

THE NATUROPATHIC PERSPECTIVE

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Nutritional Supplements

Are all supplements created equally? In the supplement market it quite often holds true that ‘you get what you pay for’. There are ways to make supplements cost less; use poor quality raw materials, press them into a tablet (greatly increases productivity), pack remaining space with cheap ‘filler’ (often corn, soy, wheat, sugar). A few items to note:

Vitamin C is most often sourced from corn, a common allergen. I actually have a client who thought she was allergic to vitamin C because she had been trying supplements for many years and always reacted to them. I had her try a high-quality blend that was not from corn... and she tolerates it with no problem.

Vitamin B12 is a thick sticky substance and is consequently mixed with lactose to make it easier to blend evenly into a multivitamin mixture.

Beta-carotene and **Vitamin E** are often created synthetically in a lab; our body does not recognize synthetic vitamins as well as it does natural-source supplements.

Vitamin E oil is often mixed with soy oil, a common allergen.

Many bottles will list ‘No added corn, soy, wheat, yeast, sugar’; be aware that this is different from ‘Contains no corn, soy, wheat, yeast, sugar’. The former may have it in their raw materials, already added.

Then there is also the issue of whether the supplement will dissolve in adequate time. Tablets can be difficult to breakdown and consequently lead to costly bowel movements. **Choose capsules** in place of tablets, when possible. Although a smaller quantity of nutrients can fit into a capsule (vs. tablet) this is quite useful; our body can only absorb so much at one time. Taking a capsule supplement a few times throughout the day will actually improve our absorption of the nutrients within them, as opposed to one big tablet daily.

High quality supplements free of common allergens and blended for optimal absorption are available from many health practitioners. At **Gignac & Worts** we do not have a dispensary; we send our clients to Stuart Ellis IDA Pharmacy to obtain these quality products, by script.

Emma’s Update

Emma is very happy. This is often a very bad time of year for Emma as it equates to frequent weddings, dinners and other social functions on decks which are rich in carbohydrates (alcohol, appetizers and fun foods). While the social events have remained constant Emma is thrilled with how she can consciously indulge on the weekends... and get back on track the next day. Her pattern used to be that if she fell off of the ‘healthy wagon’ for a weekend it would take her days to weeks before she was back on again. With the new eating/meal information I have provided her she is able to take control of her cravings, make wiser food choices without feeling she is missing out on ‘treats’ and is able to get back on track after a weekend of summer celebration.

Weight: 165lbs

*Emma is quite satisfied with this weight right now... she truly thought it could be higher due to the season. Although her weight is the same as last month she is noticing a change in her body; two days ago she put on a pair of pants she hasn’t worn in over a year... “I’m feeling in control again!”