

Nutrition: Complementary And Alternative Choices

A Basic Protocol

John W. Jones, MD, MPH

Nutritional Consult, Nutrition Pure and Simple

www.jjconsulting.net

Cover the Nutritional Basics

Nutrient	Product	Q/Day
A good, broad spectrum, multiple vitamin mineral*	Opti-Vites*	2
	Iron Plus (Hematime)	1-4
Essential Fatty Acids (w3 and w6)	Opti-PUFA	2-4
Calcium and Magnesium 2:1 or 1:1 ratio	Calcium 280 and D (280 mg)	3
	Ultra-Magnesium Chelate	1-2
Additionally fall to spring in the northern latitudes. Note: see the Vitamin D product information		
Vitamin D3, 5000 IU	Vitamin D3 5000	1
Additionally when under stress:		
Vitamin C, 1-10 grams	Ultra-C 1000 or Vitamin C 500	1-10
Monolaurin	Ultra-Monolaurin	1 scoop
Probiotic formula	Ultra 4x6 Probiotic	1-2
Pregnant and Lactating Women see page 4		

* use a multi without iron unless there is a known need for iron

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What you need to know to keep your body operating at Peak Performance!

The concept of my Basic protocol applies to all age groups - from the very young to the very old. I believe that all of the vitamins and minerals that are required for the operation of your normal metabolic processes should be present in amounts necessary to cover individual variability. The multivitamin mineral supplement that I formulated and recommend in this protocol fulfills this requirement. There is also a requirement for essential fatty acids (EFAs) of the omega 3 **and** omega 6 series. They are essential because your body cannot manufacture them from any other food you eat. The EFAs are required in many metabolic pathways. They are deficient in the normal Western diet and 'you Gotta Have 'em!.

This paper discusses the need for basic nutrient supplementation for healthy older teens and adults and provides a basic nutritional protocol. No effort is made to cover nutritional support in disease or other conditions where nutritional needs differ from these basic recommendations.

Nutritional support during illness or injury, or any use of megadoses of particular nutrients, should start with the basic protocol - cover all the Nutritional basics.

WRONG IDEAS

A popular misconception held by both the lay public and the medical profession is that the American diet supplies sufficient levels of all the nutrients needed by the body. In reality, the western diet is characterized by imbalances and excesses. In addition, there are unknown consequences of the GMO food supply. Telling a person "all you need to do is eat right" does not take into consideration the American lifestyle, problems associated with our food supply, or human nature.

Two nationwide food consumption studies conducted by the USDA found that approximately 60% of the individuals surveyed were consuming only 70% of the daily minimum requirements of six essential nutrients. Those surveyed were people who made an effort to eat (and thought they were eating) a balanced diet. The nutrients are: vitamin

B6, folacin, zinc, copper, calcium and magnesium. With these facts in mind, it is not likely that anyone is consuming an optimal supply of nutrients... without supplementation.

Studies have shown that in order to meet the minimum daily requirements, one must consume at least 1100 calories of nutrient dense food. This means that a patient on a 1000 calorie diet could not meet the minimum daily requirements (MDR) without supplementation. When many of the calories are "naked calories" (i.e. white sugar and flour) it is easy to see that even the MDRs are a problem, no matter what the caloric intake.

YOUR NEEDS ARE DIFFERENT

The MDRs were designed to prevent deficiency states and diseases. They do not address the issue of individual variability and optimal nutritional needs. Individual requirements of vitamins and minerals may vary considerably. This is especially true for certain groups such as young children, pregnant and lactating women, joggers, athletes, the elderly and persons with medical illnesses. Unfortunately, as a result of these different needs, as well as problems such as poverty, ignorance in matters of food selection and preparation, dietary fads and confusion regarding the nutritive value of processed foods, *total nutritional needs are often unmet*.

ADDITIONAL IMPORTANT THINGS TO CONSIDER ABOUT SUPPLEMENTATION

It is common knowledge that a large number of neural tube defects can be prevented by having the mother take 400 mcg of folic acid before conception and during early pregnancy. Recent surveys indicate that only a small minority of nonpregnant women of child-bearing age take folic acid routinely. A good multi vitamin mineral combination contains at least 400 IU of Folic acid. We have recently increased the level of Folic Acid in our multis to 800 mcg.

I use 1000 mcg Vitamin B12 in my multis because the amount of folic acid found in nearly all multivitamins can mask B12 deficiency.

Multiple fetal malformations have been associated with Vitamin A intake in excess of 5000 IU. The multis I have designed contain only 4500 IU Vitamin A, an advantage for women who are or may become pregnant.

Current data suggest that iron supplementation should be limited to patients with iron deficiency anemia, some women, some children, and blood donors and others who are at high risk for anemia. Iron Plus (Hematime) provides 25 mg of Iron in addition to other nutrients in the formula.

VITAMIN D3

At least 1000 IU Vitamin D daily, as in my multis, is necessary. This is because of the excessive use of sun screen and lack of any exposure to direct sunlight in some people. In addition, older skin is not very efficient at converting sunlight to Vitamin D. There is total lack of production of vitamin D in the winter in northern latitudes. Draw a line from Los Angeles to Charlotte, NC and from fall to spring your body cannot convert sunlight to Vitamin D. If there is a need for Vitamin D for any reason, it should be supplemented at an additional 5000 IU per day (total 6000 IU with Opti-Vites). Vitamin D deficiency contributes to such problems as chronic pain, high Blood Pressure, cancer and many other chronic diseases. In addition, there is an increased incidence of upper respiratory viral infections, including influenza, that may be averted.

I designed **Opti-Vites** to be a Superior Dietary Supplement. This broad spectrum, multiple vitamin and mineral formula is specially manufactured using microencapsulation, enteric coating, and isolation techniques, which protect the nutrients and present them to the body in capsule form so that absorption and utilization will be optimal.

ESSENTIAL FATTY ACIDS (EFA)

Essential Fatty Acid Terms:

EFA - Essential Fatty Acids

ALA - Alpha Linoleic Acid

AA - Arachidonic Acid

(LC) PUFA - Long Chain ,

Polyunsaturated Fatty Acids

GLA - Gamma Linolenic Acid

EPA - Eicosapentaenoic Acid

DHA - Docosahexaenoic Acid

SDA - Stearidonic Acid

The need for **Opti-PUFA**. The nutritional supplementation of EFAs is a part of supplementation that is often overlooked. Accumulating published data point to the fact that EFA deficiency is associated with many degenerative, inflammatory and neuropsychiatric disease states. These fatty acids **MUST** be provided as *performed* PUFAs because of the poor conversion of the parent oil to EPA, DHA, SDA and GLA - the fatty acids that do the work!

YOU MAY ALREADY TAKE A FISH OIL SUPPLEMENT.

Fish, the best source of the omega 3 PUFAs, is not a part of daily eating patterns, and the more common omega 6s do not contain GLA, which is the essential precursor of the prostaglandin 1 series. The excess of another Omega 6, Arachidonic Acid, is a major problem in our Western diets. In addition, certain EFAs are important during pregnancy and lactation for normal brain and retinal development of the baby. It is also important in the prevention of loss of PUFAs in the brain of the Mother and the prevention of post partum depression.

ALA from Flax Seed Oil is the usual source of Omega 3 supplementation in vegetarians. This is not a good source of EPA or DHA because less than 2 % of ALA is converted to EPA. The SDA in the Black Currant seed oil that is used in **Opti-PUFA**, on the other hand is rapidly and efficiently converted to EPA. Opti-PUFA contains high levels of *performed* EPA, DHA, SDA and GLA.

Opti-PUFA is better than regular fish oil in other ways, too. We use Wild Alaskan Salmon and other fish oils from the pristine waters of protected Alaskan waters. These waters are safe from radiation, too, because of the way the ocean currents flow.

VITAMIN E

Whenever essential fatty acids are supplemented at high levels, at least 400 IU of vitamin E as mixed tocopherols should be considered to prevent free radical lipid peroxidation at the cellular level. Vitamin E is the most popular of all the antioxidants.

MINERALS

Physicians today, realizing the relationship between calcium and many degenerative diseases (osteoporosis for example), recommend calcium

supplementation for their women patients. Since calcium was one of the nutrients found to be marginal in the diet by the USDA studies, it is important that men also receive calcium supplementation. Vitamin D is necessary for bone and cartilage mineralization, and for maintaining normal serum calcium levels. As previously stated, Vitamin D should be supplemented at 1000 IU daily - as a minimum,

Magnesium is another mineral that was frequently found to be below the RDAs in the USDA studies. It is an important component of many enzyme systems. Many practitioners feel that lack of magnesium is as important a consideration in osteoporosis as is calcium. Magnesium is characteristically low in patients who are under stress. Calcium and magnesium, when supplemented together, should generally be about a 2:1 or 1:1 ratio. Chelated minerals, when compared to salts, can be supplemented at a lower dose because of better and more reliable absorption. Opti-Vites contains 250 mg Magnesium, plus Boron for healthy bones. And all the minerals are in a readily available form.

OTHER RECOMMENDATIONS

In our high-stress, high pollution society, extra Vitamin C, which is a powerful anti oxidant, has many important functions in the body. The amounts that are commonly used vary from the minimum daily requirement per day of 60 mg for adults, to 10 grams or more.

Ultra Monolaurin is recommended because of the many ways this 90% pure distillate of coconut oil provides huge benefits. It has commonly been used during the cold and flu season, but recent studies point to benefits for the brain and body.

A recommendation for **Ultra 4x6 Probiotics** has also been added. A powerful probiotic helps insure the health of the GI tract which boosts the body's own immune defenses.

Consider **Ultra 4x6 Probiotic** at 1 or 2 capsules per day to support the immune system. This is especially important if you have an autoimmune disease (AD), if there is a history of AD, non-alcoholic fatty liver disease, or a history of antibiotic use.

Pregnant or lactating Mothers:

4 to 12 Opti-PUFA

2 Opti-Vites plus 1 Iron Plus

3 Calcium 280 and D

1 to 3 Ginger

During pregnancy the needs of the mother increase significantly. In particular, the baby needs essential fatty acids for brain and retina development and will take them from the mother's stores.

Opti-Vites provides nutrients far in excess of minimum daily requirements to support both mother and baby..

DHA, which is important for the development of brain and other neurological structure, cannot be synthesized from other omega 3 sources. It must be supplemented as fish or algal oil.

It is safe for Mothers to use ginger for nausea.

Consider **Ultra-Monolaurin** at 1 scoop per day to prevent upper respiratory infections, including influenza. It has been used for vaginal yeast infections. While there have been no studies on the use of monolaurin in pregnant and lactating women, it has been used by them for years. It is also a component of human mother's milk. Taking it while lactating increases the level of lauric acid in the breast milk, thus offering a greater level of protection to the infant.

SUMMARY

We have wandered very far from our hunter-gatherer-farmer ancestors' eating habits. This has caused nutritional deficiencies and excesses from our skewed diets. One of the most problematic excesses is high consumption of high fructose corn syrup. We rely on fast food places, food processing and harmful cooking preferences which change the nutritive value of the foods we eat. Many of the fatty acids in our diets are hydrogenated so they are no longer unsaturated, - and trans forms are produced that have been shown to be detrimental to your health and well-being.

*These statements have not been evaluated by the FDA.
Products are not intended to diagnose, treat, cure or mitigate any disease.*