Nutritional ABCs: Strategies for Optimizing Your Energy by Balancing Your Vitamin Intake – Supplementation

Transcript

We've talked about your vitamins; I've given you an overview survey of the various vitamins. We've talked about where they live, where they are on the food supply. You've got your charts, and you can easily go through them. But how do you know when you need to supplement? Do you need to supplement? What are some of the circumstances under which you would supplement?

Well, number one is as an insurance policy for an already healthy diet. That means that you are eating well, but maybe you are not always eating perfectly, and maybe sometimes you eat on the run so your digestion may not be so good. So you have a healthy diet, but you take some extra supplements.

Number two, when you have deficiency symptoms in conjunction with a healthy diet, not in lieu of a healthy diet. You see a lot of people taking these big handfuls of supplements, and then they are eating pizza and drinking beer. You can't do it instead of; you have to have a foundation of a healthy diet.

Our soils are depleted. A lot of the foods not organically raised, and even if it is, the soil has been depleted. So it is helpful to take some extras. But it is in conjunction with an already healthy diet. So I want to give you an idea. I have a little packet. It's a five-page handout, and maybe I'll put that on your page.

I go through a whole assessment in our Energy Recharge Program where we not only assess all the organs and all the glands, but we also assess nutrients and give people an idea of how much of this they actually have and which of the nutrients might be the ones they need to start paying closer attention to. We actually do these in an online form for the program, and they get a score. But I will give you a handout to list these for each of the sections. So I'll just give you a general idea.

Say you are wondering if you need a vitamin, and you go through this and read the symptoms of Vitamin B2 deficiency. It says cracks and sores around your mouth and nose, and you go, 'huh, I get those a lot.' Visual problems, 'yeah you know I have difficulty seeing the fine print.' Low energy, 'oh yeah, I can't get out of bed in the morning.' Eyes sensitive to light, and they tire easily. 'Ah, you know whenever I'm driving or whenever I step outside my eyes are sensitive to light.' Sore lips, a sensitive tongue, insomnia (which is difficulty sleeping), trembling, itching of skin especially around eyes, ears, mouth, scrotum, forehead and scalp. You go through that and you go, 'whoa, I have nine of the ten of the symptoms for Vitamin B2 deficiency. I better start looking more closely at Vitamin B2.'

Under adverse situations that diminish specific vitamins: a cold, an injury, an infection. Those are all going to make you need more Vitamin C, more Vitamin D, more of everything. Also if you are on specific medications like I mentioned before: birth control pills, but other medications also interfere with your vitamin absorption and utilization. That's when you will need to have a little extra. You should not be taking vitamin supplements as a substitute for eating well.

You should be taking them as a **supplement** to eating well - just to cover the bases. Covering being exposed to people who have a cold, being injured - having an old injury, having had surgery recently or in the past year or two, where your body might have been depleted, being on medication, but **not as a substitute for eating well**. Please make sure you get that because I see that so much.

And it is not to make up for deliberate binges. Occasionally we all blow it. You might go out, and you might drink some wine and you normally don't, or you might overeat on a particular dessert even if it is a healthy dessert. That's different. Yes, you can take extra vitamins, and that will help but not to make up for deliberate binges.

I remember when I taught one of my family members about the fact that B vitamins get depleted when you drink and that if you were to replenish B vitamins before going out drinking then you probably wouldn't have as bad a hangover.

One of my family members took that to heart. Now instead of stopping drinking, he will just take a big handful of B vitamins before he drinks. Yes, it is protecting him, and yes, it is better than nothing, but really we want to change the underlying habits that are depleting us. It just makes so much more sense.

So how do you supplement if you are going to supplement? I have a particular hierarchy. I don't start with going out to Walgreens and buying their cheapest multivitamin and mineral. We will talk about some of the things that are in there in a few minutes, and you will realize why you shouldn't do that. My favorite way would be whole food concentrates.

Whole food concentrates could indeed be juicing, or blending, or drying and powdering particular foods that are high in nutrients you need. It could be buying things like spirulina, or cholera, or powdered wheatgrass juice, or things like that. It could be getting it from liquid vitamins from concentrated whole food sources. I put a picture up of the Sun Warrior. I'm not financially tied to Sun Warrior; it's just a product I use and I like. It's a liquid vitamin, and it is made from concentrated whole food sources, and I have a picture of the back label on the next page so you can see. You can do a search on that. You can buy it on Amazon.

In general most of the really good high quality vitamins that used to only be available through practitioners are now available on Amazon and Pure Formulas and Vitacost and all these other discount online places. So there is no excuse for go to Walgreens and buying the junk that is there. Not to say that everything at Walgreens is junk.

But I will tell you what, last year my son got bad mold exposure in his dorm room, and he got a bad cold and it wouldn't go away and it went into bronchitis. I said, "Go to the health food store and get some Vitamin C and get some Vitamin A, let's help you with this." And he gets there he goes, "Mom, I can't take this stuff; listen to the ingredients." I don't remember the exact things it had in it, but they were things we did not want him to take. He was savvy enough and smart enough at age 19 to say 'no way' to that stuff.

So liquids are best because liquids get in the fastest. They are easy to get in. If you do them on an empty stomach, they generally will even absorb through the mucus membranes and don't even have to go through your full digestive tract. How is that for good news?

The next thing would be powders that you can dissolve in water or green juice and drink before your meals. Another thing would be capsules without excipients, high quality capsules that are not loaded with extras. The capsules themselves are not great because you have got to get all that cellulose, and you may have an allergic reaction to it, or it might irritate. So it's best if you can get them as powders or liquids or whole food concentrates.

But the next best would be capsules as long as they are made without excipients, and then lastly would be tablets without binders and preservatives. The tablets tend to be the worst because they are the slowest and the hardest to break down, although some manufacturers have figured out a way to press them in such a way that they are not so hard to break down.

So this is just a quick look and you'll have it in your slides so we're not going to take the time to go through it, but this just shows you what is in Vitamin Mineral Rush, and these are from organic blends of whole foods. They are from organic mineral plant sources: from guava, whole basil, lemon extracts, etc. All these vitamins are extracted from real whole foods, and they are just concentrated to this formula. I use this one. Sun Warrior also has raw vitamins for her and for him.

Another company that has raw vitamins, but they are done a little bit differently. Sun Warrior has concentrates so they are a little bit more expensive. Vitamin Code has their raw vitamin line, and those are basically vitamin substrates that have been grown on yeast. So it's been grown - like given synthetic vitamins to this yeast and then they grow them. So really what you are eating is the food because you are eating the plants that are producing the yeasts.

Let me tell you some of the stuff that you should be avoiding in your supplements, and believe it or not some of these really are in the supplements and not just the ones that are in the local grocery store or drug store. If you go to some of the better health food stores, you are still going to find some of these things. So we really have to be careful.

The first thing is hydrogenated oil. I don't see that in a lot of the health food store lines. I do see that a lot in generic mom and pop lines. Hydrogenated oils as you know are oils that have been artificially saturated and are damaging to the insides of your body and create free radical damage and damage your cell membranes and all that.

Talc: Talc is like talcum powder. It is a known carcinogen, but you will be shocked if you start to read some of the labels on some of those vitamins. Just for fun go down to your local Walgreens or HEB or whatever you have in your area and start reading the vitamin labels. You will be shocked. Sugar is in a lot of them or high fructose corn syrup which people think is better. But we're too savvy; people know.

Other things to avoid are artificial sweeteners, artificial flavors, and artificial colors. Why do we have to eat a vitamin that is bright blue? Tell me why. Why do we need colors in our vitamin capsules? We do not need pretty colored pink and blue and orange. We just want the vitamin.

Sometimes they put the sweeteners or flavors because the thing would taste bad. I can see that but not artificial. If they are going to put something in there, put a little stevia, put a little bit organic honey, but they usually use the artificial, the aspartame and that kind of stuff.

Stearates: Stearates are really controversial, and I have a slide on that: magnesium stearate, calcium stearate or just plain stearate. Most of them are plant source; some of them are animal source. Stearates are actually a lubricant. It's a fat. I'll share more with you on that on the next slide.

Sodium Benzoate is used as a preservative, and there have been studies that show that when you combine sodium benzoate with anything that is high in Vitamin C, the benzoate separates out and becomes benzene which is a known carcinogen, one of the most toxic chemicals on the planet.

Titanium dioxide, which is made to make things darker, can be irritating. That one is questionable, like the stearates are questionable. Some people think it is great and other people think they are not. So just watch out for these things in your vitamin and mineral supplements.

Magnesium stearate is a lubricant. The only reason it's in there is to make life easier for the manufacturer. It's so the vitamins don't stick together. They don't stick to the machinery; they glide through. I spoke to someone at Thorne Research who said that it costs them a lot more, and it's much slower to make the capsules because they have to have special equipment, and they have to go really slowly and move in small batches.

The safety (of magnesium stearate) is controversial. Some people think that the main problem is just that it decreases absorption. That one is true. There is not really any controversy about that. It is a fat so it will decrease the absorption. It will slow down the absorption of nutrients. But there are some studies that show it's not black and white. It's not clear so I try to stay away from stearates. Every now and again if there is a product that is very special, and it's this blend that I just can't find in another way, then I say 'yes, okay'. But even some of the great, reputable alternative physicians that have vitamin lines have stearates in them. I try to stay away from them.

I try to use companies that don't like Pure Encapsulations or Thorne Research or Premier Research Labs. I am not sure what Vitamin Code does. So that is what I do; I just try to stay away from them or use the liquids of course. But the powders sometimes have it in there too because again it creates the lubrication that prevents the powders from caking.

One study links magnesium stearate to creating a suppressed immune system. Others show that it is like a chalk; it creates a bio film in the body which coats bacteria. So it allows bacteria to hide out and allows nutrients to have a more difficult time getting in. So you make the choices, but I'm just going to give you the information.

Let's talk Synthetic versus Natural. Most of the synthetics are made from tar coal derivatives. Retinyl palmitate is synthetically manufactured, and it's made from tar coal. B1 is made by using hydrochloric acid added to the coal tar. Fermentation, heating and cooling, and other steps are completed until the synthetic vitamin is created. That is really appealing; right? There is information about each of the vitamins that are processed synthetically and how that is done that is included on the page with this video.

The naturals are low in potency, but because they don't have these other extracts, they are sometimes considered better absorbed. But there are times when I do use synthetics because I know there are sometimes somebody just needs really super high physiologic doses just to get them over a hump. So I will use them, but try not to as much as possible. Sometimes they are using formaldehyde. And then there is also the potential for GMOs (genetically modified organisms) in some of them in the various ones that are used.

Some synthetics actually can compete with the naturals and create adverse effects. Folic acid is an example. Folic acid is the synthetic form of foliate. When you have that folic acid in there, it can interrupts the pathways leading to the creation of and the utilization of methyl foliate which is the one that is important for DNA repair and red blood cells and all the great things that is needed for.

Like I said earlier folic acid has found to actually damage the blood-brain barrier. My guess is if it can damage the blood-brain barrier, it probably damages the gut barrier as well. You could call it the gut-brain barrier because once you have a damaged blood-brain barrier, if your gut barrier is not good, then your stuff is going to go right to the brain which isn't good.

So how do they get naturals? Well, the naturals in one way are just concentrated food extracts. So they just take concentrated forms, maybe they juice the plant, maybe they concentrate it down to a powder, and they put it in capsules. You will see that a fair amount. The other thing that is done is that you can take a yeast, usually it is saccharomyces boulardii. They feed the yeast synthetic vitamins, and then the yeast grow. As they grow, they are increasing the levels of those vitamins, and they are creating them. Theoretically those are natural because you are eating the yeast; you are eating the plant; you are eating an organism.

But on the other hand, they are starting with synthetics so they could be concentrating some of those tar coal derivatives. So the ideal would be to feed the yeast something like a whole food complex, and then have them move it. But actually there is not a whole lot of research.

Some of them do a fermentation process. They will actually take some of the nutrients of foods, ferment them, and then actually let the good bacteria create best.

So you see the picture there. I mean do you really want to put that stuff in your body? I mean it's beautiful; the colors are gorgeous, but what does it take to make them look like that? Lots of F, D, and C, yellow, and lake blue, and all that other stuff which are known carcinogens.