

Plum Creek Medical: **PROMOTING HEALTHY LIVING**
Adding vitamins and supplements to your diet

Probiotics

↑ Immune System

Pomegranate

Very strong antioxidant—with a certain type of cantaloupe reduces arterial plaque better than high dose Crestor.

Vitamin C

Take at least 1000 mg. daily. Great antioxidant, your body quickly eliminates any excess so try to spread out your dose throughout the day. Decreases inflammation as good as Crestor (CRP)

Vitamin E

Take 400 to 800 IU daily. This should be taken with a meal because it is fat-soluble. The synthetic form, dl-alpha-tocopherol is not good. Try to find d-alpha-tocopherol (natural) + gamma.

Beta-carotene (Vitamin A)

Take up to 20,000 IU daily. Beta-carotene is the safer form; the body converts it to vitamin A as needed.

B Vitamins

Take a B 50 or B 100 complex at least twice a week. These turn your urine bright yellow. This is a family of vitamins involved in many metabolic processes throughout the body.

Vitamin D-3

Has many good properties and fights against cancers and bone loss. It is excellent for the brain as well. Good for patients with depression.

Multivitamin

Look for one with minerals, natural vitamin E and beta-carotene. Men and post menopausal women should take one without iron.

Selenium

Take 100-200 mcg daily. This works well with vitamin E to prevent atherosclerosis and help prevent cancer.

Coenzyme Q-10

Take 50-100 mg a daily. Patients on lipid lowering drugs (statins) should take between 100-200 mg daily. It has great antioxidant properties and is good for heart and gum health.

Grape Seed Extract and Pycnogenol

There are no set standards for daily dosage. High in antioxidants and works alongside vitamin C. Pycnogenol is good for patients with ADD.

Glucosamine and Chondroitin Sulfate

Take 1500 mg of glucosamine and 750 mg of chondroitin daily. Good for joint pain and cartilage health plus decreases osteoarthritis formation. (Note: not recommended for people with shellfish allergy)

Flax Seed

Can take up to ¼ cup daily, buy it pure and grind it up before taking (a coffee grinder works for this). It can be taken in orange juice or on cereal. Begin slowly and work up to ¼ cup a day to decrease side effects. Also be sure to drink enough water. This provides fiber and omega 3 fatty acids and can lower cholesterol. It has which are lignans which are anti-cancerous.

Fish Oil

Good for brain health and ↓ inflammation.

Take 1400 mg EPA and 1000mg DHA daily. Helps with triglycerides, skin problems, depression and brain health. Krill oil can be used as an add on for arthritis.

Steel Cut Oats are a great way to start your day and help lower cholesterol (purchase at local market). A good source for supplements.

Curcumin—multiple effects as an antioxidant, cholesterol and anti-cancerous and helps arthritis.

Cinnamon—for diabetes and cholesterol.

Aged Garlic—(Kyolic my favorite)--↓ Cancer, ↑ HDL

Swanson 1-800-437-4148

Life Extension 1-800-544-4440

Vitamin D-3 can be purchased from Bio Tech 1-800-345-1199/bio-tech-pharm.com; amount to be directed by your health care provider.)

Items and ideas presented in this discussion are not intended as a substitute for the advice of a medical professional. Plum Creek Medical recommends that you consult a physician before starting a supplement regimen.