



Nutrition Essentials: Making a Long Story Short



Newton Chiropractic & Wellness Centre

What You Don't Know COULD Hurt You

There is a vast amount of conflicting and confusing data on the subject of nutrition, including diet, food, and supplementation. We have synthesized this information in order to, hopefully, reduce any overwhelm or excessive research on your part. This booklet is designed to further our partnership by putting you more firmly in control of your own nutrition, and thus, your overall health.

Did You Know?

A deficiency in...

- Magnesium or B1 can result in muscle cramps, anxiety, sleep issues, or cognitive/memory impairment.
- Vitamin D is associated with osteoporosis, auto-immune response, thyroid issues and fatigue, weight gain, depression, hair loss, chronic pain, or digestive issues.
- Zinc can result in poor neurological function or hair loss.

What is the History of Nutrition?

Phase 1

Research has shown that up until 10,000 years ago man ate a diet that included fish, grass-fed animal protein, fats from animals and fish, vegetables, fruits, and nuts. Because the human body became acclimated to this diet over time, compared to recent diets, the body processes these foods more effectively. Some ingredients found in our modern-day diets can cause inflammation, a negative reaction in the body.



Phase 2

10,000 to 3,000 years ago agriculture started a major dietary change by introducing grains. Our bodies began to adapt to eating these new ingredients.

Phase 3

During the industrial revolution, we started eating more processed foods like sugars, dairy, refined grains and oils. Since the human body has difficulty digesting these foods, it often leads to an inflammatory reaction. Adding this inflammation-producing diet to a more stressful pace in life has brought us to a point where nutrition is frequently inadequate for our current needs. This coupled with issues found in the nutritional supply today, which will be covered next, have brought us to a place where poor nutrition is pandemic. This is where we are in his-



According to the Mayo Clinic, treating heart disease with the recommended dose of lycopene in supplement form would require eating 335 tomatoes!

Can We Get All of Our Nutrition from Food?

Recent history has created additional barriers making it even more challenging to get the nutrition we need from the foods we eat. These barriers include:

- Eating processed foods
- Soil and water depleted of important nutrients
- Dieting, which leads to inadequate nutrition
- Feeding animals grains instead of grass
- Spraying petroleum-based toxins on produce
- Foregoing nutritious food due to the higher expense
- Aging, which reduces our ability to absorb nutrients
- Consuming genetically modified foods
- Living stressfully, can reduce our nutrient intake:
 - a. We don't have as much time to prepare foods

What is the Real Goal of Nutrition?



The purpose of nutrition is to provide the building blocks for all of the processes necessary to function and to manage cellular inflammation.

The body has its basic needs for functioning. It must get enough nutrition to handle building and operating the cells, hormonal processing, and nervous system functioning. With proper nutrition, the body can work well. Without proper nutrition, the body will have to adapt and eventually will break down in various ways—disease, pain, loss of function.

Problematic cellular inflammation happens when we introduce excessive, poor-quality foods and liquids, as well as emotional stressors. This inflammation can cause weight issues, illness, and even loss of intelligence. When we stop introducing poor nutrition and emotional stressors, we begin to raise the standard to higher levels of well-being for the body.

The rest of this booklet helps us to improve our bodies with simple strategies for getting excellent nutrition in light of our current challenges.

What are the Basic Supplements?

We have seen how the food supply is becoming inadequate to support our nutritional needs. As a result, nutritional deficiencies have become very common. Supplements can help us effectively fill this gap.

Here is a list of some basic supplements that can help support our nutritional needs. Your doctor can guide you to the supplements that are most appropriate for your situation.

MultiVitamin and Minerals

Vitamin D

Fish Oils

Probiotics

Calcium and Magnesium

Natural Pain Remedies

Greens

Medical foods



MultiVitamins and Minerals

A multivitamin and mineral supplement should be designed to work together like a sports team. If we don't have all of the players in the correct positions, we will lose the game. If everyone on a football team was a quarterback, then no one would be defending.



Many multivitamins and minerals provide 100% of the daily recommended amount (RDA) of each nutrient. Unfortunately, this ratio is not what the body needs. The RDA is a recommendation for a minimum “standard” which typically prevents deficiency symptoms. Clinical research has shown that this standard is lacking in the amount of the nutrients needed for normal health.

Quality is a critical consideration for your daily supplement. Improper nourishment can result from these challenges:

- A. Incorrect ratios, creating imbalances in the body
- B. An incorrect form of the nutrient, not usable by the body
- C. Missing or impure ingredients

Poor quality means you may be malnourished in spite of your expenditure of money and efforts. A quality multivitamin and mineral can help provide the necessary nutrition.

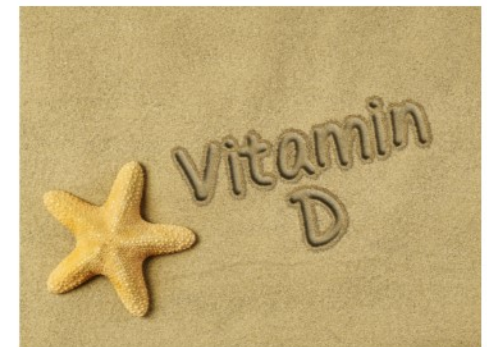
Vitamin D

While sunlight provides the majority of our Vitamin D, the sunlight we experience in New England is insufficient to support healthy levels for the majority of the year.

Vitamin D performs as a vitamin *and* a hormone. As such, it is critical to our good health. It wards off inflammation, supports bone health, stabilizes the brain, nervous system and heart. It supports healthy moods, weight, and hormone levels.

Vitamin D can be found in some of the fatty fish that we eat, as well as fortified products. We do not generally eat enough fish or fortified foods to have sufficient Vitamin D. However, eating large quantities of certain fish can result in ingesting mercury and other bi-products that are unhealthy for humans to consume.

Ideally, a combination of Vitamin D supplements that are clean of unhealthy metals, along with a moderate amount of fish, can support a healthy level of this critical vitamin/hormone. In New England, properly supplementing D is often necessary, and best



Fish Oils

Fish and krill oils can seem like a magic pill. They are said to:

- *Reduce Inflammation*
- *Reduce Joint Pain*
- *Lift Depression*
- *Improve Gut Health*
- *Improve Focus/Memory*
- *Support Heart Health*
- *Thicken Hair*
- *Make Skin Glow*

With all of these benefits and more, why wouldn't everyone take these oils as they are critical to our health? Fish oils have become controversial with the news talking about them being rancid or unhealthy to take. This results from an unfortunate lack of quality control.

We are very clear about the need to properly manufacture and handle fish oils, making them safe, healthy, and effective for consumption. Because of this we must choose the products that comply with strict standards. We do this so you get the benefits you need from this supplement without concern that this investment has actually turned on you—literally!

Quality issues can arise in fish oils when they contain high levels of lead, mercury and cadmium. All of this can negatively affect your body *while* you are trying to be healthy with your habits. Physician-grade products will help you to supplement your body's processes that are supported by quality oils.

Probiotics

Our digestive system has different types of bacteria living in it. When the balance of helpful bacteria known as probiotics is at a healthy level we have less problems such as indigestion and inflammation. The majority of our immune system is found in our gut. Thus, when the probiotic levels are too low, the bacteria that isn't healthy for us can cause problems for our digestive tract. This can promote inflammation in the rest of our body. Poor diets, stress, and antibiotics can support unfriendly bacteria while hindering good bacteria.

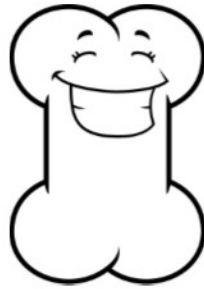
It is important that the probiotic supplement you use benefits your intestinal health. Often these supplements are *not manufactured* in a way that the bacteria can survive in your lower digestive system where they are needed. Many probiotic supplements on the market are *not transported* in a manner that leaves the bacteria alive for your benefit.



Taking probiotic supplements as a daily routine can help counteract some of the issues that lead to an unhealthy mix of bacteria. Making this a part of your daily nutrition habits is recommended for many people. Quality is critical to successfully replenish the good bacteria. We have made sure that our products will do that for you.

Calcium

Calcium builds strong bones and teeth, assists with sending messages through the nerves, and supports the muscles in contracting. It is vital yet we lose calcium every day with no other way to produce it except through food and supplementation. When this does not occur, the body will take the calcium from our bones to keep our daily activities going. Supporting the body's need with calcium supplements can help ensure healthy function.



Magnesium

We can deplete our magnesium levels through poor nutritional choices, emotional stress, and some medications. When this happens it can cause a person to experience anxiety, poor sleep, muscle spasms and cramps, and other symptoms. Due to the quality of our food supply, our choices, and other aspects of our lifestyle, most people need some level of supplementation of magnesium.



Note: Bone building requires we combine calcium, magnesium, and other nutrients in the appropriate ratios. Our bone-

Natural Pain Remedies

Many prescription and over-the-counter pain killers have proven to have serious side effects. Even common pain killers, such as ibuprofen, have been linked to intestinal bleeding and heart attacks. While managing pain is often needed, a natural pain killer handles the underlying problem while strengthening body function. Meanwhile, a prescription pain killer will tax the kidneys and liver. Natural pain killers typically contain substances such as turmeric which support function of these crucial organs.



Greens

A 2013 report from the U.S. Centers for Disease Control said Americans eat less than three portions of fruits and vegetables a day. This falls quite short of the recommended 10 servings. An imbalanced pH may lead to decreased bone health, excessive cortisol and impaired thyroid function.

Our greens supplements are a simple way to increase your number of fruit and vegetable servings per day and support a healthy pH balance. Our greens can help improve both of these.

Medical Food



One of the body's most important roles is the continuous process of eliminating harmful substances. The ability of the body to eliminate toxins—*detoxify*—has a major impact on our health, energy and mood. It can help us to manage the levels of inflammation in our body.

Doing occasional cleanses where you decrease the intake of toxins, such as caffeine and alcohol, and increase the number of high nutrient meals that are in a liquid form, such as smoothies or juice, is a *very* healthy practice. Consuming a lower calorie meal in the form of a smoothie will provide your body with fuel, while taking away the burden of digestion, so more of your body's energy can be put towards detoxifying.

Smoothies are a simple and delicious, low-calorie meal that enhance nutrition and support healthy weight. We often recommend a high-quality, complete protein source which contains no artificial sweeteners. In addition your doctor may prescribe a specialized medical food which supports handling inflammation, compromised gut, and detoxification.

Are My Supplements Adequate?

All Supplements ARE NOT Created Equally! We have conducted research on the companies that supply some of the best and most reasonably priced supplements. When we selected the brands we offer, we were looking for several criteria. Some of those include the following measures of product quality:

- Is the product on the shelf healthy for your consumption or has it become unhealthy in the process of manufacturing or shipping it?
- Does the product actually contain what it says it contains?
- Can the product get through your digestive tract intact and be used where it is intended?
- Is the product created in a way that your body can absorb the nutrients in the manner that your body functions?

We encourage the members of our practice to create a minimum standard of only purchasing products that include a GMP or USP stamp or are physician grade supplements. While we simply cannot evaluate all brands, the supplements we make available to you exceed these standards. They are also manufactured and transported to supply maximum

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