

# Foundational Nutritional Supplements for Prevention

The following is a general supplement program designed to help adults prevent chronic degenerative illnesses and live stronger, longer lives. Although, I believe in individualizing health programs to meet the needs of each unique person, these guidelines are based on science and act as the bases for all targeted nutritional approaches.

The idea is to protect the brain, nervous system, cardiovascular system, and internal organs as we age. Also, we want to keep bones strong while maintaining soft, healthy arteries. As we age bones tend to become softer and arteries harder due to hormones shifting downward.



**1. Protect bones, arteries, brain, and vital organs** with 3 nutrients which are largely deficient in North Americans: Vitamins D3 and K2, plus Omega-3 fish oil. Supplementing vitamin D3 at a minimum daily intake of 2000IU from September to June aids in keeping the bones, brain, and immune system strong. This is the “sunshine” vitamin and since we live in Northern latitude we just cannot consistently make enough to keep us healthy and strong. Vitamin K2 at 120 mcg MK-7 form, moves calcium from soft to hard tissue and prevents both

osteoporosis and hardening of the arteries and joints. K2 is a vitamin that has become deficient with the modernization of farming and food manufacturing practices. Omega-3 fish oil (in the form of DHA and EPA combined dose of 2000-4000mg daily), protects the brain, nervous system, cardiovascular system, vital organs, skin, and bones from deterioration. Omega-3's are modern man's number one deficiency. All 3 nutrients have cancer preventive properties.

**2. Protect the endothelium** (inner lining of blood vessels) with high potency trans-resveratrol: This is the colorful molecule that makes grapes purple and red wine red. At a high dose (not achievable with red wine consumption in moderation), this powerful nutrient improves cardiovascular function, is anti-inflammatory and anti-oxidant, improves energy production and metabolism, decreases high blood pressure, improves cholesterol, and in animal studies extends life.

**3. Sub-lingual methylated B12: Vitamin B-12** in its active (methyl) form improve energy and nerve function, stimulate blood cell production, detoxifies chemicals and toxic metals, and aids in the prevention of cardiovascular and brain disease. It is often deficient with aging due to absorption problems. It is best administered as an under the tongue liquid or lozenge at 1000mcg per day, since stomach absorption may be impaired. Vegetarians may also be deficient.

4. **B-Complex, one a day:** Active forms of the other B-vitamins act like catalyst in cellular metabolism. They stimulate energy production, improve break down of food into energy, help maintain healthy moods, and aid in optimizing hormone status.

5. **Minerals:** Magnesium, chromium, vanadium, selenium, iodine, boron, sodium, potassium, iodine and other minerals play a role in metabolism, energy production, blood glucose control, blood pressure control, muscle strength and spasm reduction, maintaining a calm mood, and maintaining a healthy hormone balance. Added calcium in supplemental form is not generally recommended since research shows that it can lead to hardening of the arteries in a low hormone environment. Dietary calcium is usually adequate if optimal D3, K2, and hormone status is maintained. Modern processed food diets are deficient in adequate mineral levels.

6. **Vitamin C:** This well researched vitamin should be supplemented daily to help maintain strong, healthy connective tissue throughout the body as well as a healthy immune system. It has been shown to have antiviral and antibacterial effects, as well as aiding in detoxification of harmful chemicals. 1000mg daily with bioflavonoids is generally adequate in adults.



A few simple targeted nutrients go a long way towards prevention and the maintenance of optimal health and longevity. Natural, whole sources of vitamins, minerals, and plant nutrients are recommended to ensure proper absorption and utilization of supplements.

#### **IV Vitamin C: Effective Natural Cancer Therapy**

Recent research supports what many alternative Doctors have experienced in regards to cancer therapy...Vitamin C at adequate doses, only reached through intravenous administration, is a safe, effective cancer therapy. Although I do not advocate any patient to disregard advice from an Oncologist, I do advise they seek complementary natural support along with regular cancer therapies for the following reasons:

- Cancer therapies often cause side effects that can be diminished greatly with adequate Naturopathic therapies
- Scientifically based alternative therapies, when properly administered, augment and enhance the effectiveness of Chemotherapy, radiation, and surgery.

- Research shows that IV Vitamin C produces blood levels which are many times greater than those reached with oral vitamin C supplementation (220 umol/L oral vs 14 000 umol/L intravenous). At this high level, emerging data suggests that Vitamin C kills some cancer cells but not normal healthy cells. This occurs because at high levels Vitamin C is pro-oxidative, whereas at lower levels it acts as an anti-oxidant.

A recent NCI (National Cancer Institute) review reports that IV administration of Vitamin C is safe and results in improved quality of life and a decrease in cancer-related side effects for some cancer patients. The report also states that a study of 3 cancer patients with poor prognosis had long survival times after being treated with IV Vitamin C. Other studies have shown that combining IV Vitamin C with certain chemotherapy agents has a beneficial effect on survival, quality of life, and tumor regression. ([www.cancer.gov/cancertopics/pdq/cam/highdosevitaminc/healthprofessional/page5](http://www.cancer.gov/cancertopics/pdq/cam/highdosevitaminc/healthprofessional/page5))

Vitamin C has long been known to enhance the immune system, kill pathogenic viruses, yeast, and bacteria, improve connective tissue and blood vessel health, combat inflammation and pain, and detoxify persistent environmental pollutants. It has many health benefits that help improve quality of life for cancer patients.

Seeking the advice of a qualified Naturopathic Physician to ensure you are receiving the best care from all sources can go a long way to improving your wellness and longevity. Naturopaths utilize scientifically based therapies that can help patients greatly. Your good health is our goal and we provide proven scientifically based complementary therapies to help you achieve optimal health and wellness.



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