

Doctor, What Vitamins Should I Take?

This is a question that all patients will ask at one time or another. In the past, most physicians, including myself have had trouble answering it. There has been a paucity of information available in the standard medical literature about supplements. Most doctors simply advised their patients to take a standard multivitamin, or to ask their pharmacist about his/her advice.

However, times have changed and there is substantial data available on the value of supplementation. Proteins, fats and carbohydrates are macronutrients whereas vitamins, enzymes and other nutritional chemicals (phytochemicals) are called micronutrients. These are found in fruits, vegetables, and grains. They cannot be made from raw materials within our body, so we must eat them every day. Some phytochemicals are vitamins, others are anti-oxidants, but they are all important. There are as many as 10,000 of these nutritional essentials in a single vegetable.

Anti-oxidants neutralize free radicals generated by our normal metabolism. Free radicals are tiny energy bombs that damage our molecules. We make billions of them every day. Some of them damage (oxidize) lipids or proteins, but others actually damage our DNA genes. Such damage leads to malfunction of important reactions within our bodies, but even worse can lead to diseases (such as cancer) and aging.

We age when free radicals damage our cells and force cell division to occur. This leads to shortening of our chromosomes, which eventually uses them up and they can no longer divide. Control of free radical metabolism in the laboratory allows experimental insects to live six times longer than predicted. Diseases such as coronary heart disease or stroke are the result of damage to our LDL cholesterol from oxidation. In this case the oxidation is not only free radicals, but also from an amino acid called homocystine. Both can be controlled with phytochemicals.

The key to micronutrient supplementation however, is not to load up with large amounts of a few, but rather to take physiologic (nutritional) amounts of all of them. That is to say, eat fruits, vegetables, and grains every day. Careful studies have shown that supplements with beta-carotene or vitamin A, taken individually or together, can do more harm than good. This is presumed to be a result of imbalance, whereas studies using food as the source of these micronutrients universally show good results and prevention of disease.

It's well known that fewer than 10% of us consume 5 or more servings of fruits and vegetables per day. Therefore, my recommendation to patients is to eat right and supplement their diet with encapsulated powdered nutrients made from fruits, vegetables and grains.

There are several such capsules available, however, I insist on a brand name Juice Plus+ for my patients. Why? Because it is the only one that has been studied scientifically, with published articles in prestigious medical journals. Juice Plus+ is made from 17 vine-ripened fruits and vegetables, with enzymes, fibre, grain, and acidophilus added. Only the sugar, water, and cellulose have been removed. Studies have shown it to be bioavailable (easily absorbed into the bloodstream), safe, and effective. One study showed reduction of oxidative stress to our lipids. Moreover, the University of Arizona Centre for Cancer Research and Aging studied the effects on Juice Plus+ on elderly patients. They showed clearly that Juice Plus+ enhanced all 6 parameters of immune function that they measured. They also showed that Juice Plus+ decreased damage to DNA genes by 66%.

So when I'm asked "Doctor, what vitamins should I take?" I immediately reply, "take Juice Plus+, it's more

than vitamins, it's whole food and it's loaded with thousands of phytochemicals that you need in the natural balance that Mother Nature planned."

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