

live once, live well

Bombarded by the rigours, stress and pollution in our world today, how does one prevent disease and optimize well being? The solution is to saturate the body with the necessary vitamins and nutrients to successfully neutralise the toxins that are bombarding it.

Many of us today are plagued with a state of “over consumptive under nutrition”, and as defined by nutritionist and biochemist Dr. Jeffrey Bland, “an excess of ‘empty calories’ in the form of excessive sugar and refined grains with very little, if any, nutritious value.” Eating 18 times the amount sugar or the ‘simple carbs’ that we did 100 years ago, we are far better insulated, but yet undernourished. Oxidation, otherwise known as aging, inflammation and glycosylation, is now occurring at a vastly accelerated rate. Picture a mobile, fluid protein tumbling down a blood vessel. Free radical damage alters the matrix of its ladder-like structure, oxidation causes it to rust, and sugar causes its fluid sides to crystallise, forming sharp, jagged edges. No longer can this protein travel through our vessels and membranes with ease; it gets stuck due to its new awkward shape and consequently damages our tissues. Also called ‘end-organ damage’, this is the hallmark of degeneration and aging.

Unfortunately, many of us ingest far less than the Recommended Dietary Allowance (RDA) for the prevention of disease processes. What’s more, nutritionists, biochemists and medics have abandoned the RDA and replaced it with the Recommended Dietary Intake (RDI). Nutrition is no longer about the prevention of disease, it is about optimisation of health. Almost every disease state can be linked to nutrition. Take skin cancer as an example, where most would consider the depleted ozone layer to be the likely culprit. However, the ability for our cells to recover from the insult of UVB as well as cells’ protection by the quality of the oil they lie in, are also important factors. A ‘hide’ comprised of man-made ‘partially hydrogenated’ oils is nowhere near as protective as one of essential fatty acids/omega 3’s. Cells will ‘fry’ in the wrong oil.

Another example is the devastating effect of alcohol on the developing fetus. In concluding that the safe limit of alcohol in pregnancy is zero, researchers have discovered that a mother’s nutritional state can also determine the impact of even just one drink on the developing fetal brain.

So how does one prevent disease and optimize well being? Major nutritional deficiencies, such as scurvy and rickets, are virtually never seen in our society, whereas mild to moderate nutritional deficiencies are commonplace and widely accepted as a consequence of modern life or aging. Symptoms are insidious and subtle, but ultimately impact our vitality in the form of fatigue, mental exhaustion, nervousness, and weakness. Low levels of B vitamins in particular, are responsible for behavioural changes such as mood swings, poor concentration and insomnia.

Many people attempt to combat symptoms by embarking on a ‘detox’. Liver cleansers, liver flushes, hydrotherapy, colonics and radical lifestyle changes are often attempted. The chief organ responsible for the detox is the liver, which embarks on a two-step process to detoxify. During a detox, the liver is able to ‘up regulate’ its two-step detox process. The problem is that some of the metabolites in the intermediate phase of the detox are actually more damaging than the original toxins themselves. The liver depends on sufficient vitamins and nutrients to fully complete the detox process and transform free radicals to non-toxic, excretable end products, and this is why many people actually feel worse after a detox, because they are not ‘healthy’ enough to do one. The biochemistry of detoxification is such that it is probably better to enhance detoxification every day rather than embark on a sudden detox for which the body is unprepared.

The solution is to saturate your body with the necessary vitamins and nutrients to successfully neutralise the toxins that are bombarding it. Many of us innately know this, and 50 percent of us therefore take some form of vitamin supplement daily. But what should one take? Enter supplement information overload – Vitamin C, calcium, Vitamin D, magnesium, Vitamin E, selenium, Vitamin B6, omega 3, Vitamin A, coenzyme Q10, Vitamin B12, zinc, Vitamin B1, chromium, iodine, l – carnitine, and so on. So many things to take, and all of them are important. How does one decide one’s individual needs or dosage? How can one possibly take all those pills? The ultimate solution is customised supplementation. A full panel of basic and very sophisticated blood tests evaluates your entire state of well being. Through assessing levels of oxidation, free radical damage, hormone levels, heart and stroke risk, glycosylation by blood sugar, degree of leeching of your bones, and general inflammation, a full wellness profile is determined. Over 40 lab values, most likely ones that you have never had measured before, are reported.



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A detailed history of ailments, medication, diseases, weight and blood pressure are also analysed, and subsequently a vitamin and nutrient mix is custom-assembled based on one's individual profile. Ensuring adequate supplementation, without the risk of overdose, a daily dose of 66 personal vitamins and nutrients can be ingested on a daily bases.

Improvements in wellbeing can be felt within two to six weeks. Depending on the degree of deficiencies, exposure to pollutants, and stress levels, both symptoms and hormone levels are improved. Estrogen, testosterone and the neurotransmitters serotonin and dopamine increase and become more stable. Inflammation subsides and aging can be slowed; while concentration, attitude, immunity, and vitality improve.

After three months, a follow-up laboratory analysis on blood and urine samples is done and herein lies the proof of improvement. Inflammatory markers decrease, oxidation decreases, fats and cholesterol levels will likely have decreased, hormones levels are stabilised and by-products of bone metabolism decrease in the urine. There is even a child preparation which is based on a detailed questionnaire and dietary analysis with follow up rather than blood tests.

Anecdotal stories of improved energy, sexual performance, absence of hangovers, record-breaking fitness achievements and improved physique are all reported. Live once, live well.

*For futher details, contact your physician.
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