



Prostate Cancer (DoNotReply@BrilliantHealth.net)

Here is your personal nutritional medicine consult from Dr. Ray Strand regarding Prostate Cancer:

I appreciate your interest in learning how you can best support and optimize your body's natural defense systems through an aggressive nutritional supplement program. I have been practicing nutritional medicine now for over 12 years. I am a published author of several best selling books and international speaker on the subject of preventive and nutritional medicine. I have gained a tremendous amount of clinical experience in dealing with my patients over the years and the amount of nutritional supplementation that is required to give them the best chance to see improvement in their health. I share many of their stories in my book, *What Your Doctor Doesn't Know about Nutritional Medicine* [Thomas Nelson 2002]. You cannot find this information in a medical text book. That is why I have established my nutritional medicine practice online. It allows me the opportunity to share what I have learned in my practice of nutritional medicine over the past 12 years.

The one thing that I have learned over the years is the fact that the best way to take back control of your health is to develop a triad of healthy lifestyles, which is a healthy diet, modest exercise, and nutritional supplementation. When my patients finally decide to become more proactive in protecting or regaining their health, they find that the best way to optimize their body's natural immune system, repair system, and antioxidant defense system is by incorporating these new, healthier lifestyles into their health. The level of supplementation recommended in this personal consultation from me is the level that I have found that gives you the best chance to improve your health. It takes a minimum of six months to build up your natural defense systems; therefore, if you are going to consider my recommendations, you need to give these recommendations at least a 6 month trial. Nutritional medicine is really not about disease, but instead, it is about health. In contrast to medication, it takes at least 6 months, or even longer, for these recommendations to optimize your body's natural defenses and offer you a chance to see improvement in your health.

Now it is critical for you to understand the fact that my specialty is in nutritional medicine. I am primarily concerned in giving your body the nutritional support necessary considering the illness with which you are dealing. These recommendations in no way are going to cure your underlying disease. Now it is possible to see some significant improvements in your health;

however, it should never be considered alternative therapy for your disease. This means you should never discontinue any medications that your doctor has prescribed for you without your doctor's personal direction and consent. You should only discontinue or reduce your medications under your doctor's direct supervision and orders. Most doctors are very willing to decrease or discontinue their patient's medication if they observe significant improvement in their health.

## **Prostate Cancer**

One of the most common cancers that men face today is prostate cancer. With the advent of the PSA blood test for early detection of prostate cancer, physicians are detecting more and more prostate cancer earlier and earlier. This has created a tremendous amount of concern and anxiety among men who are either being diagnosed with prostate cancer or who have a fear of developing prostate cancer. I have spent countless hours in my medical office counseling both of these situations. I would like to give individuals who fall into either of these categories some practical advice and overall direction in approaching all of the various choices they face. Also, I will be giving you my specific nutritional recommendations for patients who have been diagnosed with prostate cancer.

### **Multiple Choice**

There is nothing more frustrating for a patient with prostate cancer than trying to determine exactly what treatment they are going to choose. The main reason that this happens is because there is really not a clear cut treatment that is head and shoulders above the other. The other reason is the fact that in spite of all of the classification of prostate cancer, there is really no way to determine how aggressive your prostate cancer will actually be. Prostate cancer is usually a slow growing cancer. Over 80% to 85% of the patients diagnosed with prostate cancer will die from other causes rather than from their prostate cancer. The age that you are diagnosed with prostate cancer is also very important. If you are only 50 years old, you would want to be more aggressive. If you are 75 years old, you would generally want to be more conservative. Every option has its risks and its side effects. Many men make quick choices and do not take into account the potential risks. Later, they become angry and frustrated because of these problems, even if their cancer was eradicated. It is important to take a look at some of your options.

### *Surgery*

With the advent of the PSA (Prostate Specific Antigen) physicians are diagnosing prostate cancer much earlier and many times before it has even spread. This has led many men to consider having a radical prostatectomy.

The first thought for anyone who has just been diagnosed with cancer is just cut it out and get rid of it. This is no different with patients who are diagnosed with prostate cancer. However, this is not an easy procedure and it has some significant long-term consequences. Some of those problems include impotency, urinary incontinence, and it is quite traumatic with a long recovery time. If you are under the age of 65 and your doctor offers you this option because he or she feels that you have caught your cancer early, surgery is something that you need to strongly consider.

### *Radiation*

Radiation is another very good option. Most studies have not shown any significant difference in survival rates in patients who choose surgery versus those who choose radiation therapy. However, you are looking at another set of problems and risks. Radiation is obviously less invasive and much easier treatment to handle. However, you can still end up with impotency and urinary incontinence, although it is not as frequent of a problem. You can also develop radiation damage to your colon or what is known as radiation proctitis.

### *Radium Implants*

In an attempt to reduce the radiation damage to the surrounding normal tissue, some physicians are now offering radium "seed" implants directly into the prostate gland. This allows a more direct radiation treatment to the prostate gland; however, there has always been concern by physicians that this treatment is just not as effective as external radiation. I personally believe that the verdict is still out. It is certainly a choice to consider since the side effects are significantly reduced.

### *Medication (Orchiectomy-removal of your testicles)*

Physicians have known for years that testosterone feeds and enhances the growth of prostate cancer. One of the treatments that have been used effectively for years is to block your testosterone medically or just remove the testicles all together in order to stop testosterone's stimulating effect. These treatments can be used alone or in conjunction with surgery or radiation. Long-acting injections (Lupron) are now available. These are given every 3 to 4 months. They are expensive; however, Medicare and most insurance companies are covering these injections.

These treatments also have their side effects. The most common side effect is hot flashes. It makes you realize what your wife may have had to suffer. Impotency is also a very common side effect.

### *Doing Nothing*

It is not uncommon for my patients to look long and hard at all of these treatments and in the end just decide to do nothing. Now I am not advocating this approach; however, the older you are the stronger you should consider doing nothing. I feel that men who are over the age of 75 do not gain much from the more aggressive therapies. If your cancer does advance, you always have the option of medication or radiation. Most men do not die of their prostate cancer and many men who die of other causes are found to have prostate cancer at autopsy. This is what makes the decision making so hard. There are approximately 8 to 10% of the prostate cancers that are very aggressive in my experience and there is really no accurate way to determine who falls into this category. Oh yes, they use the Gleason Scores to try to better determine this possibility; however, in my experience this is not all that accurate. In any event, your treatment options will leave you confused and aware of the fact that it is not a lot of fun no matter what you decide.

### *Nutritional Supplementation*

No matter which treatment option you decide to choose it is critical that you support your body's natural ability to fight off and suppress your prostate cancer. In spite of the fact that most

physicians do not support this option the medical literature strongly supports it. I would encourage you to read my [January 2000 Newsletter](#) or my book, *What Your Doctor Doesn't Know About Nutritional Medicine May Be Killing You* to become more familiar with the medical evidence that supports this option. When you provide your body with cellular nutrition you are able to enhance your body's natural immune system, natural repair system, and natural antioxidant defense system. Even if you choose to have radiation treatment, providing cellular nutrition has actually been shown to enhance this therapy and at the same time help protect your normal cells.

There are also some very good optimizers that will even protect you further. The use of CoQ10 along with a high-quality grape seed extract is critical. These supplements can actually boost the cancer fighting aspect of your immune system and slow down cancer growth. The use of soy isoflavones and lutein have also been shown to not only help prevent prostate cancer but also to slow down its progression if you have cancer. I also like my patients with prostate cancer to take saw palmetto. I personally feel that there is improvement of the progression of this disease.

### **More Studies**

The risk of developing many cancers including prostate cancer has been shown to be significantly reduced by the use of supplements. Here are just some examples:

- Selenium supplementation (200 mcg) has been shown to decrease the risk of prostate cancer by 74 percent, colon cancer by 60 percent, and lung cancer by 30 percent. Many of the antioxidant defense systems are dependent on selenium (especially glutathione) to perform their job in handling free radicals.
- Folic acid has been shown to protect against the development of precancerous tumors in patients with ulcerative colitis. These patients have a very high risk to develop colon cancer. Diminished folate levels in the body are related to a significantly increased risk of developing several different types of cancer.
- Vitamins C, E, and A, and provitamin A (beta-carotene) have been shown in several clinical trials to offer protection against developing various types of cancer. Although these studies are not entirely consistent, they support the hypothesis that antioxidant supplementation may decrease the risk of cancer.
- Animal studies have shown stronger evidence that antioxidant supplements, especially when used in combination, are effective in reducing cancer risk. In one study, vitamin E, vitamin C, beta-carotene, and glutathione significantly inhibited the growth of experimentally induced oral cancer in hamsters. This study demonstrated the strong synergistic effect when these nutrients are used in combination. In other words, the mixture of these antioxidants was much more effective than when these nutrients were used alone.
- Vitamin E and calcium have been shown to significantly decrease the risk of colon cancer.
- Bioflavonoid antioxidants, which are found in high concentrations in our fruits and

vegetables, are known to be potent antioxidants. Clinical studies have shown they are effective in inhibiting tumor growth and also decreasing the growth of blood vessels within the tumor itself.

- CoQ10 has been found to be significantly decreased in patients with cancer. When this nutrient is given to cancer patients in supplementation not only are their immune systems improved but also tumor growth is inhibited and in some cases there is regression.
- N-acetyl L-cysteine and glutathione have been shown to decrease tumor progression in lung cancer.

### **What if you already have Prostate Cancer?**

Chemoprevention therapies are definitely targeted toward those individuals who have not developed cancer. Medical therapy for cancer has improved over the last decade in regards to effectiveness with decreased complications. There has definitely been better success with leukemia and lymphomas than with solid tumor cancers. Once a patient has been diagnosed with cancer, the outlook is not usually good. However, in multiple myeloma as I have mentioned earlier is a very slow growing cancer and this gives you time to build up your natural defenses via nutritional supplementation.

The mere thought of chemotherapy or radiation therapy for cancer treatment is not pleasant. In many instances, however, cancers are treated effectively and many years are added to a patient's life. The oncologist or radiation therapist usually discourages the use of antioxidants in patients with cancer. Most of our chemotherapeutic drugs create tremendous amounts of free radicals and thus oxidative stress. The side effects of these drugs are now being related to this oxidative stress. The goal of the oncologist is to destroy the cancerous tumors (which are the fastest-growing cells in the body) without killing the patient (host). Treatment not only wipes out the patient's immune system but also can cause devastating damage to other parts of the body. Many patients die from the cancer treatments rather than the cancer itself.

There is a basic underlying attitude among physicians who are treating cancer patients. Physicians do not think about it much, but it is there. We believe the only hope for our patient is potent drugs. The host (our body) is held in low esteem. We are not concerned with building up our body's natural defenses against the cancer or protecting the body from the devastating side effects of our drugs. Our main concern is to make sure the patient survives chemotherapy while we try to arrest the cancer.

The medical literature is beginning to show us a better way of treating our patients with cancer. It is not alternative medicine but is simply building up the patient's body (the host) so it can better handle the chemotherapy and/or radiation therapy. This is the true essence of bionutrition. There are several studies that are beginning to look at providing the body with adequate amounts of antioxidants and their supporting nutrients in patients receiving chemotherapy or radiation therapy. The theory behind this approach is to be able to protect the host (our body) from the tremendous oxidative stress created by these treatments while at the same time making these treatments more effective in destroying the cancer cells. Preliminary studies have been encouraging.

Chemoprevention is focused not only on protecting the DNA of our cells and the repair of any damage but on maintaining the strongest immune system possible. Our immune system is able to destroy abnormal tumor cells and is our greatest protector against cancer. Whereas chemotherapeutic drugs tend to destroy our immune system, antioxidants build our immune systems:

- CoQ10 has been shown to stimulate and charge our immune system. There are also several case studies showing high doses of CoQ10 leads to regression of metastasis in advanced breast cancer. CoQ10 has also been shown to be protective of the heart in patients receiving adriamycin. (Adriamycin is a chemotherapeutic drug that may cause significant damage to the heart as one of its side effects.)
- A clinical trial using a combination of antioxidants with chemotherapy and radiation therapy in patients with lung cancer showed prolonged survival of these patients. These patients also tolerated their therapy much better. The sooner they started the antioxidants after finding out they had cancer, the better the results.
- The use of cruciferous antioxidants in patients with breast cancer actually inhibits the growth of these tumors.
- Antioxidants have been shown to enhance the cytotoxicity of chemotherapeutic drugs used in colon cancer. This means the antioxidants actually improved the effect of these drugs in fighting the cancer.
- Thirty-two typical breast cancer patients were given a combination of nutritional supplements that were added to the traditional surgical and therapeutic treatment of breast cancer. The nutritional supplementation was vitamin C (2,850 mg), vitamin E (2,500 IU), beta-carotene (32.5 IU), selenium (387 mcg), essential fatty acids, CoQ10, and secondary vitamins and minerals. The main observations of this study were a) none of the patients died during the study period (the expected number was four); b) none of the patients showed signs of further metastasis; c) quality of life improved (reduced use of pain killers and no weight loss); and d) six patients showed apparent partial remission. The strategy is unfolding in the war against cancer.

Nutritional science offers us the greatest hope in our fight against cancer and several other degenerative diseases. Natural antioxidants and their supporting nutrients are the ideal chemopreventive agents for the following reasons:

1. They are able to limit and even prevent the free-radical damage to the DNA nucleus of the cell.
2. They provide the proper nutrients needed for the body to repair any damage that has been previously done.
3. They are safe and may be taken over a lifetime. Pharmaceutical drugs do not share this

advantage. Tamoxifen has been shown to decrease the risk of breast cancer; however, its side-effects are very concerning.

4. They are inexpensive.
5. Even if you have developed cancer there is growing evidence antioxidants will allow you the best defense against the advancement of the cancer.
6. They protect your body against the oxidative stress created by the chemotherapy and radiation.
7. They have been shown to embellish the cancer-fighting ability of chemotherapy and radiation.
8. They may inhibit the replication and growth of the cancer.
9. In some instances, they have been shown to cause tumor regression

Drs. Kedar Prasad and Arun Kumar and their colleagues at the University of Colorado Medical School Radiology Department reviewed more than seventy studies to address this concern. They titled their report, "High Doses of Multiple Antioxidant Vitamins: Essential Ingredients in Improving the Efficacy of Standard Cancer Therapy," which appeared in the Journal of the American College of Nutrition. There, Drs. Prasad Kumar noted a few scattered studies that show a negative effect of using one nutrient in supplementation with certain chemotherapeutic treatments. When high doses of multiple antioxidants were used together, however, the therapies were enhanced. Now why would this happen?

### **Antioxidants Help Destroy Cancer Cells**

Clinical research is revealing that cancer cells take up antioxidants differently than do normal cells. Normal, healthy cells will take up only the amount of antioxidants and supporting nutrients they need. This is a very important scientific fact when it comes to the principles of cellular nutrition.

Cancer cells, on the other hand, continue to absorb antioxidants and supporting nutrients without knowing when to quit. This intake of excessive antioxidants actually makes the cancer cells more vulnerable to cell death. Antioxidants not only aid in the battle against cancerous cells, they improve the defense of healthy cells against the damaging effects of radiation and chemotherapy.

### **Antioxidants Help Good Cells**

It is common knowledge that almost all of the harmful side effects of chemo- and radiation therapy to normal cells are the result of the increased oxidative stress these treatments create inside the body. What is not common knowledge, however, is that when a patient takes high doses of antioxidant supplements, he improves the defense system of normal cells since they take up these antioxidants normally. This creates a true win-win situation. Chemo- and radiation therapy can work at a peak while at the same time the terrible side effects and damage that

occurs to the healthy cells is significantly reduced.

Vitamin E protects against the damage caused by various chemotherapeutic agents to the lungs, liver, kidneys, heart, and skin. CoQ10 has been shown to protect against the long-term damage to the heart that the drug Adriamycin causes. Beta-carotene and vitamin A reduce the adverse effects of radiation and some chemotherapeutic agents. All of these antioxidants have been shown to help protect against the DNA damage to normal cells that cancer treatments cause.

This is why I recommend the use of antioxidants and their supporting nutrients in a complete and balanced product with any patient that is suffering from cancer. I then add the appropriate optimizers to this cellular nutrition.

### **Nutritional Supplement Recommendations**

I recommend that all my patients take the basic nutritional support I refer to as [cellular nutrition](#). This foundational regime provides all the necessary micronutrients to the cell at ideal levels (not RDA levels) for significant health benefits as documented in the medical literature. When the cell is given maximum support, it can then determine what it does and does not need. Over a six-month period each cell is able to not only overcome nutritional deficiencies but also to optimize **ALL** the nutrients, which are needed to combat [oxidative stress](#) .

The synergistic affect of providing all the nutrients needed by one's body at the most advantageous levels results in optimizing and rebuilding the body's natural immune system, antioxidant, and repair systems back to their fullest fighting potential against disease.

#### **Minimal support for [Cellular Nutrition](#) :**

My minimal recommendation for creating [cellular nutrition](#) is to simply take Usana's Essentials, which are made up of a bottle of their Mega Antioxidant and a bottle of their Chelated Minerals. I recommend taking 2 Mega Antioxidants and 2 Chelated Minerals in the AM with breakfast and again in the PM with your evening meal. Usana's Essentials provide all of the antioxidants, B-cofactors, and antioxidant minerals at those optimal or advanced levels that I recommend for everyone. These are the levels that have been shown to provide a health benefit in our medical literature. Again, these should be taken with food for better absorption and better tolerance.

#### **Optimal support for [Cellular Nutrition](#) :**

For the most favorable results for basic [cellular nutrition](#) , I also recommend adding to the Usana Essentials either OptOmega (2 tsps daily) or BiOmega-3 (2 capsules daily), which provides the essential fats that are so important for optimal health. I also recommend adding Active Calcium (4 tablets daily) to provide additional calcium, magnesium, vitamin K, Boron, and vitamin D that our bodies need. These recommendations provide all the nutrients at their ideal levels creating the cellular nutrition I recommend in my book, *What Your Doctor Doesn't Know About Nutritional Medicine May Be Killing You*.

## Optimizers

It is critical that you know the necessity of adding optimizers to your foundational cellular nutrition for optimal results. Patients who are suffering from a chronic degenerative disease or illness are under more oxidative stress than the average healthy individual. Therefore, adding potent Optimizers to the basic cellular nutrition offers you the best chance to bring this oxidative stress back under control. The synergy and increased potency created by this approach to nutritional medicine is why I'm able to get such consistent results in my patients.

However, to suit each individual's unique needs, I always offer both an optimal and a minimal plan for [cellular nutrition](#) and for adding Optimizers. Obviously, one's improvement will be quicker and more consistent with the optimal recommendations; however, a minimal regime can still produce significant clinical results.

### Recommended Optimizers:

#### *Optimal*

- Proflavanol C 100 - 4 tablets daily (May substitute 2 tablets daily of Proflavanol C 200, which is available in My Health Pak)
- Coquinone 30 - 6 capsules daily (May substitute 2 capsules of Coquinone 100, which is available in My Health Pak)
- Palmetto Plus - 3 capsules daily

#### *Minimal*

- Proflavanol C 100 - 2 tablets daily (May substitute 1 tablet daily of Proflavanol C 200, which is available in My Health Pak)
- Coquinone 30 - 4 capsules daily
- Palmetto Plus - 2 capsules daily

### Optimal Recommendations

Nutritional Supplement	Breakfast	Lunch	Dinner
Mega Antioxidant (Mega AO)	2		2
Chelated Mineral (Multi Mineral)	2		2
Active Calcium	2		2
Proflavanol C 100	2		2
Coquinone 30	3		3
Palmetto Plus	2		1
Biomega-3	1		1
Optomega (an option instead of Biomega-3)	2 tsps		

\*Add a Ten X Blast energy and antioxidant bar daily to enhance these recommendations or at least when you are having a difficult day.

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Proflavanol C 100	1		1
Coquinone 30	2		2
Palmetto Plus	1		1

\*Add a Ten X Blast energy and antioxidant bar daily to enhance these recommendations or at least when you are having a difficult day.

## Consider the Healthy for Life Program located at [www.releasingfat.com](http://www.releasingfat.com)

I have developed an internet-based behavioral management program designed to firmly establish new, healthier lifestyles. This web site will evaluate, educate, motivate, and hold accountable those individuals who want to become more proactive in protecting their health or regaining their health. When you combine a healthy diet and modest exercise program to these nutritional supplement recommendations, you give yourself the absolute best chance of protecting your health or even regaining your health. My patients who have incorporated these healthy lifestyles into their life along with an aggressive nutritional supplement program have always done better than just using the supplements alone.

Usana has a fine line of meal and snack replacements called Macro-Optimizers. Usana understands the concept of glycemic index and glycemic load and have developed meal and snack replacements that contain those good, low-glycemic carbohydrates, good fats, and good proteins. The Macro-Optimizers have helped my patients get out of what I refer to as "glycemic stress" and "carbohydrate addiction". Whether you are concerned about cancer, heart disease, diabetes, obesity, fibromyalgia, asthma, an autoimmune disease, or are just trying to protect your health, the Healthy for Life Program is a tremendous way to optimize your health or even possibly regain health.

I would encourage you to check out my website located at [www.releasingfat.com](http://www.releasingfat.com) and take the FREE automated Health Risk Assessment that I have developed. Also take a tour of the website and check out the overview of the program. Many physicians, chiropractors, and other health care professionals are now using the Usana's RESET and the Healthy for Life Program as their wellness program they offer their patients in their practices.

## Why I recommend USANA Products

USANA strictly follows pharmaceutical-grade Good Manufacturing Practices (GMP). This means they not only purchase pharmaceutical-grade raw products, but also manufacture the products according to tough pharmaceutical-quality guidelines. In addition, USANA Health Sciences follows USP guidelines for potency, uniformity, and dissolution of the tablet. In a nutshell,

USANA manufactures their products to the strict standards of over-the-counter drugs even though not required to do so assuring all of their customers and associates that what is on the label is actually in the tablet.

Usana's essentials are complete and balanced and provides the cellular nutrition that I strongly recommend in my book, *What Your Doctor Doesn't Know About Nutritional Medicine May Be Killing You*. This improves compliance and makes taking these advanced levels of nutritional supplements easier.

## **Starting Your USANA Nutritional Program**

Over eighty percent of my patients are able to start the USANA Nutritional Program with absolutely no set backs while beginning to experience the health benefits of high-quality nutritional supplements immediately. Please keep in mind these supplements are extremely potent and optimal levels of nutrients are being provided that the body has never had before. The body is therefore able to finally rid itself of toxins, which have been accumulating for years (called detoxification). This is especially true in those who are suffering from a serious illness and are taking a significant amount of medication. It is important to understand the possible signs and symptoms of detoxification so that you can deal with them confidently and properly.

### **Detoxification:**

The most common detoxification reaction is muscle aches and/or mild headache. These symptoms will usually pass within a few weeks. If the discomfort is not unbearable, I simply have my patients continue their program as I have prescribed. However, occasionally there is a more severe reaction. The patient is not in danger, rather, the amounts of nutrients are just too much too fast. In this case, I have my patients quit their supplements for a few days until the reaction subsides. I will then have them start back on their program but initially at lower doses (approximately one third of the recommended dose). Once they are tolerating this amount of supplementation, I suggest slowly building up to the recommended doses.

Some of my patients actually develop a "detox" skin rash somewhere on their body. As you know, the skin is an important route for ridding the body's toxins. This rash is a dry, red rash that looks almost like a mild sunburn. Some people confuse this with an allergic reaction to the supplements. This is not typically so. I have never seen an allergic reaction to the USANA Essentials and can only recall a couple of patients who reacted to Proflavanol because they were actually allergic to grapes.

Patients may also experience some aspect of loose stools or even diarrhea. This again is a common "detox" reaction because the GI tract is another prime route for eliminating toxins from the body. This symptom will usually diminish within a couple of weeks. It is an important part of the detoxification and healing process. Therefore, I usually encourage my patients to continue the supplements as recommended unless their bottom gets too sore. I will then again recommend lower doses of the supplements until they feel better and then begin adding the supplements back more slowly until the recommended doses are reached. Diarrhea can be the result of the magnesium in the Active Calcium or by the Proflavanol. Again, this is usually a mild

reaction and will improve over the first week or two. However, some of my patients need to discontinue the Active Calcium and/or the Proflavanol until this settles down. I then have them slowly add back the Proflavanol and eventually the Active Calcium.

Increasing dietary fiber may also increase the amount of intestinal gas and the frequency of bowel movements. This will improve with time as the body adjusts to the higher intake of fiber, but is an important aspect of getting rid of the toxins, which have accumulated in the body.

### **Natural Relaxation Response:**

A small percentage of patients develop a natural relaxation response when minerals are absorbed into their body. This is of great concern to those patients who have just been told that nutritional supplementation will help improve their energy level. They take the supplements as recommended only to find themselves more fatigued and dragging themselves through their day. If you experience this response, I recommend that you take all of your minerals (including the Active Calcium) with a light bedtime snack. This allows you to take advantage of your body's response while getting a good night's sleep.

### *Stomach Upset:*

A small percentage of patients have difficulty tolerating vitamin C. It can cause an upset stomach that will usually become evident a couple days after starting their nutritional program. With USANA's specially combined vitamin C into Poly C, I have seen many of people who could not previously tolerate any nutritional supplements do very well with USANA's Mega Antioxidant. However, if nausea is experienced, I suggest taking one Mega Antioxidant with the largest meal. Once this level of supplementation is better tolerated, I suggest slowly adding another Mega Antioxidant to the next largest meal. I anticipate building them up to the recommended level of supplementation, but sometimes this is just not possible. For those extremely sensitive, I advise using Body Rox (the teenage dose of Antioxidants and Minerals) as the best alternative option.

### *Taking Your Supplements with Your Medication*

I am often asked, "Can I take my nutritional with my medication?" To this I respond with this question, "Can you eat?" I hope my point is made gently but clearly nutritional supplements simply contain nutrients we should be getting from our foods, but at levels we can no longer obtain from our foods. If you can eat anything, you can also take nutritional supplements. The only exception to this is for those taking the medication, Coumadin (Warfarin), which blocks vitamin K in the body as a way of thinning the blood. If a patient is on Coumadin, I recommend he or she take the Canadian Essentials and Canadian Active Calcium because they contain no vitamin K. Also, patients who are on thyroid medication should take their medication on an empty stomach at least 1 hour prior to meals or prior to taking supplements. Thyroid medication should not be taken with food or with supplements because calcium can block the absorption of the medication.

Every effort has been made to make this web site as accurate as possible. The purpose of this site is to educate and inform. As such it is based on scientific evidence and my clinical training and experience. No individual should at any time use the information found on this web site for self-diagnosis, treatment, or justification in accepting or declining any medical therapy for any health problems or diseases. Any application of the advice herein is at the reader's own discretion and risk. Therefore, any individual who has a specific health problem or is taking medications must first seek advice from his or her personal physician or healthcare provider before starting a nutritional supplement program. Dr. Strand shall have neither liability nor responsibility to any person or entity with respect to loss, damage, or injury caused or alleged to be caused directly or indirectly by the information contained in this web site. We assume no responsibility for errors, inaccuracies, omissions, or any inconsistency herein. Any slights of people, places, or organizations are unintentional.