. According to the results from his work, any more is not going to do any harm if you have a well-supported antioxidant network. Above this amount though, much of it is just excreted in the urine without being used.

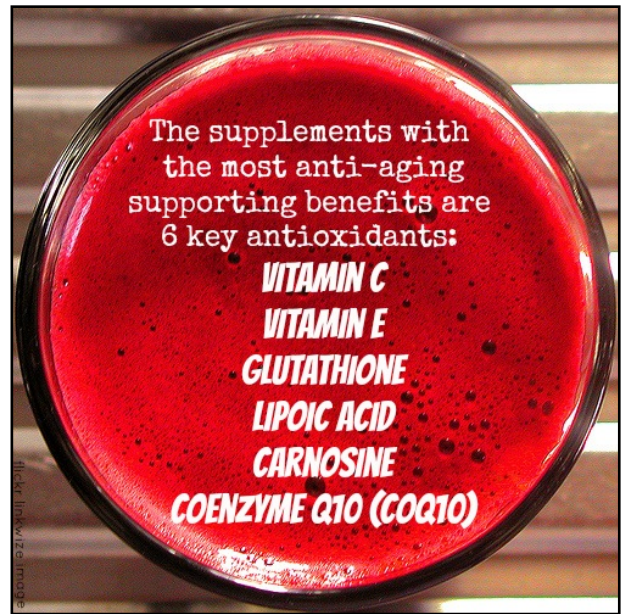
Vitamin E

The USDA recommended daily allowance (RDA) for vitamin E is woefully low. Vitamin E is one of the frontline defense systems against free radicals. Dr. Packer and many other sources recommend a total of 500 mg of vitamin E per day, and higher dosages for people with cancer or heart disease. Dr. Packer recommends mixing natural tocopherols and tocotrienols, members of the vitamin E family.

CoQ10

CoQ10 is naturally found in nearly every cell, tissue and organ in your body. It is found in especially high concentrations at the source of most of your free radical production, the mitochondria, your cells' "power plants." It improves your cells' ability to transport electrons in and out of the mitochondria. CoQ10 is especially attracted to high-energy organs such as your heart and brain. It directly recycles vitamin E and is one of the primary molecules in the energy production system of cells. As we age, the production of CoQ10 declines, and this may be a factor in heart disease as well as diminished cellular energy.

The antioxidant action of the reduced form of CoQ10 (ubiquinol) is now considered to be one of its most important functions in cellular systems. Ubiquinol is a potent antioxidant capable of regenerating other antioxidants and provides important protection against oxidative damage to fats, proteins and DNA. Recent studies also reveal function in gene expression involved in human cell signaling, metabolism and transport.



If you are in the older and/or are in a disease/stress category, you may want to start at 200 to 300 mg per day. Studies show the CoQ10 plasma levels plateau at about two to three weeks at this dose. A good maintenance dose after that is in the 50 to 100 mg per day range. Make sure you take ubiquinol, the reduced form or water-soluble ubiquinone. Other forms are easily oxidized and are therefore inefficient.

Glutathione

A low level of glutathione is one of the key indicators for premature death. Unfortunately, the body breaks down glutathione in the digestive tract, so supplementing with an unprotected version of glutathione won't do you much good. Take glutathione—but only the "protected" form, 50-100 mg glutathione/day.

Another way to keep your glutathione levels up is to avoid nitrates found in processed lunch meats, smoking and alcohol.

Lipoic acid

The cell's energy powerhouses (the mitochondria) require a complex series of chemicals to be present in order to maintain critical functions such as transporting nutrients through the cell membrane and purging the cell of toxic debris. Mitochondrial energy depletion can result in congestive heart failure, muscle weakness, fatigue and neurological disease.

Some methods to counteract: 150–300 mg a day of R-lipoic acid.

Carnosine

It is well-known that diabetics age prematurely, but even non-diabetics suffer from a devastating chemical reaction called glycation, where protein or fat molecules bind to glucose molecules in the body to form non-functioning structures. Glycation is most evident in senile dementia, stiffening of the arterial system, and degenerative diseases of the eye.

Some methods to counteract: Take 1000 mg a day of carnosine.

More on Antioxidants

In addition to the five key antioxidants found in your body, there are other compounds that can boost your antioxidant activity. One group of these molecules that has gotten a lot of attention as of late are flavonoids. These antioxidants are found in tea, berries, red wine and many fruits.

Flavonoids and Carotenoids

From recent studies, flavonoids seem to act as free radical scavengers, mainly recycling vitamin C. Two of the most powerful flavonoid antioxidant extracts are those from pycnogenol (pine bark) and

ginkgo biloba. Dr. Lester Packer's recommendation for ginkgo biloba is 30 mg daily and for pycnogenol, 20 mg daily.

Another group of antioxidants available from plant, algae, and fungi are the carotenoids. The best source of carotenoids is your diet. Brightly colored fruits and vegetables all contain high levels of these compounds. However, the fruits and vegetables we eat today may only contain a fraction of the nutrients they contained fifty years ago. Many soils have been depleted of minerals, and in their attempt to sell food that looks and tastes good and keeps from spoiling too early, the industry has adulterated much of our produce. We recommend you eat as much locally grown or organically grown food as possible for those reasons, and because organic foods generally contain far fewer toxins. And oh yes, I believe organic food tastes better too.

Vitamin D

Additionally, recent studies show vitamin D does far more than promote healthy teeth and bones. Its role in supporting immunity, modulating inflammation, and preventing cancer make the consequences of vitamin D deficiency potentially devastating.

University of California recently conducted an extensive review of scientific papers published worldwide between 1966 and 2004. Their analysis suggested that taking 1000 international units (IU) of vitamin D₃ daily lowers an individual's risk of developing colorectal cancer by 50%.



In fact, people with the lowest blood levels of vitamin D were about two times more likely to die from *any cause* during an eight-year study period than those with the highest levels.

Another study shows getting about 2,000 IU to 4,000 IU a day of vitamin D can help you to reduce your cancer risk by up to 50%! And according to Dr. William Grant, internationally recognized research scientist and vitamin D expert, about 30% of cancer deaths, which amounts to 2 million worldwide and 200,000 in the United States, could be prevented each year with higher levels of vitamin D.

Vitamin K

According to Dr. Cees Vermeer, one of the world's top researchers in the field of vitamin K, nearly everyone is deficient in vitamin K—just like most are deficient in D.

Most people get enough K from their diets to maintain adequate blood clotting, but NOT enough to offer protection against some health problems.

Vitamin K comes in two forms, and it is important to understand the differences between them before devising your nutritional plan of attack.

1. **Vitamin K1:** Found in green vegetables, K1 goes directly to your liver and helps you maintain a healthy blood clotting system. It is also K1 that keeps your own blood vessels from calcifying, and helps your bones retain calcium and develop the right crystalline structure.
2. **Vitamin K2:** Bacteria produce this type of vitamin K. It is present in high quantities in your gut, but unfortunately is not absorbed from there and passes out in your stool. K2 goes straight to vessel walls, bones, and tissues other than your liver.

You can obtain all the K2 you'll need by eating 10-15 grams of natto daily, which is half an ounce. The next best thing is a vitamin K2 supplement. Remember to take your K supplement with fat, since it is fat-soluble and won't be absorbed without it.

Although the exact dosing is yet to be determined, Dr. Vermeer recommends between 45 mcg and 185 mcg daily of Vitamin K for adults.

Round out Your Program

There are two more compounds worth mentioning in this discussion: selenium and melatonin.

Selenium

Selenium is an element that has a synergistic effect on the antioxidant network. The way it works is not completely clear yet, but it is well-known that selenium deficiencies are responsible for higher levels of heart disease and cancer. In fact, people who live in areas in which the soil is selenium deficient are much more likely to die of heart disease.

Dr. Lester Packer recommends taking 200 mcg (micrograms) per day.

Melatonin

Melatonin is technically a hormone, but one of its most powerful uses is as a general antioxidant.

This molecule has the ability to cross the blood-brain barrier, the membrane that prevents most molecules from entering the brain itself. So this might be one of the brain's key defenses against oxidation.

In addition to these effects, melatonin has a role in regulating the sleep cycles of some animals, and may have similar effects in humans. Melatonin production declines with age in humans, and so it has been suggested that increased dosages may be necessary as you age.

The most commonly recommended dosage is 3 mg or less at night before bed, but this is an unusually benign substance. The only noticeable side-effect was it is hard to wake up in the morning. Of course this is extreme, and we don't recommend extreme dosages of anything.

Conventional wisdom also leads to "normal" health. For optimal health, we suggest supplements.



David Kekich (Living Healthy to 120: Anti-Aging Breakthroughs) is President/CEO of Maximum Life Foundation that focuses on aging research, a 501(c)(3) corporation dedicated to curing aging-related diseases. For more information, visit: www.MaxLife.org. David contributes to our column Living Healthy to 120: Anti-Aging Breakthroughs. MaxLife is helping to make the anti-aging dream a reality with cutting edge Bio-Engineering research and products.



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