

Show Me the Benefits



by Margy Squires

Apple challenges you to *Think Different*. Verizon asks *can you hear me now?* Nike says *Just Do It*. **To Your Health wants you to wrap all three of these up when it comes to supplements.** While it is nice if someone tells you what works for them, each one of us is different so you need to listen to what the supplement offers and then do what is right for you. Sometimes that involves asking a lot of questions! So here are a few from inquiring customers that want us to show them the benefit before they buy since we're all about supplementing wisely.



Is there any research on supplements?

Absolutely! For instance there are more than 8000 human studies on omega-3 benefits alone.

The issue is funding; unless a nutrient has a patent on it proving that it met FDA requirements for proven benefits, a study is not likely to be done. With more objective means of measuring and testing, however, researchers can be more specific in how and why a nutrient works in the human body. The result is more studies in the past two decades on nutrient therapy than in the previous 100 years of scientific study.

What about supplement testing?

Two nutrients which play critical roles in human health are magnesium and vitamin D3; therefore, know those two levels. Get two simple blood tests: the Magnesium Red Blood Cell Test and 25-hydroxy vitamin D3 blood test. Optimal levels for magnesium per Thomas Romano, M.D. is 5.5 ng/L and for D3 is 50 ng/mL per John Cannell, M.D. Then supplement based on your levels.



Explain therapeutic levels.

Sometimes if you are deficient enough, your doctor may advise you to take higher than the recommended daily allowed (RDA) amount. For example, vitamin D3 is fat soluble and can take 3 months or more to change. You may be given a prescription to therapeutically take 50,000 IUs once a week or alternately 10,000 IUs 5 days a week to raise levels more quickly. So anything above the RDA is considered therapeutic.

Is it possible to take too many supplements?

Supplements are designed to fill in nutritional gaps or supplement your dietary efforts. They are not meant to replace a healthy diet or so you can continue poor lifestyle choices like smoking, alcohol or lack of exercise. If you educate yourself on what a supplement "does", you'll take only what you need. Alpha lipoic acid helps regulate fats and sugars but that does not mean take it and eat all the sugary, fat laden foods you want! It does mean, take it if your health

care professional says you have "prediabetes" to help your dietary efforts. Read more: *Get With the Program*

Does ubiquinol work better than ubiquinone?

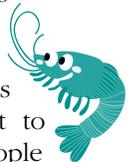
They both "work". Every cell in your body contains CoQ10 ubiquinone, the "everywhere" nutrient. Your body must convert ubiquinone to ubiquinol in order to use it. Taking Fibro-Ubiquinol™ means your CoQ10 form is more *bioavailable*, which makes a difference in fibromyalgia, SEID, heart conditions and other disorders that have mitochondrial energy issues. Ubiquinol offers a *faster nutrient response*. Read more: *Ubiquinol for the Game of Life*

Why do you have Fibro-Care™ in caps and tabs?

A lot of our customers ask what the difference is. The tablets contain the same active ingredients as the capsules so you get the benefit of Albion's organic minerals with either one. So it is a personal choice; we started with tabs and added caps later. Read more: *Magnesium & Malic Acid, the Fibro-Care™ Story*

I can't tolerate omega-3 oils. What do I do?

Try krill. Since krill is phospholipid bound, it does not have the "after burp" some people experience with fish based omega-3. It also absorbs 2.5 times faster to raise omega-3 levels more quickly. Plus it contains astaxanthin, a powerful antioxidant to further protect the brain, eyes, joints and skin. People with compromised GI health (including me as a celiac) find krill a great omega-3 option. Read more: *Omega-3 Which One for Me?*



Why don't you have a one-a-day MVM?

Have you ever read the label of a one-a-day multi-vitamin-mineral? You'll find there are such low levels of nutrients that they offer little benefit. There may be omission of larger minerals (like calcium and magnesium) or cheap mineral forms so they'll "fit" into the one pill. Our Multi-Gold™ MVM contains all the nutrients and in forms that are easy to absorb

Continued

Show Me the Benefits

continued



and therefore utilize. Plus, it's several supplements rolled into one as it includes a complete B complex, antioxidant blend (CoQ10, alpha lipoic, C, E) and bioavailable, organic minerals. An easy way to take a MVM is with your meals in split doses so you get all the benefits! Read more: *Advance Your Health*

You're making more products in capsules. Why?

The move to encapsulated supplements is by the industry as a whole. Capsules generally dissolve faster than tablets for most people, although both have required dissolution times according to FDA and GMP standards if you buy from a company who offers GMP (like TyH). You'll also notice a move to vegan capsules because that's what most customers prefer over animal sourced gelatin caps.

Do I have to do the whole GWTP?

GWTP is an acronym for *Get with the Program*. Originally it was designed to highlight nutrients that help with fibromyalgia (FMS) and SEID (ME/chronic fatigue) as we had so many questions from customers on which product to take for help with specific symptoms such as energy, sleep and so on. Since 2002, we've added to it based on research findings although we do not recommend starting with the whole program. Instead, target your worst problem first. Try Fibro-Care™ (magnesium and malic acid) and CoQ10 for energy for example as studies have been done specific to FMS on these two nutrients. If pain is an issue, you may want to try D3 (know your level first). Add selectively as you need and we can help! We also have GWTP for other conditions, too. Read more: *Get with the Program*

Can a nutrient help with "prediabetes"?

We like to think so! Prediabetes isn't really a disease but a conditional state of your blood sugar numbers which you can change with help from 1) alpha lipoic acid (ALA) to better metabolize fats and sugar and fortify the liver so it does its job more efficiently and 2) CoQ10 to assist ALA. Both are antioxidants that help protect against any insulin spikes and free radical damage. Since elevated blood sugar is a risk for metabolic syndrome, a good defensive action is to keep it under control. Read more: *ALA, Defending the Liver* and *CoQ10, Get out of the Box*



Summary. To get the best out of a supplement, evaluate your nutrient needs first. For instance, some conditions already have known research for which nutrients help such as lutein for retina support, omega-3 for the heart and arthritis, ALA for blood sugar control and so forth. Then aim! With a little planning, you can develop a supplement program that works for your goals. Adjust as necessary! With a little tweaking from time to time, you will keep reaping the benefits you're aiming for and always hit your health target.



©TyH Publications (M. Squires)

For informational purposes only and not intended to treat, diagnose, cure or prevent any medical condition, nor substitute for your healthcare professional's advice.

To get the best out of a supplement, evaluate your nutrient needs first. Call us. We'll help!

Health POINTS

Published in *Health Points*. This article is protected by copyright and may not be reproduced without written permission. For information on a subscription, please call TyH Publications, 1-800-801-1406 or write TyH Publications, 12005 N. Saguaro Blvd., Ste. 102, Fountain Hills, AZ 85268. E-mail editor@e-tyh.com. For information on TyH products, visit our website at www.e-tyh.com