

Nutritional Supplements

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The development of healthy eating and dietary guidance has been a priority at Lakeridge Chiropractic for many years. We believe that a diet rich in natural whole foods should be given top priority. We also realize that in today's busy world, it is not always realistic to expect our daily nutritional needs will be met by our food choices. The addition of a quality supplement is sometimes necessary to ensure that you are getting the daily nutrition established by Health Canada. Furthermore, the promotion of healthy eating habits helps us reduce the risk of chronic diseases such as: obesity, diabetes, cancer, and cardiovascular disease.

Essential Nutrients



These are substances not made by your body and are, therefore, required from food or supplementation for proper function throughout life. The absence or inadequate intake of the essential nutrients results in deficiency disease. Signs of deficiency are often subtle, resulting in long term growth and health problems.

Vitamins

Vitamin A
Vitamin C
Vitamin D
Vitamin E
Vitamin K
Thiamin
Riboflavin
Niacin
Vitamin B6
Pantothenic acid
Folate
Biotin
Vitamin B12

Amino Acids

Arginine
Histidine
Isoleucine
Leucine
Lysine
Methionine
Phenylalanine
Threonine
Tryptophan
Valine

Minerals

Calcium
Phosphorus
Magnesium
Iron
Sodium
Potassium
Chloride
Zinc
Copper
Manganese
Iodine
Selenium
Molybdenum



Fatty Acids

Linoleic (Omega 6)
α-Linolenic (Omega 3)

Avoid Additives



Remember that only pure materials can produce hypoallergenic supplements. Manufacturers often add ingredients to supplements to facilitate production. Items such as stearic acid, magnesium stearate, calcium stearate, ascorbyl palmitate, lactose, BHT, dextrose, and sucrose should be avoided. Choosing the purest ingredients can mean the difference between an effective well tolerated supplement, and a poorly absorbed product with allergenic effects.



Buzz Words

Solubility - The ability of a substance to dissolve.

Bioavailability - The rate at which a vitamin or other substance is absorbed for use in the body.

Antioxidants - A substance, such as vitamin C that counteracts the damaging effects of oxidation (free radicals) in the body.



Pregnancy

Canada's Food Guide recommends that women of childbearing age take a multivitamin containing folic acid every day. Pregnant women should ensure their multivitamin contains sufficient iron. Breastfeeding women need more vitamin A, vitamin C and zinc, and less iron than pregnant women (Institute of Medicine, 2006).

Tablets vs. Capsules vs. Liquid

Tablet



Tablets require other ingredients such as binders, lubricants, and coatings. These are necessary to hold the tablet together and assist in breaking them apart. Some are even sprayed with shellac (called pharmaceutical glaze) or vegetable protein, frequently derived from corn to make them shiny and easier to swallow.

► Avoid tablets whenever possible.

Capsule



Capsules don't require binding agents and generally have greater purity/bioavailability of nutrients. Capsules provide for the rapid dissolution and unimpeded absorption of nutrients into the body – resulting in a efficient nutrient delivery system.

► Quality capsules are recommended .

Liquid



Quality liquids and capsules are comparable in absorption. Those who find capsules difficult to swallow would benefit from liquid supplements. The shelf life of liquid supplements is relatively short when compared to capsules and tablets.

► Recommended for those who have trouble swallowing pills.

Dr. Adam Wysotski

Dr. Peter Wysotski



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Multi-Vitamin & Mineral

The foundation of nutritional supplementation is a multi vitamin-mineral supplement. These are the nutrients you should be getting on a daily basis. At Lakeridge Chiropractic, we only stock multi vitamin-mineral supplements that contain all the essential macro and micro-nutrients in the purest, most bio-available form, without unnecessary additives and preservatives. Multi vitamin-mineral supplements provide the synergists that help to enhance the addition of other supplements, making them more functional and effective.

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Probiotics

Probiotics are bacteria or yeast organisms, they are often called "the good bacteria". They help to support healthy digestion and immune function by competing with harmful microorganisms on the surface of the digestive system. Furthermore, probiotics produce chemicals that inactivate or kill pathogens. A high quality preparation with a combination of bacterial strains is generally most effective.

Foods that contain probiotics
Yogurt and Cheese

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Omega 3

Omega 3 fatty acids (EPA, DHA) are called essential fats because your body can't produce them. They must come from your diet, either through food or supplementation. EPA has an anti-inflammatory effect on the body and can help those with arthritis. DHA promotes the healthy development and functioning of the brain, central nervous system and retina. Most North American diets are deficient in Omega 3, creating chronic low grade inflammation which accelerates the aging process.

Foods that contain Omega 3:
Flax seed, Hemp Seed, Salmon, Sardines



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Vitamin D

Vitamin D3 enhances the absorption of calcium and phosphorus, promotes bone mineralization/cell growth, prevents infection/autoimmune disease, and enhances the function of insulin. Individuals with minimal sun exposure may require extra vitamin D.

People Over 50

After the age of 50 there is an increased need for vitamin D. Consuming enough foods rich in vitamin D to meet the daily requirements becomes unrealistic for most people. Therefore, Health Canada recommends that all adults over the age of 50 should take a daily vitamin D supplement in addition to following Canada's Food Guide.



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Vitamin C

Vitamin C is considered essential to human health. The body does not produce Vitamin C and therefore it must come from your diet. Vitamin C is a strong antioxidant, antibacterial, and antiviral. Antioxidants help protect your cells from the damaging effects of free radicals. Free radicals have been linked with cardiovascular disease and cancer. Vitamin C also prevents bruising (capillary fragility). Deficiency of vitamin C leads to problems with wound healing, immunity, and detoxification.

Rich Food Sources: Papaya, Brussel Sprouts, Oranges

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Vitamin B Complex

Correct ratios of these vitamins are essential for good health. Vegans are particularly susceptible to deficiency in B Vitamins.

B1 (Thiamine): Roles in conversion of fat, protein, and carbohydrate into energy, nervous system function, and detoxification.

B2 (Riboflavin): Essential to cellular energy production, neurotransmitter function, healthy eyes/skin, and the production of red blood cells.

B3 (Niacin): Releases energy from carbohydrates, enhances the metabolism of fats/proteins, hormone production, formation of red blood cells.

B5 (Pantothenic Acid): Required for the synthesis and metabolism of fats, proteins, carbohydrates.

B6 (Pyridoxine): Helps balance sodium and potassium, deficiency can cause skin problems, anemia, nerve damage.

B7 (Biotin): Metabolism of fats and proteins

B9 (Folic acid): Important in rapid cell growth during pregnancy and infancy.

B12 (Cobalamin): Required for brain and nervous system health, deficiency may lead to fatigue, depression, and memory problems.



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Calcium Magnesium

Calcium is the most abundant mineral in the body. Good sources of calcium are required for the growth and maintenance of healthy bones/teeth. Deficiency in Calcium can lead to osteoporosis. Calcium also plays a role in the contraction of muscles.

Food sources: Spinach, Collards, Dairy products



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Vitamin E

Vitamin E is a strong antioxidant and supports healthy skin. It also promotes the healing of burns and prevents scar tissue formation.

Food Sources: Sunflower seeds, Swiss Chard, Almonds, Spinach

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Vitamin A

Vitamin A is essential for vision, reproduction, immune function, and cellular growth.

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Digestive Enzymes

Digestive Enzymes help break down food so that it can be absorbed by the body. Due to many circumstances, digestive enzymes are not produced on time or in the proper quantities. Therefore, digestive enzymes can be taken to enhance digestion and ensure better assimilation of nutrients. Poor elimination, gas/bloat, reflux, and stomach distress can all be symptoms of poor digestion.

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Milk Thistle

The liver is the primary detoxification system in the body; it performs over 300 critical metabolic functions. The liver also processes protein and cholesterol. Milk thistle Protects and heals the liver from the damaging effects of foreign compounds, infectious agents, excessive alcohol, and high calorie intake. More than 900 drugs have been implicated in liver damage including: statins, alcohol, hormonal contraceptives, and antibiotics. Tylenol is the number one cause of acute liver failure.

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Lipoic Acid

Alpha-lipoic acid (thiolic acid) has antioxidant activity and promotes the regeneration of other antioxidants. It also has a role in chelating certain metals and has been approved for the treatment of diabetic neuropathy in Germany.



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Co Q10

Coenzyme Q10 is absolutely necessary for proper heart function. CoQ10 functions as an antioxidant that protects blood vessels from oxidative damage; CoQ10 is also a vital component of energy production within the cells.

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NAC & Glutathione

Glutathione is a significant component of your body's collective antioxidant defence system. It also works to neutralize acetaminophen (Tylenol) toxicity and several other toxins. Glutathione is very important to the liver during the detoxification process. Tissue damage from smoking and alcohol consumption can deplete the body's store of Glutathione. Chronic viral infection and other immune problems can also create a deficiency. N-acetylcysteine (NAC) is a pre cursor to Glutathione and helps replenish your body's stores.

The  TOP 14 Nutritional Supplements



LakeridgeChiropractic.ca

Smoking Problems



There is strong medical evidence that smoking tobacco is related to more than two dozen diseases and conditions. Tobacco smoke contains over 4,000 chemicals, of which more than 70 are known to cause, initiate or promote cancer and are called "carcinogens". The damage caused by smoking uses up vitamin C stores faster than in the typical non-smoker. Vitamin C is a natural cancer fighting antioxidant. If you are a smoker, and your diet is lacking in fresh vegetables/fruit you may want to consider supplementation. Your chiropractor can advise you on the proper supplement.

Serving Size

Don't be fooled. The numbers listed represent the serving size and not the entire food item. Pay close attention to juice, dairy, starches, and sweets.

Calorie Content

Calories per serving size.

Macro Nutrients

Protein and sugars do not have a % daily value listed.

Saturated fat+Trans fat+oils

+Cholesterol = Total Fat

Fibre+Sugar= Carbohydrate

The % daily value of Cholesterol is optional for food companies.

Micro Nutrients

Daily values are listed for Vitamin A, Vitamin C, Calcium, and Iron. Other Micro nutrients are optional listings.

Bone Health

■ Osteoporosis

Osteoporosis is more frequent among women. It is estimated that about one out of four women and one out of eight men over the age of 50 in Canada have osteoporosis. Osteoporosis causes bones to become very thin and weak over time, and increases the risk of fracture. It is often called "the silent thief" because bone loss occurs without symptoms.

■ Effects of Osteoporosis

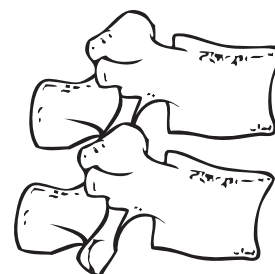
Wrist, spine and hip fractures are most commonly associated with osteoporosis. Hip fractures due to osteoporosis are a serious problem for seniors. Mortality is significantly increased after hip fracture, and fewer than 50 % suffering from this injury experience functional recovery, and many are permanently disabled.

■ Risk Factors

Diet low in Calcium and Vitamin D
Low physical activity
Smoking and alcohol
Excessive long term caffeine intake
Long term use of cortisone and prednisone
Menopause
Family History

■ Minimize Your Risk

- ✓ Eat a well balanced diet and include Calcium and Vitamin D.
- ✓ Stop smoking
- ✓ Get active and start exercising



Do you need help reading nutrition labels?

Nutrition Facts

Per 3/4 cup (175g)

Amount	% Daily Value
Calories 160	
Fat 2.5 g	4%
Saturated 1.5 g	8%
+ Trans 0 g	
Cholesterol 10 mg	
Sodium 75mg	3%
Carbohydrate 25g	8%
Fibre 0 g	0%
Sugars 24g	
Protein 8g	
Vitamin A 2%	Vitamin C 0%
Calcium 17%	Iron 0%

Canadian
Daily
Nutrient
Values

65g

20g

300mg

2400mg

300mg

25mg

No DV

No DV

Reference
Health Canada
www.hc-sc.gc.ca

% Daily Nutrient Value

The Nutrition Facts table gives you information on calories and 13 core nutrients.

These are government regulated values required for packaged foods.

The % **Daily Value (DV)** is a tool to help you see how much nutrition is in a specific amount of food.

The Daily Values for Fat, Carbohydrate and Protein are based on a 2000 calorie reference diet.

