



Basic Nutritional Protocol

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I recommend a multi-vitamin, D and fish oils to most all of my patients, as long as they are well tolerated.

- **Multivitamins (MVIs)** – *Life Force Multiple by Source Naturals* – 2 caps twice per day with food. Nationally recognized as the highest ranked MVI (by The Comparative Guide to Nutritional Supplements), it provides a broad basis of B-vitamins, anti-oxidants, and multi-nutritional support meant to optimize well-being. MVIs have been shown to decrease the risk of colon cancer by 75%, decrease the risk of infections and are recommended by all health organizations, even the American Medical Association. Other good MVIs include *Ultra Nutrient* (esp. for athletes) and *Daily Stress Formula* (for those under stress) by *Pure Encapsulations*, and *Ultra Preventative X* (includes many phytonutrients for those with low fruit and vegetable intake) by *Douglas Labs*. For people who have difficulty tolerating multivitamins I suggest food - based MVIs such as *Life's Fortune* and *Pure Food Nutrients*. Most men's and women's MVIs are poorly formulated and made only as a marketing ploy. The following exceptions are unique MVIs for specific groups: *Women's Nutrients* by *Pure Encapsulations* (for premenopausal woman balancing their hormonal cycle), *Fem Prenatal* by *Metagenics* (true nutritional support for women who are trying to conceive or who are pregnant – far, far superior to prescription prenatal MVIs), *Menopause Multiple* by *Source Naturals* (great support for help of perimenopausal symptoms), and finally *Men's Nutrients* by *Pure Encapsulations* (a men's multi with excellent herbal support for prostate, strength, and libido). Although most multi-vitamins contain a multi-mineral, the level of minerals is not enough to help most women or men with osteopenia or osteoporosis to adequately maintain and improve bone health, and an additional multi-mineral may be required. For more information, please visit our website and read Dr. Foresman's article titled "[Multivitamin Misconceptions](#)".
- **Fish Oils/Essential Fatty Acids/EPA and DHA** – *Cod Liver Oil (flavored)* by *Carlson* – one tablespoon daily, *or fish oil capsules* daily as needed to add up to an average of *EPA+DHA combined equal to 2000mg-3000mg per day*, brands include *Arctic Pure*, *Pure Encapsulations*. Keep all oils refrigerated after opening. One of the most common nutritional deficiencies in America is the lack of healthy Omega 3 fatty acids. Important in brain health, joint health, the prevention of sudden cardiac death, immune health, emotional stability and a myriad of other documented benefits. Fish Oils are essential for anyone not eating 3 servings of cold-water fish per week. Most fish oil supplements are rancid fat pellets that can hurt your health, so only buy the best quality when it comes to this supplement, or nothing at all. Flax oil may have unique health properties, but in no way shape or form can it replace fish oils. Don't fall for the 3-6-9 combos out there as every American is oversaturated with Omega 6s and 9s and supplementing with these is totally unnecessary.
- **Vitamin D₃**, the only vitamin proven to prolong life. Vitamin D₃ is actually a steroid hormone which your body produces when exposed to the sun. D₃ helps prevent a variety of auto-immune diseases and cancers, including breast and prostate. Also, it helps decrease the risk of heart attack, so it does much more than just promote bone health. The optimal dosage is usually 2000 IU to 8000 IU daily and levels can be monitored by your doctor. For more information, please visit our website and read Dr. Foresman's article titled "[Vitamin D](#)".

Anti-Oxidant Cocktail

Not everyone needs extra antioxidants, but this combination is especially useful for people under stress, smokers, exercisers, and for people with a low phase-angle on their BIA test. Although one can consider so many other antioxidants, these three have been proven to work synergistically and enhance your body's own natural antioxidant system, glutathione. If you don't consume 5-8 servings of fruits and vegetables daily I also strongly suggest supplementing with a well-balanced *Greens Supplement such as NanoGreens* one scoop per day in water (quite tasty).

- Vitamin C - such as *Systemic C by Source Naturals* or *Emergen-C by Alacer* at 1000mg twice per day with food. Look for non acidic forms of C such as these.
 - Vitamin E – *Mixed Tocopherols (Unique E)* taken as a 400 IU soft gel daily.
 - Alpha Lipoic Acid - 300mg timed release, once or twice daily with food
- Vitamin C is an essential water-soluble anti-oxidant which our body can absorb in higher and higher doses under times of stress, whether physical, emotional, or due to infection. Increasing dosage to 1000mg every 2-3 hours during high times of stress, such as for an acute infection, is recommended. Misinformation about Vitamin C is abundant, including the myth that it causes kidney stones, whereas in fact it has been shown to prevent them.
- Vitamin E (fat-soluble anti-oxidant) is one of today's most misunderstood supplements. *Mixed Tocopherols (Unique E)* have been used successfully in treating liver disease, arthritis, allergies, and many other disorders; gamma tocopherol is essential in the prevention of breast and prostate cancer. *Tocopherol succinate* is useful as part of a cancer treatment/prevention regimen. For more information, please visit our website and read Dr. Foresman's article titled "[Vitamin E](#)".
- Alpha Lipoic Acid (a mixed anti-oxidant proven to help your body regenerate Vitamin E and Vitamin C) – it is also useful in decreasing insulin resistance, and it is part of many memory and nerve health protocols.

Although there are many other healthy vitamins and supplements to consider for specific conditions, this is a good start on nutrients to support a general healthy lifestyle including exercise, stress-reduction and a good whole-food diet rich in fruits and vegetables and low in processed foods.

More articles and information can be found on Middle Path Medicine's website:

www.MiddlePathMedicine.com