



Wellness Trading Post

Julieta Criollo

(604) 760-6425

services@wellnesstradingpost.com

www.wellnesstradingpost.com

Clinical Herbal Therapy

Bach Flower Essences

Reflexology

Reiki

Energy Healing

Supplement Notes



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SUPPLEMENTS

Nutrient	Dose ¹	Description
Acidophilus	As directed on label	To restore normal flora of the bowel; acts as immune enhancer, improves digestion and absorption of food.
<u>EFAs:</u> Flax seed oil Evening Primrose oil Fish oil	1–2 tsp/day 500 mg 2–3 x/day 500-1000 mg/day	Essential Fatty Acids (EFAs) are critical nutrients to our body. They are needed for the normal growths of the body, and are used to make up the membrane of every cell of our body. EFAs are vital for a healthy brain and immune function. They are needed for the normal development of the brain; help with nerve transmission, cells & organs respiration, used in the lubrication of tissues (skin, joints), support adrenal, and thyroid activity. EFAs also aids digestion, and are used for the production of anti-inflammatory prostaglandins. Food source – cold water fish (tuna, salmon, mackerel), Flax seeds.
Vitamin A Micellized Form Beta-carotene, (Precursor to Vit. A)	5000 – 10000 IU daily 300,000 IU per day 20000 IU daily	An oil soluble vitamin. Antioxidant (protects body against damage by free-radicals), protects against colds/flu and infections of kidneys, bladder, lungs, and mucus membranes. Needed for the utilization of protein by the body, promotes health of eyes/vision, and skin. This is a water-soluble form of Vitamin A that is used in cancer treatment (consult health practitioner). Beta-carotene is pro-vitamin A as is found in plants. It is converted to Vitamin A by the body, a process that ensures that Vitamin A levels do not become excessive. Therefore beta-carotene is generally considered non-toxic. Except for the Micellized form, Vit. A supplement is best taken with fatty foods (good fats containing foods), since vitamin A is a fat-soluble vitamin, helping its absorption. Vitamin E and Zinc participate in the metabolism of vitamin A. Thus, if using Vit. E and/or Zinc, taken them together. Cancer notes: It protects against throat and lung cancer, suppresses tumors, inhibits mutation of cells, and stimulates immune function. High doses of Vit. A can be administered via the water-soluble micellized form. Food sources: liver, fish liver oils, green and yellow fruit and vegetables such as papaya, mango, carrot, apricot, peach, asparagus, cantaloupe, garlic, kale, squash, yams, sweet potato.
Vit C with bioflavonoids	1000 mg 2–3x/day or to bowel tolerance (increase dose daily by 500 mg until stool become loose, and then reduce until stool is normal again. Then, keep this dose).	A water-soluble vitamin. An antioxidant, supports the immune system, needed for tissue growth and repair and for adrenal glands function (esp. when overworked during chronic stress), and healthy gums. It helps with the production of anti-stress hormones, and enhances immune function. It helps protect against the effects of pollution, reduces risk of cancer, protect against infections. It is best taken with bioflavonoids (as quercetin) for better absorption; and works synergistically with Vit. E and beta-carotene, so it's best to take them together if taken these supplements. Cancer notes: protects against different types of cancers such as oral, larynx, esophagus, stomach, pancreas, colorectal, bladder, cervix, prostate, lungs, and leukemia. Protect skin and bone from the effects of radiation. It helps regenerate oxidized Vit E (damaged) in the body, protects cellular structures, including DNA from damage. Vit. C also inhibits conversion of nitrates into nitrosamines (carcinogenic substances). Food sources: kiwis, citrus fruit, berries, green vegetables, asparagus, avocados, black currants, mangos, cantaloupes, onions, kale, papayas, pineapples

¹ Dose is the recommended adult dose. For ages 12 to 17 reduce dose to three quarters. For children under 12 years of age, consult a health practitioner.

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B-Complex	50–100 mg 2–3x/day	<p>B-vitamins are water-soluble vitamins and work together synergistically, so it is best to take them together and a B-Complex offers that. They are needed for the health and proper functioning of the nervous system, eyes, skin, liver, and more. They are also needed for the production of energy, cell replication; and for the metabolism of fats, carbohydrates and protein.</p> <p>Vit. B₁ participates in the synthesis of the neurotransmitter acetylcholine, and linked to learning capabilities, and growth in children. Important for the muscle tone of the stomach, intestines, and heart.</p> <p>Vit. B₂ needed for normal cell growth, cell respiration. Helps with fatigue and lack of vitality.</p> <p>Vit. B₃ is essential for the production of energy; needed for synthesis of sex hormones (as estrogen), production of adrenal hormones. The niacinamide form has been shown to have antioxidant properties and to inhibit autoimmune in DM type-I (if used in high dose, then must be used short-term, since it can damage liver).</p> <p>Vit B₅ is considered “the anti-stress vitamin”; it is required for the manufacture of adrenal hormones; participates in the synthesis of the neurotransmitter acetylcholine.</p> <p>Vit-B₆ is needed for the manufacture of neurotransmitters such as serotonin, dopamine, adrenaline, noradrenaline, GABA. Participates in the synthesis and functioning of DNA & RNA, helps with the electrical functioning of the nerve and muscles. Protects against neuropathies, and improve immune function.</p> <p>Folic acid and B₁₂ are needed for DNA division of cells (deficiencies can lead to some types anemia, memory loss, irritability, depression). Vit. B₁₂ is essential for the metabolism of the nerve tissue, and the health of the nervous system.</p> <p>Inositol participates in the proper functioning of neurotransmitters in the brain including serotonin and acetylcholine.</p> <p>Biotin – a coenzyme; helps with the formation of DNA and RNA.</p> <p>Choline or Phosphatidyl choline is an integral part of the acetylcholine neurotransmitter. It is important for the health of the myelin sheath covering the nerves. Helps with liver and gallbladder functions.</p> <p><u>Cancer notes:</u> Vit B₆ reduces cancer cell growth (esp. those with atypical growth). Reduces risk or protect against metastatic of melanoma. Best taken as P5P (pyridoxal-5-phosphate), 50-100 mg 1-2 x/day.</p> <p><u>Food sources</u> depend on the type of vitamins. Food rich in various types of B vitamins are brown rice, egg yolk, fish, legumes, liver, poultry, beef, whole grains, oatmeal, nuts & seeds, dried fruit (raisin, figs, prunes), milk, yogurt, Brussels sprouts, dandelion greens, leafy green vegetables, brewer’s yeast, avocados, cheese.</p>
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SUPPLEMENTS

<p>Vit E</p> <p>Succinate ester (dried form)</p>	<p>400 - 800 IU a day.</p> <p>50 mg per day</p>	<p>Fat-soluble vitamin. Powerful antioxidant, enhances immune functions (esp. affected by long term stress), protects against cancer and cardio-vascular disease, improves circulation, needed for tissue repair, normal blood clotting and healing, participates in healthy nerves and muscles, strengthens capillary walls.</p> <p>This is a dried “esterized” form of Vitamin E.</p> <p>Vit. E supplement is best taken with fatty foods (good fats). Selenium and vitamin E works synergistically. Thus, if taken selenium supplement, then take it together with Vit. E.</p> <p>Cancer notes: Vit. E reduces the risk of prostate cancer, colon cancer. Topically, protects against Ultra Violet light. For cancer prevention or treatment, Vit. E should be taken with other antioxidants such as Vit. C, selenium, and zinc. Together with selenium protect from chemotherapy damage.</p> <p>Food sources: cold pressed vegetable oils (olive, soy, corn, canola, sunflower, safflower, sunflower, palm oils), nuts (almonds, peanuts, hazelnuts, pistachios, walnuts), seeds (corn, soy, lentils, barley, rice, wheat, oats), whole grains, dark green leafy vegetables, eggs, milk, and oatmeal.</p>
<p>Selenium</p>	<p>100 – 200 mcg day</p>	<p>Helps inhibits the oxidation of lipids. Antioxidant that works synergistically with Vit. E and together help in the production of antibodies and maintaining a healthy heart & liver. Protects the immune system by preventing the formation of free radicals. Helps regulate the effects of thyroid hormones on fat metabolism. Needed for pancreatic function and tissue elasticity. Together with Vit E and zinc help with enlarged prostate.</p> <p>Cancer notes: it has anti-tumor activity, helps protect against formation of tumors.</p> <p>Food sources: meat, grains, brazil nuts, brewer’s yeast, broccoli, brown rice, dairy products, garlic, liver, blackstrap molasses, seafood, chicken.</p>
<p>Calcium (Ca) & Magnesium (Mg)</p>	<p>700 to 1000 mg/day</p> <p>350 to 500 mg/day</p>	<p>Ca & Mg are best taken together (2:1 is most commonly available). Ca and Mg help calm the nervous system, thus are beneficial for anxiety and insomnia. Ca is essential for the formation of bones & teeth, and maintenance of healthy gums. It is also needed for heartbeat regulation and nerve transmission, and muscular growth and contraction. It helps reduce cholesterol levels and the risk of cardiovascular disease.</p> <p>Mg participates in energy production, nerve transmission, muscle contraction, helps with calcium and potassium uptake, and the proper body’s pH and temperatures. It helps prevent depression, dizziness, muscle cramp, muscle weakness, and symptoms of PMS.</p> <p>Food sources: Ca is found in milk, dairy products, seafood, dark green leafy vegetables, almonds, asparagus, blackstrap molasses, brewer’s yeast, broccoli, nuts & seeds, dried fruit, oats, kale. Mg is found in most food especially diary, fish, meat, and seafood; also, apples, apricots, avocados, bananas, blackstrap molasses, brown rice, brewer’s yeast, garlic, nuts & seeds, whole grains, legumes.</p>

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Chromium	200–400 mcg daily	<p>A trace mineral. Essential part of the Glucose Tolerance Factor (GTF). It enhances the effect of insulin in the body. Improve the uptake of glucose by the cells for energy production. GTF seems to bind to both, insulin and the cell receptors to utilize glucose; thus, reducing/balancing blood sugar. It also been shown to lower blood cholesterol.</p> <p>Food sources: brewer’s yeast, brown rice, cheese, meat, whole grains, beer; dried beans, blackstrap molasses, eggs, corn, dairy products.</p>
Iron (Fe)	25 mg daily.	<p>Required for the production of hemoglobin (to transport the oxygen within of the red blood cells) and myoglobin (within muscle tissue). It is also needed for a healthy immune system and energy production.</p> <p>Food sources: eggs, fish, liver, meat, poultry, green leafy vegetables, whole grains, almonds, blackstrap molasses, brewer’s yeast, dried fruit (as dates, figs, prunes, raisins), avocados, beans.</p>
Potassium (K ⁺)	300 – 500 mg daily	<p>Needed for the health of the nervous system and heart rhythm. Helps with muscle contraction, helps maintain water balance (along with Sodium), regulates transfer of nutrients to the cells.</p> <p>Food sources: dairy products, fish, legumes, meat, poultry, whole grains, fruits and vegetables (apricots, potatoes, bananas, avocados, lima beans), dried fruit, nuts, brewer’s yeast.</p>
Zinc (Zn)	30 – 50 mg daily	<p>Needed for many body functions. It promotes wound healing by helping collagen formation, helps the skin oil gland function. It may help in the utilization of Vit. A (helping maintaining healthy skin). Needed for the growth of the male sex organs and reproductive fluids (esp. the prostate glands). It supports immune function (improves antibody response, cell-mediated immunity, production of T lymphocytes), is a constituent of insulin, and participates in the acuity of taste and smell.</p> <p>As part of enzymes or a cofactor, it is involved in the clearance of alcohol in the liver, energy production, bone formation, protein digestion, synthesis of nucleic acid of DNA and RNA, antioxidant effects,</p> <p>Cancer notes: cancer patients often are low in zinc (esp. the elderly). It helps reduces some radiation effects (as decrease taste).</p> <p>Food sources: brewer’s yeast, egg yolk, fish, kelp, nuts/seeds (esp. pumpkin seeds), lime beans, soybeans, whole grains, lamb, meat, liver, oysters, poultry.</p>

SUPPLEMENTS

Other Supplements

Nutrient	Dose ²	Description and Food Sources
Coenzyme Q ₁₀ (Co-Q ₁₀)	100 mg 2 to 3x/day	Increases oxygenation to heart and brain, increases production of energy, helps immune system.
Gamma-amino-butyrac acid (GABA)	750 mg 2x/day	Acts as a tranquilizer and is important for proper brain function.
Glutathione	100 mg/day; or as directed on label	<p>Antioxidant – Found in all body tissue, and in high concentrations in the liver, eye-lenses, spleen, pancreas, and kidneys. It protects the cells against damage from environmental and metabolic toxins and waste products, reduces oxidation (prevents aging). It helps eliminate heavy metals, pesticides, and solvents from the body.</p> <p>However, it seems that the level of glutathione in the body are increased and maintained high when absorbs from food sources better than supplement form (supplement form seem to have a transient effect).</p> <p>Cancer notes: Glutathione is an important anticancer agent due to is detoxification and free-radical protection properties.</p> <p>Food sources: fresh fruit, asparagus, avocados, walnut, cabbage family. Also, foods containing limonene such as citrus, dill weed, caraway.</p>
Melatonin	Start with 1.5 mg/day, taken about 2 hrs before bed (if ineffective, increase dose gradually until effective, or a maximum of 5 mg/night is reached)	Melatonin is a natural neurotransmitter in the brain that promotes sleep.
L-Tyrosine (amino-acid)	500 mg 2x/day	A mood elevator, helps reduce stress on the body, promote sleep, helps with depression
Phosphatydyl Serine (PS)	100 to 200 mg/day	A natural occurring phospholipid found in high concentration in the brain and nervous tissue. It increases memory and cognitive functions, facilitates neurotransmission, considered anti-aging supplement.
Quercetin (Bioflavonoid)	500 mg 3x/day	<p>A flavonoid that helps stabilize the cell walls and inhibits release of histamine, increases immunity, scavenges free radicals, inhibits irritation of intestinal smooth muscles, and reduces the damage caused by food allergens.</p> <p>Food sources (bioflavonoids in general): colorful fruit and vegetables such as peppers, buckwheat, black currant, apricots, blackberries, cherries, grapefruit, grapes, plums, prunes, rose-hips, hawthorn berries.</p>

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