

# Getting your supplement dose right

**Tessa Jupp RN:** I have had a few queries on this lately so here are a few tips to help people work it out

**We are all individuals and what works for one may be different for another - even in the same family.**

When many of us were young (and I mean 60 or so years ago) the world was a different place - and we ate differently. My family didn't have a fridge until I was 12; we grew a lot of our own fruit and veg; the grocer delivered Mum's weekly food order in just 1 medium sized box and we walked to the shops every couple of days for fresh meat and some veg.

Mum made everything from scratch and recooked left overs for meals the next day; we never got food poisoning and we washed our hands regularly.

Processed foods were minimal eg flour, rice; we ate natural fat in foods like roasts; ate fruit in season and we got more out of the foods we ate.

But foods have changed and we won't necessarily get all we need just from our meals anymore. Our bodies run on what we put in ie food, water, air.

Our body is like a car needing petrol, oil, water, air, spark plugs, tuning and so on or like making a cake. If we don't put in the right ingredients in the right proportions or leave the egg out - it doesn't work. We listen to the car engine, taste the cake mix - we **need to listen to our bodies to get it right** too.

When our health is not up to scratch we don't have a deficiency of the drugs a doctor might prescribe, we have a nutrient deficiency. So fix it!

My booklet "Signs and Symptoms" (\$6) gives you deficiency signals so you can work out what you are likely to need more of and if when we take it we improve, then we know we are on the right track. If not then we need to keep searching for answers.

## WHEN TO TAKE SUPPLEMENTS

Forget what it says on the bottle - **everything will be better absorbed on an empty stomach.** If we think of it as trying to change lanes at peak hour on the freeway to get to the right off-ramp, nutrients will have the same problem getting to the right gut absorption site if there is a lot of food around.

Some things are better taken in the morning (those with a stimulant effect like B vitamins, carnitine, glutamine), others at night (like zinc to help you sleep) and others twice a day as too much at a time will give you diarrhoea. So spread it out. We don't have or need only one meal a day.

People ask me **why do I have to keep taking nutritional supplements?** Just because we ate 3 meals yesterday doesn't mean we don't expect to eat again today. Nutritional supplements are just topping up what we don't get enough of in our daily diet these days. And our needs will vary at different ages, with life stresses, energy being used, climate change, blood group and so on.

## COMMON SUPPLEMENTS OVERDOSE SIGNS

**Diarrhoea/ tummy upset** - if you take too much at once of magnesium (Mg), Vitamin C, carnitine and even with manganese. So it is best to split the dose - ie half before breakfast and half before bed. A good clean out won't hurt us once in a while anyway - remember the dose of castor oil people used to be given on Saturdays to make them go!

If you do get diarrhoea stop it for 24 hours or so then resume at a slightly less dose. If you do get a cramp, headache, backache in-between doses, do take a bit extra Mg now - it works in a few minutes.

**Fishy body odour** - can occur with carnitine, particularly if you are dehydrated - so drink more water, take less. This can happen with choline too.

**Metallic taste in mouth** - this can happen with too much zinc. Zinc is excreted daily so is quickly depleted again. After a few days off it, resume at a lower dose. Take zinc for memory and good sleep.

**Sore, full eyes** - can happen if too much Vitamin A, B2 or taurine. Will go in 1-2 days when you stop. Means you don't need more for a while. Remember you need B2 for red itchy gritty or bloodshot eyes, cracked lips, varicose veins, haemorrhoids. Taurine is for eyes, liver cleanse and cholesterol.

## HOW TO TAKE SUPPLEMENTS

**Gelatine** - best way is to simply add a teaspoonful to your hot tea, coffee, cocoa, Milo or soup 2-3 times a day. Stir in well. Turns to jelly if goes cold. Take for arthritis, joint pains, osteoporosis, tendons.

**Borax (boron)** - for joint pain, best way to get right individual dose is to lick the top one third of your forefinger, dip in the powder and lick off whatever borax sticks to your finger. Wash down with a drink. Your own finger corresponds to the size of your body so you will get the right dose for you.

**Carnitine** - measure with the special 1 ml scoop provided. A flat scoop = 500mg. Put into a little water (about an inch in a cup) stir and drink. Every 2-3 days add ½ scoop more 'til just below diarrhoea

**Magnesium** - our chelate powder tastes a bit sandy and won't dissolve in water but it works within 2 minutes of taking. (NB other branded magnesium powders have fillers and other items added and don't work as well as our pure powder.) Just empty onto your tongue and wash down with a drink. A flat 1ml scoop = 4 magnesium 500mg capsules. Start with ¼ of a scoop twice a day. Add another quarter every 2-3 days until your bowels get a bit loose then go back by the last increase to get your ideal dose. If you get constipated take a bit more.

If you take magnesium capsules it may take a bit longer to be effective as the capsule needs to be broken down in the stomach to release the powder.

# Getting supplement dose right (continued) - by Tessa Jupp RN

## HOW TO TAKE SUPPLEMENTS (cont)

**Vitamin C** - we have found it is important to get the right mix of Vit C for your blood group. It is more effective and less likely to cause tummy upsets. Take twice a day.

Blood Group	Type of Vitamin C
O	Calcium Ascorbate powder or tablets
B	Calcium Ascorbate tabs with bioflavonoids
A1	Sodium Ascorbate (not orange flavoured)
A2	Bio C (calcium & sodium ascorbate mix)
AB	Ascorbic Acid (ok with orange flavour tabs)

**NB** Do not buy the sugarless ones - they have artificial sweeteners which can cause lots of neurological problems.

Vitamin C is an **anti-inflammatory** so can dampen inflammation & allergic response. The main ingredients our bodies use to make cortisone are Vit C and B5. So to **control hayfever and asthma** by increasing your own cortisone production, take Vit C to bowel tolerance twice a day. If this is not enough, try taking some B5 as well.

Vit C also **raises the pain threshold** so we deal with pain better. If we are sick (colds and flu) we may need to take 1-2 grams of Vit C every 1-2 hours for a couple of days. Take dose needed to feel better (loose bowels tells us when we can ease back a bit). We will start to flag when the body is running low on Vit C. Listen to your body.

**Vitamin D** - D3 is also essential for the immune system response. As soon as you start to feel sick take 6-10 Vit D 1000iu. If you are quick enough you can stop it developing. Blood tests are showing many people are low in Vit D. Aim to have a blood level of 115nmol/L or more. Doctors often prescribe 1 per day but probably need 4-6.

**Chromium 200mcg and Biotin 300mcg** - for controlling blood sugar levels, best results by taking these together. If you are diabetic or trying to control high levels, **take 3-4 tablets of each twice a day**. As you improve you may be able to reduce to 2 of each twice a day and watch your diet

**Manganese** - essential for tendons. Tablets are Chelated Manganese 200mg with 20mg elemental manganese. For tinnitus you need 4 a day. For tendon injuries and surgery you will need 6-8 a day (divide the dose). For stiffness take 2-8 a day (start small, increase till effective).

**Zinc** - usually best taken all together before bed. Helps to turn off a racing mind (worries and stressful days). Also needed in first 3-4 hours of sleep to commit short term memory into longterm memory. Gets rid of smelly feet and shoes. Stops temper tantrums and ADD in kids. Kids usually need 2-4 a day. Adults 4-6 per day. Use Zinc Chelate 220mg tablets (22mg elemental zinc) taken half an hour before bed. Give straight away to calm anger.

**Vitamin B6** - needed for sharp electric shock type pain or pins and needles, B6 supports nerve function. Usually better to get 200mg tablets rather than smaller dose. Doctors warn against taking more than 100mg and this is so if you don't really need it. We can usually tell by the taste. The greater the need for B6 the sweeter it will taste. If there is no taste or only slightly bitter you still need some. If it tastes really disgusting - yuk!; this is your body rejecting it. You don't need it. You will need more after surgery and if you have nerve injury or compression. Usual dose is 200-400mg. May need 600-800mg briefly.

**Vitamin B12** - This is poorly absorbed in tablet form. If taking then have lemon juice with it to assist absorption. B12 injections bypass the gut absorption problem but you need a nurse to give the injection. Water soluble so safe as body will excrete any excess. For shingles, spurs, bursitis, research shows raising levels quickly will resolve the problem. 2,000mcg injections of B12 three times a week for several weeks is usually sufficient. Maintain B12 levels with monthly or fortnightly injections as needed.

**Taurine** - for liver cleanse, usual dose is 1000mg-1500mg. This is 1-1½ scoops in water with other powders taken in the morning. When eyes get sore, stop taking.

**Glutamine** - for stress, mental alertness, brain fog and muscle pain, usual dose is 1-4 flat scoops in water with other powders in the morning. If too alert still at night and can't sleep - you are taking too much - reduce dose.

**Iodine** - important for thyroid (tiredness) and cancer prevention. Paint size of a \$20 note on a skin area with a cotton bud. Paint daily until colour lasts for 24 hours.

**Multi-vitamins** - I am often asked why not just take a multi. I find that it is better to work out exactly the right dose of what you do need and take each separately. This was confirmed when I attended a lecture in 2010 by Dr William Walsh from USA. He said the same thing. If your multi smells bad then there are things in it you don't need and probably not enough of others you do need.

### USE YOUR INSTINCT & COMMON SENSE

It is up to us to work out how to make the dose work best for what we want. Being tuned in and listening to your body will help you. Evaluate the effectiveness of what you take. Are you getting the results you expect and want? If you reduce the dose or stop taking it because you feel better now - does the problem come back?? In which case you probably need to keep taking it. Can you take a bit less or stop and start again when your body tells you it is getting low again. It is all in your hands. Work it out. Phone or email me if you are having problems. Tessa

**WORRYING does not take away tomorrow's TROUBLES, it takes away today's PEACE.**