

General Guidelines for Nutritional Patients

Supplementation

My nutrition work is a combination of diet, supplementation and lifestyle counselling. In most cases, problems requiring nutritional adjustment are also compounded by metabolic imbalance, physical imbalance, and increased stress. All must be addressed for whole health.

Supplementation is often required to help the body reestablish metabolic balance, fill additional needs due to malabsorption, or provide specific requirements for a specific condition. I use products that are of the highest purity and provide the most effective formula for absorption. In some cases, 'natural' products are not the best way for the body to absorb a particular nutrient; the quality of the substance must be retained so that impurities do not interfere with the needed action. **Not all nutritional supplement companies are equal** and quality control and formulation techniques vary widely; therefore, use of inexpensive or generic brands of most nutritional supplements is inadvisable.

In general, **nutritional supplements work together** in the metabolism and provide needed links for proper digestion, production of hormones, or neural conduction so essential to proper health; therefore, a proper formulated multiple vitamin is a useful basis for most nutritional programs. Specific nutritional support is added to this basis, along with dietary prescription. **While diet is generally the best source for nutrition**, there are a number of nutrients that require too much intake to receive the needed dosage or are part of high fat or allergic foods. Where possible, dietary sources are encouraged over the use of supplements. Once general balance has been achieved and diet adjusted for your needs, supplementation is decreased to optimal levels.

In general **supplements should be eaten with food**. By the time many patients seek help their digestive systems are out of balance. Also each patient has an individual response to concentrated food sources. This can make you sensitive to pills. Taking your supplements with food toward the end or just after your meal improves absorption, and decreases unpleasant reactions to concentrated nutrients on an empty stomach. If the supplement requires being taken separate from meals, you will be told.

Summary

1. **Buy only high quality formulations**
2. **A good quality multiple is a good basis**
3. **Take your vitamins after or at the end of the meal unless otherwise prescribed.**
4. **Plan ahead, carry the needed supplements, note when you can take them.**
5. **Diet is generally your best source for nutrients, but not always possible.**

Be patient, ask questions when confused, and remember you are an individual and your nutritional needs are unique. It takes time to find the correct balance for you. As you progress, feel more empowered and have greater energy, supplementation will decrease.

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