



## Supplement Suggestions

Supplements are helpful when you are trying to stay well and optimize your health. Supplements will not, however, make you well if you are eating an unhealthy diet. Diet comes first, but it's often not enough for optimal health.

Everyone's supplemental needs are unique, but there are some basics that each person should consider researching for their own use. It is important that you do your own research on supplements for personal use, as some supplements can interact with prescription medications. If you would like help choosing the best supplements for you, Lee Ann Foster is an Apeiron Epigenetics Coach, and can help you use your genetic data to optimize your lifestyle for peak performance.

### Supplement Quality

It is important to purchase high quality supplements. We don't recommend buying your supplements at large retail stores. Several investigations have revealed that retail store supplements, and even some supplement brands, do not, in fact, contain the active ingredients as claimed. We recommend purchasing supplements from companies that invest time and resources in becoming certified by outside organizations who ensure a high quality product. We sell only high quality supplements in our office, and offer our clients a discount.

Check out this website for a good article on reputable supplement companies:

<http://www.anh-usa.org/an-update-on-our-recommended-supplement-companies/>



**The information about supplements in this document is for informational purposes. This information is NOT to be taken as medical advice. You are responsible for doing your own research and talking to your own health care providers about the advisability of any supplements for your individual situation.**

## Vitamin C

We are one of the many mammals whose bodies do not make our own vitamin C, so we need to get it in our diet. Uncooked vegetables such as broccoli, sweet peppers, red cabbage, spinach, and many fruits are generally high in Vitamin C.

For good health we require a good bit more vitamin C than the FDA recommends. Stress depletes our stores of Vitamin C, as do illnesses, wounds and allergies. Our adrenal glands, eyes, and brain require quite a large amount of Vitamin C to function optimally.

When you have issues such as burns, bites, hives and allergic reactions, as well as elevated cholesterol, Vitamin C can be a very helpful supplement. In a 1992 study, Enstrom, Kanim and Klein found that just 500 mg of vitamin C daily (which is a rather small dose) results in a 42% lower risk of death from heart disease and a 35% lower risk of death from any cause. Vitamin C is a rather safe supplement and many physicians have used high doses to help people heal from many conditions.

Here is a link to a very interesting and informative article about Vitamin C:

<http://articles.mercola.com/sites/articles/archive/2015/11/23/vitamin-c-curative-power.aspx>

*There are some debates about whether ascorbic acid is a good form of vitamin C. After reviewing some of these debates, we do not see compelling evidence to avoid ascorbic acid unless it negatively affects one's stomach. In that case, Ester- C, Liposomal C or other more natural forms like CamuCamu may be preferred.*



Here is a link to some summary information on the ascorbic acid debate, so do your research and decide for yourself:

<http://www.vitaminfoundation.org/forum/viewtopic.php?t=758>

### **B-Complex**

B Vitamins are helpful for many things: cognitive function, mood regulation, energy production, allergy relief and heart health to name a few. Take a good, methylated B-Complex vitamin with naturally occurring folate rather than synthetic folic acid, to get a balanced mix of B's.

**Vitamin B-6**, especially when combined with magnesium and zinc, has been found to be helpful for children with learning and behavioral issues. Dr. Bernard Rimland has studied B-6 in the treatment of children on the Autism Spectrum and you can find his recommendations here:

<http://devdelay.org/newsletter/articles/pdf/364-rimlands-favorite-supplements.pdf>

### **Niacin (Vitamin B-3)**

Niacin has been studied for decades and successfully used by Dr. Abram Hoffer and others to treat many psychiatric illnesses. He found it helpful for many people with schizophrenia, depression, alcoholism, sleep disturbances, anxiety and stress-related disorders. In the process of studying niacin, he also found it to be effective against high cholesterol, arthritis and dementia.

Do your own research to see if this might be worth a try for you. Check out this link:

[http://www.doctoryourself.com/hoffer\\_niacin.html](http://www.doctoryourself.com/hoffer_niacin.html)



## Vitamin D3

Vitamin D is a prohormone that is effective in hormonal functions, bone health, cognitive function, mood regulation and immunity. There is some evidence Vitamin D deficiency is implicated in Multiple Sclerosis, and most people on the Autism Spectrum are found to be quite deficient as well.

Many of us can effectively synthesize Vitamin D3 with sufficient sun exposure. It's important to get our bare skin into the sun for around 20 – 30 minutes each day without toxic sunscreens, which effectually bake chemicals into our skin and increase our chances of skin cancer. There are some healthier sunscreen options such as products that contain zinc oxide without other additives and **without** added Vitamin A (retinyl palmitate) and oxybenzone, which seem to be related to an increased risk of skin cancer.

For safety information on sunscreens and body products, see Environmental Working Group's website:

<https://www.ewg.org/sunscreen/report/executive-summary/>

Some factors that inhibit Vitamin D3 absorption are: being on prescription medications, eating a diet high in grains, having dark skin and being overweight. People in these categories need to supplement with Vitamin D3 rather than relying solely on daily sun exposure. It is a good idea to get your Vitamin D levels tested so that you know how to best supplement.

## L-Theanine

This quote on L-Theanine is from Dr. Joseph Mercola at [www.mercola.com](http://www.mercola.com):

*"Like black tea, green tea also contains L-Theanine, an amino acid that crosses the blood-brain barrier ..."*



Better Brain. Better Life.

*L-Theanine increases levels of gamma-aminobutyric acid (GABA), serotonin, dopamine, and alpha wave activity, and may reduce mental and physical stress and produce feelings of relaxation.*

*L-Theanine may also help to prevent age-related memory decline and has been shown to affect areas of your brain involved in attention and complex problem-solving.”*

For many years, Japanese scientists have studied the use of L-Theanine and found that in addition to reducing stress symptoms and enhancing cognitive abilities, it also benefits the immune system. They found that high doses of L-Theanine have no harmful psychological or physical effects.

Many forward-thinking medical providers are starting to recommend L-Theanine as an alternative to stimulant ADHD medications. For many, it sharpens mental acuity and concentration, memory and learning ability.

The often suggested dosage is between 50mg and 200mg; usually 50mg works well with children. One pill in the morning will last 8 to 10 hours and the effect is within 30 minutes after ingesting a pill.

## **Magnesium**

Most of us need more magnesium than our food supply provides, especially now that industrialized farming has depleted our soil of beneficial nutrients. Magnesium is important for many bodily functions: it helps our cells create energy, aids in digestion and metabolism, calms our nerves, and helps us sleep. It's good for heart, brain, bone and muscular health, and it can also help lower blood pressure.

Some food sources high in magnesium are: spinach, black beans and almonds.

There are several different forms of magnesium supplements. Magnesium chelate and magnesium glycinate are highly absorbable and less likely to cause a laxative effect like magnesium citrate. Magnesium threonate is especially good for brain-related issues,



although it is more expensive than most other forms. Many people purchase topical magnesium oils or lotions because they are easily absorbed through the skin, and this is especially effective if one suffers with digestive issues.

### **Omega Fats**

High quality fish oils are the best source of bioavailable EPA and DHA Omega 3 fatty acids. Flax seed oil, leafy greens and walnuts also contains Omega 3s, but it is harder for the body to convert these vegetarian oils into DHA and EPA.

It is estimated that we only get about 20% of the necessary amount of Omega 3s from our diet. Deficiencies cause adverse effects in the nervous system, are implicated in disorders such as ADHD, dementia, schizophrenia and depression. Supplementing with fish oils has also been shown to positively affect heart health.

A supplement that combined fish oil and evening primrose oil was used in one study. The results showed improvements with hyperactivity, inattentiveness, ability to think clearly, and overall behavior in children who were ADHD.

Daily suggested dosages of Omega 3s are between 450 to 1,000 mg per day. Choose a high-quality fish oil that is in a triglyceride form so it is devoid of toxic metals.

### **Probiotics**

We are made mostly of bacteria. We have 10 times more bacteria than we have cells! Our digestive system is responsible for about 80% of our immune system, and our brain function and mood are largely controlled by how well our gut functions. Because of these facts, it is important to optimize the healthy bacteria in our digestive system and minimize the unhealthy bacteria.



1. The most important first step is to minimize sugars, (including store bought, pasteurized fruit juices, which have all the nutrients boiled out of them, leaving pure sugar).
2. Eat a lot of fresh vegetables to support the growth of good bacteria.
3. Eat a variety of high quality fermented foods. Most yogurt and kefir sold in stores are not good quality foods. They are typically high in sugar and low in beneficial bacteria, and this combo is prime for the growth of bad bacteria.

Instead, purchase high quality fermented foods such as Bubbie's brand or Farmhouse Cultures' fermented sauerkraut, pickles or other fermented raw vegetables. Don't purchase regular store-bought sauerkraut and pickles, as they are not truly fermented foods and typically are pasteurized, leaving them devoid of beneficial bacteria.

For people who do not eat enough high quality fermented foods, taking a probiotic supplement may be a good idea. Avoid enteric coated probiotics. They are more expensive and less effective. Instead, take probiotics on an empty stomach so they survive the stomach acid. When you take them with meals or after your stomach acid has increased, the acid can destroy many of the strains.

Many probiotics that have been investigated do not have the strains and amounts they claim. So make sure you get a high quality brand that submits itself to 3<sup>rd</sup> party testing, such as Pure Encapsulations, Klaire Labs, and other companies that abide by high standards.

Additionally, do NOT use anti-bacterial soaps, they kill healthy organisms in your body and make you even more resistant to antibiotics should you ever need them.



## Zinc

Many people, even in developed countries, have zinc deficiency. Zinc is important in many bodily processes: it supports your immune system, aids in maintaining healthy blood sugar levels, helps support healthy neurological, respiratory and GI systems. Some studies have shown zinc supplementation to reduce hyperactivity and impulsivity in children with ADHD.

Some foods high in zinc are: pumpkin seeds, grass fed beef, lamb, cashews. Beans and spinach are also high in zinc, however, the phytic acid in these foods can reduce zinc absorption. Because of this issue, vegetarians may have a harder time getting enough zinc through diet alone.

*If you are interested in developing a more individualized supplement plan for your unique needs, consider scheduling a Wellness Coaching Session with Lee Ann Foster. Call our office at (901) 624-0100 for more information.*