

The Poor Man/Woman's Age Management Program

From the time of our earliest practice in the field of Age Management Medicine, we have been conscious of how expense is one factor that keeps a lot of people from engaging in an adequate Preventive Medicine-Age Management Program. In fact, when we met over dinner with Alan Mintz, President and John Adams, CEO of Cenegenics-a tremendously popular, leading, and pioneering Age Management center in Las Vegas in 1999, we told them that we wanted to bring a Cenegenics- type approach to the average person. We wanted to come up with a way to make it affordable for all, instead of just the top 5 % of income earners.

From that point, we opened the Anti-Aging Buyers Club, a storefront and website that patients could be educated in the most important in priorities in choosing a vitamin and nutraceutical regimens. This was a co-op or discount club where subscribers could buy their vitamins and nutrient supplements at wholesale and below cost. Later, with the founding of Synergistic Health Centers, the Synergistic Health Club (**SynergisticHealthClub.com**) was opened and has been key in holding the costs down for our Age Management patients.

Along the way in our practice of Age Management Medicine, we developed the Synergistic Health Approach with its four tenants. These are:

First Tenant: For any particular health goal such as losing weight or increasing energy, there is some critical and patient-unique number of well-proven, well-researched health steps that when added together swing you from additive only benefit to an exponential or synergistic attainment of that goal. (Swing from $1 + 1 + 1 = 3$ to an attainment of $1 + 1 + 1 + 1 = 9$.) **“Synergy is reached when a problem or health goal is attacked with multiple agents or health steps and the whole of the improvement or health goal attainment is much greater than the sum of what each particular health step added together would be expected to achieve.”**

Second Tenant: By implementing multiple well-proven, well-researched health steps we hope to drown out any yet to be discovered negative of any one health step that is initiated. This tenant is incorporated in the Synergistic Health approach to help people understand they will negate any significant negative in the way of increase cardiac risk, cancer risk, etc. that might eventually be associated with one of the preventive steps initiated. This is based on the realization that the other components of their Age Management program will provide a tremendous benefit in reducing cardiovascular and cancer risks. I have seen too many patients frozen in their tracks and avoiding initiating a preventive medicine/Age Management regimen of vitamins and nutraceuticals based on press reports that sensationalized risks and don't take into account the benefit of the Synergistic Approach in drowning out negatives of any particular health step. One year, Vitamin E was going to be helpful and the next year it was going to be harmful. Hormones were going to help, then, they were going to hurt you. It gets too confusing for the average person and my hope is that patients realize that when you do enough things right as in the Synergistic Health approach, they are protected and need not

worry. Their positives will drown out their negatives and they can move ahead with their Age Management vitamin/nutraceutical and even their hormone balancing regimen.

Third Tenant: The same health steps we implement for one health problem or goal can be the same steps that are going to help another problem or reach another goal. For instance, the same health steps that would bring an increase in energy would likely be helpful in weight loss. This tenant is part of the Synergistic Health Approach as we realized that when patients finally have a health scare or a health awakening, they may be overwhelmed by all of the choices they see out on the vitamin isles or what their friends or family are telling them is important. We want patients to understand there are really just about twelve vitamin and nutraceutical “superstars” they need to consider. And, who better to guide them in which priority to consider implementing than their medical doctor. Unfortunately, patients have not had their doctors to rely on until the field of Age Management Medicine came around and doctors have trained to advise patients in the appropriate Vitamin and nutraceutical supplementation.

Fourth Tenant: By implementing multiple well-proven, well-established health steps one does not need to rely on one agent to solve their problem. Relying on one agent brings the risk of pushing that one agent too far to the point of producing harmful side effects. Examples are dieters who overuse Phentermine or other stimulants to control appetite or body builders who use testosterone at five to ten times the average required replacement dose for a man. In both cases, serious side effects occur regularly and could be avoided with a more rational, Synergistic approach.

Genesis of the Poor Man/Woman’s Age Management Program

Well, all this brought us to the Poor Man’s/Woman’s Age Management Program. We came up with this approach as we worked to help all of our wellness patients at our Synergistic Health Centers and the Synergistic Health Club be able to afford a sufficient Preventive Medicine vitamin and nutraceutical regimen. We wanted patients in all income categories to be able to afford a vitamin/nutraceutical regimen to would bring them major disease prevention benefits and major improvements in their overall vitality, health, and fitness.

Taking into account the Synergistic Health Approach and what has been learned about the value of the **vitamin and nutraceutical “superstars”** in preventing the major diseases that kill and rob vitality from Americans, we recommend the basic and most efficient and low cost vitamin/ nutraceutical regimen to significantly reduce one’s risk of developing cancers, premature cardiovascular disease leading to heart attacks and strokes, diabetes, and obesity-all major killers of Americans and those living in Western civilizations. At the same time, the Synergistic Approach through the Poor Man/Woman’s Age Management Program will help you achieve optimal vitality.

The Research behind the Synergistic Health Approach and The Poor Man/Woman's Age Management Program

Should we bore you with that? We don't think so. We're going to save us all some time and tell you it's all out there on the web. Simply "google" the benefits of each of the components of The Poor Man/Woman's Program named below and you will find reliable discussions of each. I would suggest looking at articles that come from Life Extension, NIH, Mayo, Harvard, Web-MD in the articles you find listed on the web. What you will find for each of the seven components are mentions of multiple studies backing the remarkable benefits we list below for Poor Man/Woman's Age Management Program plan components. Then, you will also see where caution is being advised by the experts on certain components and "let's do more research and see". Overall, we believe you will see in your own review that the balance of the evidence is certainly on the side that you will receive multiple health benefits and tremendous promise of disease prevention from the seven components that make up the Poor Man/Woman's Age Management Program. That's our conclusion from detailed study of the research and it matches the overwhelming report from our many hundreds of patients who have followed our Synergistic Health Approach over the last fifteen years. Please remember that the Synergistic Health Approach is protective against potential side effects of any of its seven components per it's second tenant-implementing multiple well-established, well-proven health steps in the way of supplementation with vitamins and nutraceuticals will drown out any yet to be discovered side effects of any one component of the Poor Man/Woman's Age Management Program!

The Poor Man/Woman's Age Management Program

First component - a "baby aspirin", which is an 81 mg aspirin per day. A baby aspirin is our number one choice and priority in building your low cost and basic Age Management Program. Why? What else do we know **prevents up to twenty percent of first heart attacks, up to fifty percent of second heart attacks, and up to nineteen percent of strokes.** And, now, in addition to the astonishing cardiovascular benefits, we are learning that **the same baby aspirin will protect against numerous cancers.** The proof is strongest with colon cancer-the third leading killer of men, breast cancer that strikes one in ten American women, and with prostate cancer for men. Wow, one little baby aspirin can do all of this?! Isn't that remarkable and why hasn't it been put in the water supply? **You simply can't beat a baby aspirin for a penny a day as the best bargain for protecting your life!**

There are a things to consider before starting a baby aspirin:

- The experts suggest patients start no earlier than age forty and that there was no benefit starting aspirin past age 80. However, that research was based on the research on cardiovascular protective effects only. Since then, we are finding that more patients are suffering heart attacks

in their thirties and a baby aspirin is likely to reduce clotting risks in those taking hormones either as birth control in women and low testosterone treatment in men. When you consider this and the fact that we are learning that the anti-cancer benefit of a baby aspirin per day builds over several years of regular use, we suggest age thirty as the starting age. We also opinion that its ok to start at age eighty when considering the length of lives people are attaining and the news of cancer prevention being so strong.

- Persons with aspirin allergies should avoid aspirin use. However, the benefits of aspirin appear so strong, it might be wise to work with an allergist to desensitize one to aspirin or certainly to determine if there is a true allergy.
- Persons with history of ulcers or gastrointestinal bleeds should use aspirin with caution. Again, a person would not want to miss out on the benefits and might want to work with a gastroenterologist to make sure baby aspirin could be taken daily. To start with, purchase an enteric coated aspirin that travels into small intestines to dissolve and always take with food.
- Persons with bleeding disorders or on other blood thinners should work with their doctors to make sure it is safe to go for the remarkable benefits of a baby aspirin per day.

Second Component – Vitamin D 3 as a 3,000 to 5,000 iu tablet or oily capsule per day- best absorbed with a meal is our number two component recommended in building your low cost and basic Age Management Program. **Just a few years back, a super computer tapped the human race on the shoulder and said, “Hey guys, what’s up? I know I am a lot better at Math than you; but, I am looking at these hundreds of studies you’ve done on Vitamin D 3 and it’s so very clear to me to see that people at the Equator don’t get Osteoporosis, Colon Cancer, Heart Disease, Alzheimer’s, Breast Cancer at anywhere near the levels we see in the Northern or Southern Hemispheres.** In fact, the percentage of the population that suffers these diseases increases in direct proportion to the distance North or South of the Equator and as our Vitamin D levels in our blood drop as we live further and further from the Equator where humans get the highest level of exposure to our Sun.” Remarkable! God is light and he provided us abundant light from the Sun. God gives us life and maintains our life through his pouring out of his grace upon us. Just so happens, in his perfection, he pours a life-saving and protective health “grace” upon us where light causes the production of Vitamin D in our skin. This Vitamin D circulates into our bodies to provide enormous protection against cancers and other major diseases that include depression, auto-immune attack, heart disease, Alzheimer’s, Osteoporosis. Vitamin D 3 supplementation fights off upper respiratory infections and the dose can be doubled around any hints of a cold or flu or proactively during Winter to prevent infections and, at the same time, the “Winter Blues”. Apparently Vitamin D3 interferes with the early division of cancer cells. It is estimated that Vitamin D supplementation can reduce Colon Cancer-the second leading cancer killer by up to seventy percent and breast cancer up to fifty percent. It is said that if you are deficient in Vitamin D and replace it to normal levels that you reduce your overall chance of dying by up to 10%. **It can be argued that Vitamin D 3 supplementation could surpass or is equal to or nearly as great a bargain as a baby aspirin in protecting your life! And, what might be the Synergy or combined effect of Vitamin D 3 with a baby aspirin in preventing cancers? It’s a miracle in the making for you and the peoples of the world who**

do not live near the Equator and you should not miss out on this protection God's grace has enlightened us about and provided us!

There are things to consider before initiating Vitamin D 3 supplementation:

- You want to get your blood level tested within a year. Although it is truly hard to over treat and it takes a while to build your levels, it's wise to get your level tested so as to avoid the rare cases of toxicity and to be able to shoot for optimal levels of 50 to 80 ng/dl in the blood. Otherwise, without testing you should keep your supplement dosing per day down to 3,000 international units once per day. Most family doctors will have no issues with testing your Vitamin D levels when you request such and many make it part of their routine preventive screenings for you.
- Don't fall to the myths/misunderstandings we here all of the time! : "I drink a lot of milk so I am sure I'm fine." I get a lot of Sun- so I'm good.", "Vitamin D is in the multivitamin I take so I don't need it", or "it's in my calcium supplement." It's simply not the case that these four circumstances protect you. You'd like to think so, but it's not what we find. Instead, we find that in Southern Ohio eighty-five percent of our patients are insufficient (below 30 ng/dl) and twenty percent are deficient (below 20 ng/dl) with resultant higher health risks. Only fifteen percent are in the normal range and most of them are just over the line into the thirty to forty ng/dl range.
- Children and young adults will benefit from Vitamin D 3 supplementation. Ask your family doctor to test and track your child and young adults level to assure they are not insufficient or deficient and that they are in fact testing in the mid to high range levels.

Third Component – DHEA at 10 to 50 mg per day as a tablet or capsule. DHEA is over-the-counter hormone supplementation for both men and women and is our third and very strong choice and priority in building your low cost and basic Age Management Program. Why? It is the most abundant Androgen or male hormone in both men and women. Yes, women need male hormones and men need some female hormones to function optimally. It is both a hormone with its own multiple actions in the body and it is a pre-hormone that your body uses up to convert to Estrogen and Testosterone as it needs them. **The field of Age Management Medicine holds as a major principle that it is abnormal that hormones start going away around age thirty. Hormones are keys that switch on your body's repair mechanisms!**

DHEA is produced by your testicles or ovaries, your adrenal glands ("stress glands"), and multiple other tissues including your brain cells. It has many benefits including countering the harmful effects of dysfunctional secretion of your primary "Stress Hormone" Cortisol- where up to 80% of us are suffering ill health effects from our busy lives and stressed environments. Excess Cortisol is catabolic- meaning it breaks our body tissues down and causes dangerous fat deposition in our abdomens. DHEA

supplementation assists with immune system health, assisting with weight loss and increasing lean muscle mass, increasing libido, decreasing allergies, increasing sense of well-being by stimulating increased release of the “Master Hormone”-human growth hormone, and improving sugar metabolism. DHEA can fight off hormone system weakening in many men starting at age 30 and through their mid-forties or when they might develop significant drop in the levels of testosterone or another critical hormone system component.

DHEA can much more surely than for man be a complete hormone replacement strategy for many women starting age 35 through the beginning of menopause and sometimes beyond menopause. We have a saying in Age Management Medicine- **“DHEA for Women, Testosterone for Men”**. Later, when other hormones such as Progesterone, Testosterone, Estrogen are needed to treat menopausal syndromes or when Testosterone is need to treat the equivalent of menopause for men known as Andropause, DHEA provides excellent “synergy” and improved benefit.

There are five hormones that can be purchased over-the-counter as they are considered very safe when used at reasonable levels. DHEA is one of them. Vitamin D3 –component two of the Poor Man/Woman’s Age Management Program, is another and the only vitamin that is a hormone. Melatonin, a hormone secreted by the pineal gland on the underside of the brain is a third and has remarkable Age Management and health benefits. They are all extremely low cost and one reason why two of them are among the top three and, then, among the seven total components of our recommendations to you for the lowest cost and basic, yet critically sufficient, Age Management Program. Yes, the Poor Man/Woman’s Age Management Program is the basics in a hormone replacement program. (The other two hormones of the five over-the-counters are pregnenolone and progesterone- not meeting the guidelines for the Poor Man/Woman’s Age Management Program- primarily in that they are not beneficial for most every man and woman and they are useful when regular doctor evaluations and lab assessments are in place.)

There are dosing strategies and potential side effects to monitor when supplementing with DHEA:

- Men need more than women. Our average replacement dosage for men is 50 mg and for women is 25 mg. These doses are supported by positive responses from our patients, low side effect reporting, and at least twice yearly lab analysis for our comprehensive Age Management program members. However, we suggest without lab monitoring both men and women start at half these doses or 25 mg for men and 12.5 mg for women. See how you feel over four to weeks before going to the full dose. Again, we recommend that you request your primary care doctor test your level at some point in the future. We recommend a range of 250 to 400 ng/dl for women and 300 to 600 ng/dl for men. We have a few women supplementing up to 100 mg and a few men supplementing up to 200 mg to achieve these goal ranges.
- Hormone supplementation with DHEA is generally not going to be warranted in men under 30 or women under age 35 unless either present to their doctor or develop a condition with complaints of fatigue and loss of vitality. In the case of presentation with such illness symptoms we recommend finding a physician to order and assess lab testing of the adrenal system including

DHEA before starting supplementation for those under age 30 for males and 35 for females. Age Management Medicine believes in returning levels to the top 33 % of the normal ranges for an average man or woman of the age range 30 to 35-when DHEA levels are known to peak. Medicine has simply recognized that DHEA drops dramatically and steadily starting at this age range. Age Management Medicine sees the drop as one of the first open signals of the onslaught of Aging that is correctable. The amount of drop is quite different from one individual to another and those with lower levels tend to have more medical conditions and symptom complexes.

- Side effects to be on the lookout for with DHEA supplementation and overtreatment are acne for both men and women, excess hair growth in unwanted areas like the face for women. Cutting back or stopping the dose will reverse these symptoms. Some woman will feel some increased aggressiveness and this will reverse again with decreasing the dose. DHEA supplementation could affect menstrual cycle in women, increase or decrease risk of pregnancy. However, these symptoms are seldom seen especially if a woman slowly increases DHEA till benefits are detected and stopping dose escalation and maybe reversing to a lower dose with appearance of side effects. It is our opinion that DHEA supplementation is as likely to reduce cancer risks as increase them-especially if titrated cautiously to levels that bring benefit. **“Hormone replacement done right is cancer preventive and cardiac protective”** per our opinion at Synergistic Health Centers. Blood pressure elevation or edema or swelling of the lower legs are also a possibility that can occur and signal overtreatment.

Fourth Component – “Omega Three Oil” supplementation at 1,000 to 2,000 mg per day. Why? Omega three oil supplementation is a true superstar in regards to Age Management Medicine. Returning to an essential fatty acid balance that includes Omega 3, 6, and 9 oils that more closely resembles the diet we evolved with brings several significant benefits:

- First, a deficiency of intake of Omega 3 oils leads to a swing of our bodies’ defense systems inflammatory cascade toward excessive inflammation. A lot of this inflammation is “silent” and it is though that this silent inflammation is responsible for as much as 50 % of cardiovascular events such as heart attack and strokes, colon cancer, and Alzheimer’s. (With the citations regards colon cancer so far in this description of the Poor Man/Woman’s Age Management Program, we might just be bringing an end to colon cancer!) Omega three oil supplementation at 1,000 plus mg per day can restore a balance that will reduce the potentially deadly silent inflammation lurking in your body.
- Second, Omega three oils at 1,000 to 2,000 mg per day can improve high triglycerides and improve your cholesterol picture- thus lowering cardiovascular risks as well. This is especially true with the Omega three oil EPA. DHA, the other major Omega Three Oil, is more specifically

helpful in brain health and mood improvement in addition to all of the other benefits mentioned here.

- Third, Omega Three Oils are recognized as “Calorie Restriction Mimetics”. Just a few years back two research groups sequenced the human genome. Since, we have learned that about seven percent of the population has their longevity genes switched on. That’s Uncle Charlie who smoked three packs of cigarettes for 70 years and lived to 90. You have a hard time killing these folks off even if their overweight, etc. Then, we have hypothesized for many decades that Calorie Restriction is the one thing we believe will surely extend a human’s healthy life span. This was encouraged by multiple animal studies showing calorie restriction led to much longer and healthier lives. Quite a few people have joined Calorie Restriction clubs to accomplish longevity benefits. A recent study at the University of Wisconsin countered a similar study in monkeys at the National Institute of Health. The Wisconsin study showed significant longevity benefits in monkeys who are thought to be close to human, where the NIH study showed poor benefit. Then, they compared the studies and discovered that the control group in the NIH study was also calorie restricted in that they were allowed three strictly set meals per day versus the Wisconsin study where the non-calorie restricted control group was able to eat anything they wanted-more like the average American. Well, it appears in looking back that the NIH control group lived longer than the average monkey not involve in the study and it appears to prove that even moderate calorie restriction can provide significant longevity benefits. To tie this all together, it appears that God designed us that so in times of famine or war when food is scarce, our longevity genes switch on and we become leaner, tougher- so we are more likely to survive and perpetuate the population. And, lo and behold, scientists have begun to discover certain nutritional agents that “mimic” calorie restriction and switch on our longevity genes. One of these agents are the Omega Three oils.
- Fourth, we now know that persons born with long tail ends of their DNA known as Telomeres live long lives and those born with short tail ends of their DNA live short lives. We believe that every time a cell gets damaged enough that its nucleus decides it needs to signal the cell to divide in half and make itself anew, a little snip of that Telomere is snipped away and lost. Eventually, you lose the total telomere and that cell can’t repair. Pharmaceutical companies are working to introduce medicines to prevent this shortening or even lengthen the Telomeres; but, in the meantime Age Management researchers have identified Omega Three oils as “Telomere Lengtheners”. Other agents that are thought to do the same are the hormone Melatonin and the nutraceutical Resveratrol isolated from Red Wine. Maintaining Telomere length may assist humans break through the death age barrier most of us face of around 85 years of age.

There are things to consider before initiating Omega Three Oil supplementation:

- Avoid use if you are known to have a bleeding disorder.
- Find a source that is free of Mercury as it has been distilled after harvesting from deep water fish.
- Realize that a bottle of Fish Oil may state 1,000 mg Fish Oil and you need to read the label to find the total Omega Three oil mg amount.

- Please know that good sources of naturally occurring Omega Three oils are Tree Nuts- being Almonds, Walnuts, Pecans, Macadamia Nuts, and Cashews. Deep ocean fish such as Salmon and Tuna are excellent; however, please note that you will not get the same healthy benefit from “farm raised” versions. Switching to cooking with Olive Oil benefits your Omega Three oil balance.
- Please be aware though multiple studies have supported the benefits of Omega Three oil supplementation, a few negative studies like one citing increases in incidence of prostate cancer and another questioning the amount of benefit in cardiovascular prevention have been brought fourth. We ask that you trust in the Synergistic Health Approach in hopefully drowning out these potential negatives by doing so much to prevent cancer and cardiovascular disease through the Synergistic Effect gained through combination of all seven program components.

Fifth Component – Multi-Probiotics. What is a Probiotic and why should we supplement with them? A probiotic is a supplement containing one or more of the bacterial strains identified as healthy and performing a valuable service in our digestive system. A Multi-probiotic is a blend of several or more healthy bacterial strains that we supplement up to twice daily to bring multiple health benefits and avoid diseases associated with deficiencies of the healthy gut bacteria.

We have learned there are ten times more bacteria living in our digestive system than there are cells in our body and “They don’t work for us. We work for them.” If the evil strain bacteria in your digestive tract want you to lay on the couch and be depressed –eating junk food that they like and keeping you from moving for health, they will talk through the large nerve serving the digestive system known as the Vagus nerve and tell your brain to change chemistries so that you will in fact plant yourself on that couch.

Additionally, we know that due to emulsifiers in our food, alcohol, meds like ibuprophen or antibiotics destroy the lining layer of health bacteria that works with the millions of cells in the small intestines that are responsible for bringing all the good food components in and keeping the bad ones out. Gaps form between these digestive lining cells and molecules from our foods, usually foods we eat the most, cross into the blood stream through these gaps and our body forms antibodies to them as they would to a vaccine. Now, you eat one of your favorite foods and you feel bad a few days later or you crave excess amounts of that food. First thing you want to do is “seal the gut” with daily intake of probiotic capsules or high levels off yogurts and other cultured foods.

It is now hypothesized that deficiencies and breakdown of healthy probiotic flora in the digestive system is potentially responsible for the development of Type I and Type II diabetes, obesity, and multiple other specific illnesses correlated with deficiencies of specific healthy strain deficiencies. Since Aging is defined as the onset of multiple disease processes and since it appears probiotics can prevent multiple diseases from setting in, we can consider probiotics a strong Age Management agent and this reasoning earned its spot in the Poor Man/Woman’s Age Management Program.

There are things to consider before starting Probiotic Supplementation:

- One may go through some bloating or GI system upset upon starting probiotics. There really could be a World War set off by attacking the bad strains with the good. A GI system cleanse might be a good idea before starting your probiotic. Starting slow is a good strategy to follow. Maybe take just one capsule every other day for a while and slowly over two month's work up to one or two capsules twice per day. Another strategy is to start with a different probiotic or maybe one with fewer cultures.
- Remember that probiotic supplementation is a long- term strategy and it may take months to a year before you can look back and see that your digestive health, energy, and weight have improved.

Sixth Component – A Multivitamin at the manufacturer's recommended dosage. Why a Multivitamin?

Because our foods are over-processed and our soils are depleted. Thus, we do not get the minerals we need for optimal health. One thing found in common among five long-lived populations around the world is the high level of minerals in their food and water supply. **Minerals are needed for construction projects in our body and minerals act as the battery pack for our enzymes that speed up our biochemical reactions.** A Multivitamin assures adequate intake of minerals.

Additionally, a multivitamin provides multiple B vitamins that are important for **normal metabolism and nervous system health.** They say that eighty percent of us that will reach eighty years old will have significant neurological disorders. The B vitamins bathe the nervous system with nutrients and are difficult to overdose. So, why not assure with macro-dosing of B vitamins as is accomplished with a good multivitamin.

A multivitamin will also provide basic levels of fat soluble vitamins A, E, and D. These fat soluble vitamins are essential for many critical biochemical processes.

The Controversy over taking a Multivitamin— A group of doctors came out recently and gave their opinion that there is no benefit to taking a multivitamin. Critics of their opinion is that it is just that- an opinion. Actual studies have failed to show any large advantage in taking a multivitamin. There is one solid study that shows an association with ten percent cancer reduction in men taking a multivitamin. Perhaps that was the Vitamin D anti-cancer effect! This same group of doctors with the opinion that there is no advantage to taking a multivitamin also state their belief that there is no harm in taking a multivitamin.

Our opinion is different in that we see and hear reports from our patients of significant improvement in sense of well-being, weight management, and multiple other health parameter improvements with the use of a multivitamin along with the other components of a comprehensive Synergistic Health Program as represented in its most basic form with the Poor Man/Woman's Age Management Program. We believe the correct study has yet to be put together to measure the full benefit of multivitamins and we believe most will benefit from daily use of a multivitamin.

Certainly, many believe that taking a multivitamin per day “covers a multitude of sins”, meaning a multivitamin can help make up for a poor diet and for nutrient depletion due to putting our bodies through excess stress.

Things to Consider Before Taking a Multivitamin

Mostly the issue is tolerance. Quite a few patients report stomach upset from taking a multivitamin.

We recommend that you always take your multivitamin with food. In fact, we suggest you always time it where you take your multivitamin just before eating so that your food will push the vitamin through your esophagus so as to prevent painful lodging of the pill or tablet there.

Some patients blend their vitamins in a smoothie to be ingested once or twice per day to avoid vitamin tablet irritation.

We recommend you consider a premium multivitamin that includes an extract of fresh fruits and Vegetables that gives you a good dose of phytonutrients along with your minerals, B vitamins, fat-soluble vitamins. Phytonutrients fight cancer and build the immune system and such an extract can aid in your tolerance of multivitamin components on your gut.

Seventh Component- Vitamin C at 1,000 mg twice per day. **Why?** Ascorbic acid, or Vitamin C, is a potent antioxidant. Oxidative Stress is one of the five leading mechanisms of aging. As our body burns energy, sparks are flying and they damage key tissues and molecules leading to premature tissue and cellular aging. Vitamin C supplementation at 2,000 mg per day can give you a good percentage of your needed anti-oxidants per day. Other anti-oxidant protection will come from A, E, and D in your multivitamin and your Vitamin D component of your Poor Man/Woman’s Program.

Vitamin C has long been proven to be very beneficial in protecting against buildup of plaque in our arteries. More and more studies multiple pathways in which Vitamin C starts in reducing cardiovascular disease and events.

Vitamin C reduces the risk of cancer by preventing oxidative stress and free radical development that can damage DNA and lead to cancers.

Vitamin C is proven very helpful in joint, tendon, and ligament health as a key component of construction of our connective tissues.

Things to consider before taking Vitamin C

While vitamin C is generally considered safe and well-tolerated, individuals who have certain hematologic disorders such as thalassemia, anemia, or glucose-6-phosphate deficiency should

consult a physician before supplementing with vitamin C. Pregnant or nursing women should also consult their doctors.