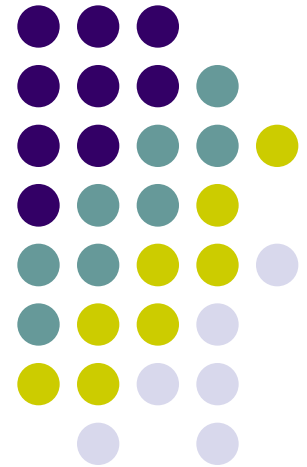


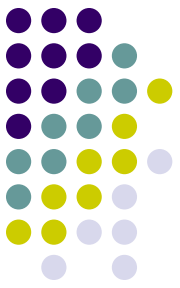
Vitamins: The Building Blocks of Life

Dr. Andrew R. Dyer, DC, DABCA

*Doctor of Chiropractic

*Diplomate of the American Board of
Chiropractic Acupuncturists

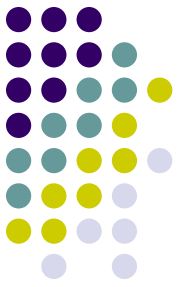




Tonight's Outline

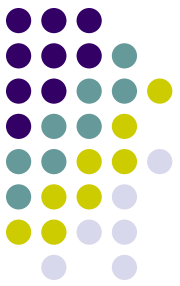
- Why do we recommend certain vitamins?
- How does testing help us make a more accurate recommendation?
- Do the supplements we use get results?
- How to lower cholesterol naturally
- Anti-Cancer protocol
- Are all Multi-vitamins created equally?

Back to Health: Your Guide to Better Living



- On our Saturday morning radio program, you may have heard a caller with a question like: “What vitamins can I take to improve my aching knee, hip or other joint pain”
- The response may go something like: well I would recommend that you take 1500 mg of Glucosamine/Chondroitin with MSM and also add Baxyl at 2 tsp daily for 4-6 weeks.
- Glucosamine has long been the recommendation for Osteoarthritis¹ and other joint pain maladies but adding in Hyaluronic Acid can boost treatment success to a whole different level because of it’s ability to stimulate synovial fluid formation and cartilage re-growth.

1.The Lancet, [Volume 357, Issue 9252](#), 27 January 2001, Pages 251-256 Long-term effects of glucosamine sulphate on osteoarthritis progression: a randomized, placebo-controlled clinical trial by Reginster et al.

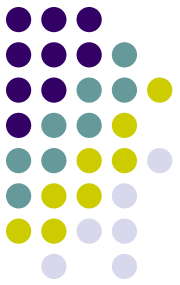


Vitamin A: Beta-Carotene

- A report just presented at the recent Scientific Program of the 2010 American Academy of Ophthalmology (AAO) and Middle East-Africa Council of Ophthalmology (MEACO) Joint Meeting held in Chicago has provided new hope for RP (retinitis pigmentosa) sufferers.
- ***Researchers have found that the nutrient beta carotene (found abundantly in yellow and orange foods such as carrots and sweet potatoes), which does not carry the liver risks associated with high doses of vitamin A, can improve vision in some people with supposedly incurable RP.***

http://www.naturalnews.com/030218_beta_carotene_retinitis_pigmentosa.html#ixzz1Zun7l4UM

Beta-Carotene continued



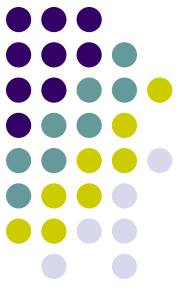
- Dr. Ygal Rotenstreich of the Sheba Medical Center's Goldschleger Eye Research Institute in Tel Hashomer, Israel, published a study in the *British Journal of Ophthalmology* showing that a specific form of the nutrient beta carotene, dubbed 9-cis, was effective in treating people with the eye disease retinal dystrophy which causes night blindness. Because RP usually begins in childhood with the first signs of night blindness, Dr. Rotenstreich and his research team decided to see if 9-cis could be helpful in retinitis pigmentosa, too. And it was.
- In their recent study, one third of the 29 participating RP patients showed marked improvement in visual function while taking the prescribed oral dose of the beta carotene for only 90 days. It will take more research to find out if longer treatment would provide even more effective therapy for RP.

http://www.naturalnews.com/030218_beta_carotene_retinitis_pigmento.html#ixzz1ZunV50K7

Vitamin A



- Plays an essential role in vision, bone growth, reproduction and even cellular division.
- Adequate amounts of vitamin A help to regulate the immune system by producing white blood cells
- Retinol (the absorbed form of Vitamin A), is used to produce pigments in the retina of the eye and helps promote good vision.
- Other forms include: beta-carotene, alpha-carotene and beta-cryptoxanthin. These forms can offer protection against cataracts, macular degeneration, cardiovascular problems and other oxidative damage.



Dietary Sources: Vitamin A

- Carrots
- Sweet potatoes
- Pumpkin
- Eggs
- Beta Carotene dosage: 25,000 IU/day
- In rare cases, high levels of Vitamin A can cause toxicity and this is why long-term dosages over 100,000 IUs daily are no longer used.

Vitamin B₆ (Pyridoxamine)

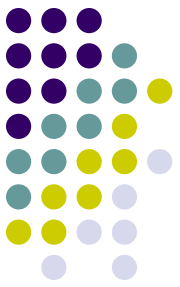


- B₆ is found in a variety of food including whole grains, walnuts, eggs, meat, bananas, cauliflower, cabbage, carrots and spinach.
- B₆ has the ability to promote proper nervous system function, positive immune system benefits as well as keeping the skin healthy.
- B₆ helps to protect against the development of eczema, dandruff, acne, hair loss and dry skin. B6 has even been shown to help in the treatment of melanoma and psoriasis.
- RDA value for B₆ = 1.3 mg, our common daily dosage for patients = 100 mg/day.



Dietary Sources of B₆

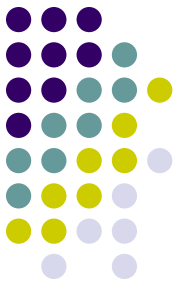
- Beans
- Meat
- Poultry
- Fish
- Walnuts
- Some fruits and vegetables (bananas, cauliflower, spinach)



Vitamin B12

- Helps to make healthy blood cells and maintains a healthy nervous system, DNA structure and brain function.
- Typically it is found in supplements that are combined with other B vitamins (Folic Acid, B9).
- One of the most under-dosed vitamins, very safe due to it's water soluble nature. Adult patients need at least 2.4 mcgs daily but up to 5 mg a day can be taken orally.

B12



- There are two common forms of B12, cyanocobalamine and methylcobalamine. While both of the forms offer a range of health benefits, methylcobalamine is preferred for treating central nervous system symptoms.
- Cyanobobalamine is preferred for blood cell development and iron/oxygen balance.



Dietary Sources of B12

- Fish
- Meat
- Poultry
- Eggs

*Since the body is able to store about a 30 day supply of B12 in the liver, nutritional deficiency is rare. Elderly individuals and strict vegetarians whose diets lack animal proteins are the highest risk group for developing deficiency.

Vitamin C



- No discussion of vitamins would be complete without the positive benefits of vitamin C.
- Offers protection against illness by protecting the body from oxidative damage.
- Lowers the risk of various diseases and conditions when used at therapeutic dosages.
- Improves Iron absorption to promote health blood cells.
- Builds collagen which aids in healing and repair of skin and internal cellular remodeling.

Dietary Sources of Vitamin C

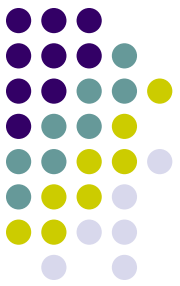


- Fruits and Vegetables
- Cantaloupe, citrus fruits
- Berries, broccoli
- Green and Red Peppers
- Tomatoes and Squash

Vitamin D

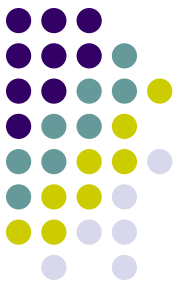


- No discussion on this topic would be complete without the power-house that is Vitamin D3.
- It actually serves as a hormone that the body uses sunlight and diet to create naturally.
- Helps in maintaining immune system function, regulates inflammatory cascade, assists in calcium absorption and decreases the risk for chronic diseases.
- Dietary sources: fatty fish (tuna, salmon, mackerel, herring and sardines), cheese, egg yolks



Vitamin D—more info

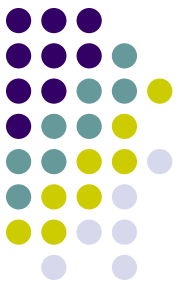
- Two main types: D2 (ergocalciferol), which is available from plants and D3 (cholecalciferol), which is created from sun exposure (UVB) rays.
- The kidneys are the organ responsible for healing to turn both forms into calcitrol, which is the bio-available and most active form of the vitamin used by the body.



Research quotes

- "We fully realized that vitamin D builds bones and the calcification of bones. But now we know that it reduces the risk of colorectal, prostate, and breast cancer and autoimmune diseases such as multiple sclerosis and rheumatoid arthritis," says Hector DeLuca, Ph.D., professor of biochemistry at the University of Wisconsin-Madison, who has studied the vitamin for 50 years.

Cancer Prevention and Vitamin D

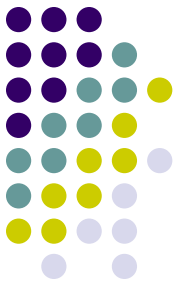


- A recent meta-analysis of 63 observational studies looked at the relationship between vitamin D levels and cancer incidence and mortality. Twenty of the 30 studies looking at vitamin D and colon cancer showed that people with higher vitamin D levels had either a lower incidence of colon cancer or decreased mortality. Similarly, 9 of the 13 studies about breast cancer and 13 of the 26 studies about prostate cancer showed beneficial effects of vitamin D levels on cancer incidence or mortality (some of the studies included more than one type of cancer).
 - *Garland CF, Garland FC, Gorham ED, et al. The role of vitamin D in cancer prevention. Am J Public Health 2006; 96: 252–61.*

Vitamin E



- Helps to prevent coronary artery blockages
- Powerful antioxidant and anti-inflammatory agent to protect the liver
- Offers protection against free-radical damage, which contribute to the development of cardiovascular disease and other serious health conditions.
- Your supplement should contain: alpha, beta, gamma and delta tocopherol fractions to ensure that maximum benefit is achieved.
- Typical dosage: 400-1200 IU depending on need



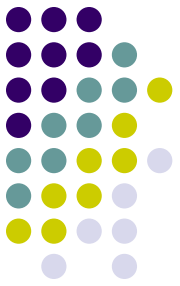
Foods Rich in Vitamin E

- Nuts (almonds, walnuts, peanuts, pistachios and hazelnuts)
- Seeds
- Vegetable oils
- Green leafy vegetables
 - Important note to remember is that many of the more recently published studies citing Vitamin E's ineffectiveness or even dangerous effects were done on the synthetic form of the nutrient.

Vitamin K



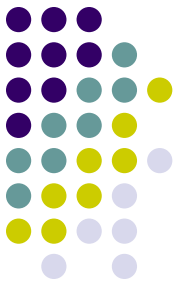
- Important for heart and bone health
- 2 natural forms: K1 (blood coagulation) and K2, found in meat, liver, cheese and egg yolks, is used for the regulation of calcium
- Both types work to prevent cardiovascular disease, K2 controls calcification in the arterial walls and K1 keeps the blood thin
- K2 helps to promote blood vessel elasticity by protecting elastin (protein from muscle fibers) which is primarily responsible for keeping arterial walls healthy.
- RDA value is about 1 mg/day
- BK2Health's version = (K2 1mg/K1 500mcg/K2 {MK7} as MenaQ7)



Foods Rich in Vitamin K

- Vegetables (spinach, asparagus, broccoli)
- Beans
- Strawberries
- Eggs
- Meat

Nutrients that help to lower cholesterol



- These may be just the tip of the iceberg, but a good starting point:
 - Vitamin C
 - Niacin
 - Garlic
 - Vitamin D
 - Fish Oil (Omega 3s/EPA/DHA)

Cancer protection protocol



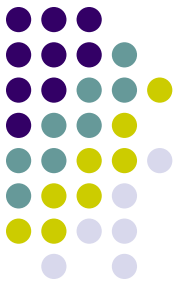
- Obviously if a patient is dealing with a cancer diagnosis recommendations will be more accurately determined based on blood and other tests.
 - Vitamin D, CoQ10, Vitamin E, Vitamin C, RM-10
 - Fish Oil, Germanium, Beta-Carotene, B-Complex
 - Calcium, Magnesium

Recent Multiple Vitamin Studies



- Refer to Radio show podcast on www.3000health.com from 10-15-11
- Stay tuned for next months newsletter as I outline the argument in print

Don't Forget to Listen



- Every Saturday Morning on AM 1290 and now 95.7 FM Newstalk Radio WHIO as Dr. Dyer, Dr. Yahle and Dr. Merkle bring you: “Back to Health: Your Guide to Better Living”

5785 Far Hills Ave

Dayton, OH

937-433-3241

www.3000health.com