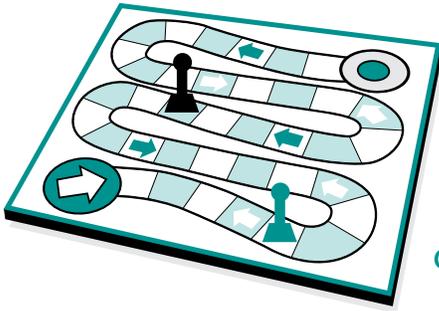


Advance Your Health

by Margy Squires

It's time to make your move!



Time and research change what we know on the medical and nutritional fronts. **You may think staying healthy in the “old days” was easier and more farm-food friendlier than today.** Yet newer optimal forms of nutrients can and do change the outcome of the game.

Statistically, the average life expectancy has increased 26 years since the early 1900s, according to Center for Disease Control figures. However, with our American diet and lifestyle, we've also added heart disease, obesity, diabetes and cancer numbers into the longevity equation. So the question is not how long will you be in the game but more importantly, *how healthy will you be?*

Thankfully, life under the research microscope, *in vivo*, *in vitro*, in mouse and human studies has revealed a nutritional edge to orthomolecular or functional medicine. The human studies show those with higher levels of nutrients such as antioxidants, vitamins and minerals are healthier; more educated and typically stay active longer than their non-nutrient taking friends. In fact, a shortcut to meeting your daily quota of life-giving nutrients is the multi-vitamin mineral (MVM) card, so who wouldn't go for it? Move ahead three squares!

You may be tempted to reach for a one a day formula. That's like eating once a day and expecting to get all your veggies, fruits, protein and starches required for your A to Zinc in one meal. Nope, skip a turn! It's going to be tougher for you to make it all the way around the board. Better take another look at the MVM game rules.

THE RULES

It's true that not all nutrients are created equal when it comes to quality but did you know they are not all the same size? That's why some of the bigger ones get left out (like minerals). And then there's the rule to never split up a family, so B vitamins stay together.

An MVM is the foundation of your strategy so pick a winner! Start with the Supplement Facts box. Note the serving size. How many do you need to equal the Daily Value (DV) of each ingredient? Think beyond the one a day or “one meal” mentality and you'll take supplements in divided doses, more than once a day like food.

Some nutrients are common to MVMs. You should find 100% of the B vitamins (Thiamin, Riboflavin/B2, Niacin/B3, B6,

Folate, B12, Biotin, Choline, Inositol, Pantothenic Acid/B5) and Vitamin C. Since these are water soluble, you don't store them and the DV may be higher than 100%. (Don't worry; if you don't need them, you excrete them). Vitamin A is usually 5,000-10,000 IUs, sometimes sourced from beta carotene, which is stored and converted to Vitamin A as you need it.

Next, look at the minerals. Don't let a rock block your path! Inexpensive calcium carbonate or magnesium oxide may cost less but are harder for you to digest. Opt for organic minerals (especially from a plant or true chelate) which your body absorbs easier. These are the “bigger” nutrients like calcium and magnesium, which require more than one dose to reach 100% DV. Standard MVM minerals are calcium, chromium, magnesium, manganese, molybdenum, potassium, selenium and zinc; sometimes iodine, boron and copper.



Requiring more scrutiny are bonus nutrients such as antioxidant CoQ10, bioflavonoids like lutein or superfruits like acai. Most do not have a DV but may have a *therapeutic* value. For example, lutein supports eye health when 3 mg or higher a day is taken so don't pay extra for a “vision formula” unless the amount supports the claim. If you are not sure, ask! Reputable supplement companies are happy to answer questions.



Finally, MVM formulas vary from one brand to another. Another quality check is patented, research backed nutrients. For example, at TyH, you'll find Albion® and Aquamin® minerals, Carnipure™ L-Carnitine, Serrazimes® enzymes and Xanagold® lutein. While that may mean a few more dollars from your pocket, think of them as “wild cards” that move you forward with proven health benefits.

Let's take a closer look at some newer nutrients and see why they advance your health potential.

Continued

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B-FORWARD

Two B vitamin forms with higher activity are B6 P5P and methylcobalamin B-12. Each is more bioavailable, meaning you “skip a square” in processing them to use for energy needs. P5P is a cofactor for amino acid and sugar metabolism and more than 140 enzymes depend on P5P for their activity.

MOVING ON

Don't miss a turn due to a broken bone. It takes magnesium, D *and* K to help calcium out. Menaquinone is bioavailable vitamin K, ready to take on that task by getting calcium out of the bloodstream and into bone, thus a bonus for your heart, too.

Always choose the organic mineral card. Most studies involve calcium from foods, not rocks. Aquamin® is a plant-based, sustainable option. Albion® is organic-sized mineral chelates that cells also recognize as “food”. Lose a turn if you pick up magnesium oxide or calcium carbonate!

WILD CARDS

Environmental hazards and oxidative damage ahead. Enhance cellular defense against free radicals and aging with superfruits and antioxidants. While they do not replace the recommended 4-6 servings of fruits a day, a “wild card” blend will offer a wider spectrum of protection.



Previous studies show cranberries support urinary tract health; news is that it defends the stomach against bacteria, too. Lycopene's unique molecule protects the prostate and possibly cells from cancer. Newer fruit compounds in mangosteen, acai and pomegranate are gaining in credibility. Similar to bioflavonoids, they guard cells, improve blood flow and fight oxidative damage. Lutein as mentioned is specific to macular aging of the retina to help preserve vision, and reduce computer-related eyestrain. Besides specific perks, these compounds also fortify cell structures which in turn protect critical DNA and individual cell function and longevity.

BONUS PLAYS

Two energizing antioxidants are Coenzyme Q10 (CoQ10) and alpha lipoic acid (ALA). CoQ10 is most abundant in heart and other muscles, and required for mitochondria – the factories in cells that keep them (and you!) alive by producing energy. It's also a pricy nutrient. Look for a minimum of 30 mg. ALA guards you on both the water and fat soluble fronts, utilizing sugars and fats for energy and thus aiding the liver. A stronger liver means more “detox-ability” for a stronger immune system.

Buffered vitamin C is the best *water soluble* form for sensitive tummies and GI tracts. *New* Ascorbyl C is storable in the lipid (fatty) cell membranes so it's available on demand. Both protect cells inside and out.

THE ODDS OF WINNING

The game of health is actually no game – your quality of life depends on how well you advance through the years. You'll improve your odds with a MVM with bioavailable nutrients, organic minerals and a few extra “wild cards” in your strategic moves. While this article features some key “rules”, you'll find more extensive information on individual nutrients in the TyH Online Health Library.



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Try Multi-Gold™, TyH's Advanced
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