

## ***What You Need To Know Before You Buy Another Supplement!***

With the abundance of conflicting information available about dietary supplements, it is more important than ever to talk with your doctor and other health care providers to help you sort the reliable information from the questionable. Scientists now recognize that even mild nutritional deficiencies can create subtle symptoms of disease. It has been found that through detoxification, dietary improvements and nutritional supplementation the signs of deficiency can be easily identified so that you can understand which foods, vitamins, herbs, and health practices will give you the optimal health and longevity you desire.

Nutritional deficiencies rob the body of its own natural resources and can manifest as symptoms such as fatigue, mood swings and insomnia. Many times, these symptoms are taken for granted as a natural sign of aging. When left unchecked, however, these same deficiencies can contribute to disease such as arteriosclerosis, high blood pressure, diabetes and arthritis.

### **Dietary Supplements -- More Than Vitamins...**

Today's dietary supplements are not only vitamins and minerals. They also include other less familiar substances, such as herbals, botanicals, amino acids, and enzymes. Dietary supplements come in a variety of forms, such as tablets, capsules, powders, energy bars, or drinks.

Scientific evidence supporting the benefits of some dietary supplements (e.g., vitamins and minerals) is well established for certain health conditions, but others need further study. Whatever your choice, supplements should not replace prescribed medications or the variety of foods important to a healthful diet.

If you do not consume a variety of foods some supplements may help ensure that you get adequate amounts of essential nutrients or help promote optimal health and performance. However, dietary supplements are not intended to treat, diagnose, mitigate, prevent, or cure diseases; therefore, manufacturers may not make such claims. In some cases, dietary supplements may have unwanted effects, especially if taken before surgery or with other dietary supplements or medicines, or if you have certain health conditions.

Unlike drugs, dietary supplements are not approved for safety and effectiveness by the Food and Drug Administration (FDA). It is the responsibility of the supplement manufacturers/distributors to ensure that their products are safe and that their label claims are accurate and truthful.

One aspect of the recommendations produced following a M.A.P. is that of dietary supplementation that may be necessary and appropriate to address the issues disclosed in your profile. Fundamentally there are two broad groups of supplementation. The first group is considered to be therapeutic intervention.

These are specific forms of nutrients taken in specific forms for specific periods of time. The goal of this intervention is to alter the gross inequities found in the evaluation by assisting and supporting the impaired mechanisms. Generally, these nutrients are not taken for periods of longer and ninety days.

Once the appropriate response has been achieved your M.A.P. is reviewed to determine what must be done to maintain the progress achieved and insure continued improvement. Often times this involves dietary and lifestyle changes in conjunction with the second broad group of support supplements called foundational nutrients. Typically these are core nutrients associated with the five basic supplements most people need to take on a daily basis for extended periods of time to insure that adequate nutritional resources are available to fuel the fundamental systems of the body. These five sub-groups include a multiple vitamin, multiple mineral, digestive enzyme, probiotic, and antioxidant.

These are the five basic nutrients agreed upon by all experts for inclusion on a daily basis in the diets of the population at large. They are necessary because they have been depleted from the food chain by virtue of the techniques utilized in contemporary farming, production, and manufacturing. In addition, these nutrients are depleted or destroyed by the techniques employed to preserve the shelf-life of modern foods, such as, pasteurization, flash freezing, heat preservation, cold preservation, dehydration, fermentation, food additives, food irradiation and packaging.

Therefore, following your initial M.A.P. two distinctly different types of recommendations will be submitted. The first is that of therapeutic intervention for the purposes of restoring normal function. Due to the biochemical individuality of each individual there are a vast number of choices available in this arena. For this reason we special order every nutrient indicated by each individual M.A.P. result to insure that the highest quality and most specific nutrients are supplied to effectively impact the internal environment as efficiently as possible. This is also the reason that we recommend that you order the premium package, which allows for the opportunity to monitor changes and progress over a predictable period of time.

The requirements for the second group of foundational nutrients is somewhat less specific and stringent, in that the only requirements are that they be comprehensive, high quality, broad spectrum, and biologically active. It is for this reason that we have constructed our own formulas for long-term use to be administered following the necessary improvements in the biological matrix. Once our biochemical goals have been accomplished it is easy to maintain what has been created by simply having the appropriate nutrients delivered automatically to your home every month.

Of course, once you've completed your M.A.P. testing and therapeutic recommendations you can choose to select these nutrients yourself from any

variety of sources. Should you choose to do so there are a number of considerations that you will want to keep in mind.

## How To Recognize a Dietary Supplement

At times, it can be confusing to tell the difference between a dietary supplement, a food, or an over-the-counter (OTC) medicine. An easy way to recognize a dietary supplement is to look for the Supplement Facts Panel on the product. Learning to read and interpret labels is critical to purchasing a quality supplement.

## Potential Risks of Using Dietary Supplements

If you choose to use the information produced by the M.A.P. to design your own program there are certain things you will want to remember. Although certain products may be helpful to some people, there may be circumstances when these products can pose unexpected risks. Many supplements contain active ingredients that can have strong effects in the body. Taking a combination of supplements, using these products together with medicine, or substituting them in place of prescribed medicines could lead to harmful, even life-threatening results. Also, some supplements can have unwanted effects before, during, and after surgery. It is important to let your doctor and other health professionals know about the vitamins, minerals, botanicals, and other products you are taking, especially before surgery.

Here are a few examples of dietary supplements believed to interact with specific drugs:

- **Calcium** and heart medicine (e.g., Digoxin), thiazide diuretics (Thiazide), and aluminum and magnesium-containing antacids.
- **Magnesium** and thiazide and loop diuretics (e.g., Lasix®, etc.), some cancer drugs (e.g., Cisplatin, etc.), and magnesium-containing antacids.
- **Vitamin K** and a blood thinner (e.g., Coumadin).

**St. John's Wort** and selective serotonin reuptake inhibitor (SSRI) drugs (i.e., anti-depressant drugs and birth control pills).

## Consider these tips before constructing your own supplement program:

- **Safety First.** Some supplement ingredients, including nutrients and plant components, can be toxic based on their activity in your body. Do not substitute a dietary supplement for a prescription medicine or therapy.
- **Avoid chasing the latest headline.** Sound health advice is generally based on research over time, not a single study touted by the media. Be wary of results claiming a "quick fix" that depart from scientific research and established dietary guidance.

- **Be Aware of False Claims. Remember:** "If something sounds too good to be true, it probably is." Some examples of false claims on product labels:
  - **Quick and effective "cure-all."**
  - **Can treat or cure disease.**
  - **"Totally safe," "all natural," and has "definitely no side effects."**
  - **Limited availability, "no-risk, money-back guarantees," or requires advance payment.**
- More may not be better. Some products can be harmful when consumed in high amounts, for a long time, or in combination with certain other substances.
- The term "natural" doesn't always mean safe. Do not assume that this term ensures wholesomeness or safety. For some supplements, "natural" ingredients may interact with medicines, be dangerous for people with certain health conditions, or be harmful in high doses. For example, tea made from peppermint leaves is generally considered safe to drink, but peppermint oil (extracted from the leaves) is much more concentrated and can be toxic if used incorrectly.

Is the product worth the money? Resist the pressure to buy a product or treatment "on the spot." Some supplement products may be expensive or may not provide the benefit you expect. For example, excessive amounts of water-soluble vitamins, like vitamin C and B vitamins, are not used by the body and are eliminated in the urine. Other questions to consider might include:

- **What is this product for?**
- **What are its intended benefits?**
- **How, when, and for how long should I take it?**

### **Last But Not Least**

- Do not self diagnose any health condition. Work with your health care providers to determine how best to achieve optimal health.
- Check with your health care providers before taking a supplement, especially when combining or substituting them with other foods or medicine.
- Some supplements can help you meet your daily requirements for certain nutrients, but others may cause health problems.
- Dietary supplements are not intended to treat, diagnose, mitigate, prevent, or cure disease, or to replace the variety of foods important to a healthful diet.

## **A Final Word**

Regardless of how you choose to implement supplementation into your self-help program think seriously about having some form of the M.A.P. performed. If anything can cause anything you'll never know what's causing what without a M.A.P. to get you from where you are to where you want to be. More information on M.A.P. testing is provided in our introductory CD and in our newsletter. Both can be of tremendous value in helping you to make informed decisions about your personal healthcare program.

The right assessment along with appropriate recommendations can help you to create optimal health and vitality by:

- Boosting your energy levels
- Boosting your immune system
- Increasing your ability to focus
- Decreasing nagging symptoms
- Ridding your body of poisons
- Detoxifying and revitalize your internal organs
- Reducing your risk of disease

Reading my new book and requesting my new M.A.P. CD can provide the tools you need to accomplish all of these and more!