

What supplements (if any) should I take?

We've all heard that we should consider taking nutritional supplements to maintain our health. But with a bewildering array of options, where do you start? Are supplements even necessary?

The unfortunate fact is that many now consider the taking of supplements to be essential. Whilst the abundance of food in our society has never been greater, the nutrient levels are often declining. Scientists compared the levels in foods in the USDA's nutrient database in 1950 and in 1999. They found:

- A 38% decrease in riboflavin (Vitamin B2)
- A 15% decrease in vitamin C
- A 16% decrease in calcium
- A 9% decrease in phosphorus
- A 15% decrease in iron
- A 6% decrease in protein content

This is thought to be due to the leaching of soils; changing patterns of harvesting, storage, and distribution; and cultivar selection, just to name a few reasons. So even if you eat a good diet with fresh produce, you may not be getting the nutrients you need.

Working out what supplements to take can also be a challenge. There is a huge range of products

and nutrients available, with just as big a variation in quality!

I would recommend starting with a good quality, well balanced multivitamin. Beware of those that have large doses of any one nutrient. Balance is the key with maintenance supplements, and cheaper brands may be out of wack, leading to nutrient imbalances in you. This is often a problem with the B vitamins, as too high levels can deplete the minerals in the body. I personally recommend (and use myself) a product called Multigenics that is one we can supply you in the clinic. It is very reasonable at only \$28.00 for 3 months supply.

The next recommendation for all ages is an omega 3 supplement, which usually comes as fish oils. Omega 3's are used in brain development and function, maintenance of good fats in the body, reduction of heart disease, reducing inflammation, prevention of aging, and many other beneficial functions. Sadly, these too have decreased in our diet and it is almost impossible to get what we need without supplements. Adults need at least 1000mg of EPA and DHA (omega 3's) a day.

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NSAIDs: Will You Be a Statistic?

In a recent New England Journal of Medicine article, researchers disclosed that the adverse effects of using NSAIDs (Non Steroidal Anti-Inflammatory Drugs) like Advil, Nurofen, Aleve, Naprosyn, Naprox, Voltaren, Indocin and others, can include stomach bleeding, ulcers and, in some cases, death.

Millions take NSAIDs without much thought. However, research has shown that bleeding and ulcers occur half the time; often, with no symptoms. Among the people who develop serious bleeding from NSAIDs and require hospitalisation, an amazing ten to 15% will die; tens of thousands per year. In fact, 2,000 people in the United Kingdom die each year from gastro-duodenal lesions from taking NSAIDs.

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**Please pass on the secret. We run a referral based practice.
Pass the word on and help us help others.**

Supplements- *continued.*

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You need to get good quality omega 3's. Apart from having poorer absorption (and hence less "bang for your buck"), cheaper products can poison you through high levels of mercury and pesticides. You really do get what you pay for with omega 3's. We can supply you with a variety of high quality omega 3 products.

The last nutrient I would recommend anyone over 40 years of age is co-enzyme Q10. As we age, our ability to produce co-Q10 declines leaving us vulnerable to aging. Co-Q10 protects against heart and blood vessel disease, and brain degeneration and dementia. A maintenance dose of 100-200 mg per day is recommended. At the Centre we have a high quality and potency co-Q10 supplement. Ask us for details.

By taking these three things regularly you can make a big difference to your energy levels, your health

NSAIDs - *continued.*

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These drugs simply cover up your body's warning signs and fool the body. Every day we help locate and reduce the underlying cause of many types of health problems. Is it time for a chiropractic check-up for you, or someone you know, who is reaching into the medicine cabinet?

Are you at risk of a fall?

It is a shocking fact that something so simple as a fall can end someone's life, either from the fall itself or from the complications that develop. Even worse, many falls are preventable.

In fact, falls are such a health risk in older populations that Government Health Departments in Australia and around the world have made fall prevention a major health priority.

The great news is that assessing someone's risk of falling is a relatively easy thing to do. With a short questionnaire and a couple of simple tests a qualified professional can gain a good indication of whether someone is at risk. That professional can then advise the person on lifestyle or home changes that can be made to reduce the risk, as well as advising on any further assessment and treatment that may be beneficial.

The way it works is this: to keep our balance we depend on three body systems. The inner ear system (vestibular), the sensation from your body (the proprioceptive system), and our sense of sight. As long as at least two of those systems are working we can keep our selves upright.

Unfortunately as we age our systems decline. Our eyesight often fails. Our nerves don't carry our sense of body position to our brain like they should, often due to nerve compression in the spine or nerve damage in conditions like diabetes. Our inner ears can suffer damage throughout life, so we don't always have two systems working well that we can rely upon. The good news is that some simple treatments can improve the function of those systems, meaning the risk of falling is greatly reduced, and you are therefore likely to have a longer, healthier life.

At the Centre we are offering free falls risk assessments for our existing patients, and their friends and family. Give us a call on 9435 2887 or email mail@dvbc.com.au to arrange a time, or mention it next time you visit us. Something so simple can make a huge difference to yours or a loved one's life.
