



Better Nutrition  
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## **Defend and protect your body. (supplement)**

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Some 40 years ago, Henry Bieler, MD, penned *Food Is Your Best Medicine*, a book that became one of the classic guides to nutrition and health. Bieler felt that drugs and surgery don't heal--rather, given the right nutrition, the body can heal itself. Here are five common health concerns and some of the nutritional supplements that can defend and protect your body.

For effortless shopping, check out the condition-specific sections at your health food store. Here are some products you're likely to find there--many of these formulas feature nutrients discussed in the Defend and Protect Your Body chart (p. 30).

immune health supplement the plan

These supplements  
can give you the upper  
hand during cold and  
flu season.

N-acetylcysteine (NAC)	Potent immune enhancer. Boosts the body's production of the super-antioxidant glutathione. Take 500-600mg daily. Double the dose over the cold and flu season to prevent and reduce symptoms.
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Vitamin C	Infections deplete this essential nutrient. Supplements may reduce both symptoms and duration. Take up to 1,000mg daily (in divided doses); reduce the dose if you have diarrhea.
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Echinacea	Herbal immune booster is best used before catching a cold or flu. Tinctures, capsules and tablets are fine. Follow label directions for dosage.
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Probiotics	"Good" bacteria enhance the body's immune defense against intestinal flu, vaginal infections and other bugs. Follow label directions.
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digestive wellness supplement the plan

These supplements aid  
digestion and enhance  
immunity--your  
gastrointestinal tract has

the largest concentration of immune cells. Follow label directions when using these products.

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| Body cleanse/<br>detox kit | A two-week detox product can improve liver function, end constipation and help restore digestive tract function. Look for the words "body cleanse" and/or "detox" on the label.  |
| Probiotics                 | Help seed a stronger colony of beneficial bacteria in your GI tract to improve digestion and boost immunity.   |
| Digestive<br>enzymes       | Enzymes such as protease, amylase and lipase help your body break down protein, carbs and fats. Some brands are designed to be taken with your first bite of food; others, such as papain, can be taken after meals to ward off heartburn. |
| Artichoke leaf<br>extract  | Natural solution for upset stomach and heartburn.  |

energy and stress relief supplement the plan

Stress often saps our energy levels. These supplements can boost energy and improve mental focus.

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| Ginseng<br>(Panax ginseng) | Depending on what your body needs, ginseng can either arouse or relax. It works by helping the body adapt to stress. A commonly accepted dosage is 100-200mg twice daily.                           |
| Bee pollen                 | Rich in protein, minerals, enzymes and amino acids, bee pollen may help increase energy and improve strength and endurance. A typical daily dosage is two to four tablets or 1/2 teaspoon granules. |
| B complex                  | Several B vitamins play essential roles in cellular reactions that generate energy. Some are involved in making calming neurotransmitters, such as serotonin. Opt for a high-potency B complex.     |
| L-theanine                 | This amino acid has calming effects on the brain, improving focus and producing a relaxed state. It's also found in green tea. As a supplement, take 200mg daily.                                   |

heart health supplement the plan

These supplements work in different ways to improve heart health.

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| Vitamin E | This essential nutrient can reduce the risk of heart attacks and death from heart disease. Take 100-400 |
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IU of the natural "d-alpha" form (not "di-alpha").

B complex	B vitamins reduce levels of homocysteine, a chemical that attacks the heart and blood vessels. Take a high-potency B-complex supplement.
Beta-sitosterol	This natural plant compound reduces the absorption of cholesterol. Follow label directions for dosage.
Red yeast rice extract	Contains small amounts of a natural statin compound that reduces cholesterol. Take 1,200-2,400mg daily in divided doses, and combine with CoQ10.
Coenzyme Q10 (CoQ10)	Beneficial in cases of cardiomyopathy and heart failure. For prevention or treatment, use 50-200mg daily. Consult your doctor if you are taking heart medication.
Magnesium	Essential mineral can prevent arrhythmia (abnormal heart rhythms). Take up to 350mg daily with food.
pain supplement the plan	
Inflammation and pain are often intertwined. These supplements reduce inflammation or pain--or both.	
Omega-3 fish oils	The most healthful fats in the diet. The body converts omega-3s to powerful natural anti-inflammatories. Take 1g daily.
Bioflavonoids	These natural plant-based antioxidants have strong anti-inflammatory effects. Take 25-200mg of <b>Pycnogenol</b> or 1,000mg of citrus bioflavonoids.
Ginger	Powerful natural anti-inflammatory. Follow label directions, or use fresh ginger slices to brew tea.
S-adenosyl-methionine (SAME)	SAME is involved in everything from neurotransmitter production to pain relief. It's particularly helpful for osteoarthritis. Take 200-1,600mg daily in divided doses.
Glucosamine/chondroitin	These two natural compounds help build cartilage, especially in your knees. A recent study found them to be more effective than certain arthritis drugs. Take 1,500mg of glucosamine and 1,200mg of chondroitin daily.