

VitalNews

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Why is the subject of nutritional supplementation so often avoided during the physician-patient discourse?

WRITTEN BY LAURA BAUM M.D.

Everybody I know is taking *something*. Some are taking all kinds of supplements. One friend mentioned he had ordered a large quantity of a given product via telephone after watching an infomercial! Can you imagine deciding to ingest something on a daily basis because it sounded good on TV? No regard for quality, purity, appropriateness,

or potential hazards. Recently, my husband and I had dinner with a friend who was eager to learn more about VitalRemedyMD. She declared herself upfront as someone who believes in vitamins, perhaps to excess she feared, taking quite a few supplements with little direction. She was particularly excited about the blood test we employ to ascertain individual patients' levels of vitamins and minerals and their antioxidant status in order to create a regimen geared for their optimal health. We did go on to tell her that VitalRemedyMD supplements are available only through the recommendation of her doctor since our mission was in large part to educate physicians and improve the physician-patient partnership for better health care. It is important to have your physician monitor you and be "in the loop" from a safety standpoint, we explained. We offered that she share this information with her physician. It was what she related next that was all too familiar and all too unfortunate. She had just seen her internist for her yearly visit. She is in good health and the evaluation was unremarkable. Nevertheless, neither her doctor nor she made mention of nutrition or nutritional supplements. Did I mention that this friend is young, intelligent, well-spoken, graduate-level educated, and not readily intimidated? Did she not divulge the litany of products she was taking! Did she not express her concern about the quantity or combination of these with one another or with prescription medications? Did her doctor not have some guidance to offer if they had been revealed? Did he not inquire? No. Not a word. Both parties were guilty of saying nothing.

Medicine is at a crossroads. In many ways, medical care has soared to new heights. Complex surgical procedures can be performed through tiny incisions, and pharmacologic therapy at times can have the focal precision of a laser beam. Yet medical care in America leaves most people wanting more. Attempting to fill this void, huge numbers of Americans have turned to alternative practitioners and therapies. At times unorthodox methods can provide dramatic results. Unfortunately, the absence of sufficient regulations leaves the field of Alternative Medicine open to therapies with little or no scientific basis, or worse, the infestation of charlatans. Bad outcomes can occur when proper medical attention is withheld, or improper therapy is delivered. Participating in the paradigm shift advancing modern medicine, we at VitalRemedyMD, advocate open-mindedness, and acknowledge the great value and possibilities inherent in some less traditional approaches to health and illness. We demand, however, that the rigor of science be applied as best as possible to all therapies and preventative strategies. To this end, products formulated by VitalRemedyMD have science to back them. They are also repeatedly subjected to the careful scrutiny of FDA registered laboratories. Doctors wishing to provide VitalRemedyMD supplements for their patients must first study copious materials detailing the effects, potential side-effects, and interactions of a wide array of vitamins, minerals, and other nutritional supplements. You are therefore quite fortunate; the very fact that you are reading this newsletter implies that your physician is proactive and forward-thinking. He or she has made the extra effort to become educated about the emerging field of nutritional medicine so that you may have the best medical care possible. So remember, talk to you doctor about nutritional supplementation. We hope you enjoy our program, and wish you the best of health and happiness.



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SETH BAUM, M.D.
Founder
VitalRemedyMD

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Editor
LAURA BAUM, M.D.

Why Take a daily multiple vitamin?

WRITTEN BY SETH BAUM, MD

For years physicians have been professing that a well-balanced diet provides all the vitamins and minerals that you require. Fortunately, the practice of medicine is dynamic and responsive to ongoing research done in the setting of our evolving world. We now know that this is not true; modern medicine acknowledges the need for additional supplementation. Take magnesium, for example. Over half of Americans are magnesium deficient. It is long known that alcohol and caffeine cause excessive urinary loss of magnesium, as do diuretics. Various bowel diseases and medications impede the intestinal absorption of this mineral. Dietary inadequacies of magnesium are rampant. Magnesium is a mineral that has been useful across the board for myriad cardiac conditions. Because magnesium serves as a coenzyme for approximately 80% of the enzymes in the body, and is involved in over 300 enzymatic reactions, it's one mineral that should be replenished daily. For most of us, magnesium supplements can and should be taken at a dose of 400mg daily. Getting the nutrients we need from dietary sources gets even more challenging as we age; fewer calories, but more nutrients are

needed. It is estimated that a significant number of Americans 60 years of age or older have sub-clinical nutrient deficiencies that impact the body's ability to maintain itself as well as possible. Many older adults, for example, don't take enough vitamin B6, which plays a key role in keeping the immune system functioning properly. Similarly, most older adults don't consume enough vitamin D, which is needed to preserve bone density.

In the June 19, 2002 issue of JAMA (Journal of the American Medical Association) two powerfully compelling articles shifted the position and practice of many medical doctors. The reports clearly and concisely advised all Americans to begin taking a daily multiple supplement. The real question thus is no longer whether to take a daily multivitamin, but rather "which daily multiple is best?" The truth is not all vitamins are created equal. Most are not independently assayed, and many have unnecessarily (and potentially hazardous) high quantities of some ingredients. To satisfy the AMA's recommendations, VitalRemedyMD offers two superb and scientifically based formulations: the **DailyMultiple** and the **Daily2Tab**.

"To take a daily multiple or not to take a daily multiple is no longer a question."

medical news and events

A Daily Multivitamin Supplement May Reduce Heart Attack Risk

It turns out that you can significantly lower your risk of having a heart attack by doing nothing beyond taking a multivitamin supplement, according to a new study by Swedish researchers. They studied 1,685 healthy Swedish men and women, and 1,296 Swedish men and women who had survived a heart attack. The population was unique in that they ate relatively few fruits and vegetables and did not eat foods fortified with folic acid, unhealthy eating habits that would increase the risk of heart disease. In this population, women were 34%

less likely to have a heart attack and men were 21% less likely to have a heart attack if they regularly took a multivitamin supplement. Ref: Holmquist C, Larsson S, Wolk A, et al. Multivitamin supplements are inversely associated with risk of myocardial infarction in men and women. *Journal of Nutrition*, 2003; 133:2650-2654.

Glucosamine Offers Lasting Osteoarthritis Benefits

The clinical and radiologic benefits of glucosamine for knee osteoarthritis persist for at least 5 years after treatment, according to the findings of a new study. Patients who took the dietary supplement

The DailyMultiple contains 100% of the recommended daily value (RDV) for the essential vitamins and minerals. In two tablets taken twice daily, patients can ingest enough calcium and magnesium to maintain healthy bones eliminating the need for extra mineral supplements. For those patients on coumadin, or those individuals who wish to take only two tablets daily, there is the Daily2Tab. The Daily2Tab contains no vitamin K, and has only 500mg of calcium. Please be aware that we have intentionally limited the quantities of all elements of the DailyMultiple to at most 100% of the RDV. Additional blood testing can be performed when your doctor believes you might require higher doses of the antioxidants, such as vitamins C and E, CoQ10, and lipoic acid. We do not, however, advise you to use higher doses of antioxidants without the more specialized testing now available to your physician.

BENEFITS

- Pure USP Pharmaceutical Grade quality
- Complete with essential vitamins and minerals (100% RDV)
- Vitamin E as natural mixed Tocopherols
- Independently assayed by FDA registered laboratories for safety and purity
- Highest quality minerals for enhanced absorption
- Vegetarian formula suitable for vegans: contains no starch, yeast or sugar

for 3 years had fewer joint surgeries, slower diseases progression, and better quality of life during the subsequent 5 years than did those taking placebo.

Ref: *Internal Medicine News*, Jan 15, 2004

Elevated Homocysteine Levels Linked to Increased Hip Fracture Based on data from the Framingham Osteoporosis Study, the hazard ratio for hip fracture nearly quadrupled among men in the highest quartile of plasma homocysteine concentration, compared with those in the lowest quartile. The correlation was also seen in women but it was not as strong. These findings are interesting, because homocysteine level can be improved by consuming daily supplements of B6, B12, and folic acid

FEATURES

- A full complement of essential vitamins and minerals important for healthy bone formation and metabolism
- Calcium Carbonate and Citrate, excellent and safe sources of bioavailable calcium
- Minerals as Amino Acid Chelates for improved absorption
- DailyMultiple does not include Iron, as excess intake can be harmful
- 100% of the RDV for Calcium, Magnesium, Selenium, Folic Acid, B12 and other essential vitamins and minerals
- For improving bone strength and density, satisfies recommended intake for Calcium, Vitamin D, Magnesium and Vitamin K

intelligent indulgences

This satisfying soup is a healthful, nutrient packed, quick recipe that serves as a meal.

INGREDIENTS

- 2 teaspoons olive oil
- 1 clove garlic
- 1 cup diced onion
- 1 1/2 cups water
- 1 (16-ounce) can fat-free, less sodium chicken broth
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon black pepper
- 1 (15 1/2 -ounce) can chickpeas, drained
- 1 (14.5-ounce) can diced tomatoes, undrained
- 1/2 cup uncooked ditalini (short tube-shaped pasta)
- 4 tablespoons coarsely chopped fresh parsley



Heat olive oil in a large saucepan over medium-high heat. Add onion and garlic, sauté 3 minutes or until tender. Add the water and next 6 ingredients (water through tomatoes). Bring mixture to a boil; cover, reduce heat, and simmer 5 minutes, stirring occasionally. Add pasta, and cook 7-8 minutes or until pasta is just tender. Turn off heat. Stir in parsley.

Serving size 1 1/2 cups. Calories 242; Fat 4.7 g (sat 0.6g, mono 2.2g, poly 1.3g); Protein 11.4g; Carb 39.9g; Fiber 4.6g; Chol 0mg; Iron 3.6mg; Calcium 79mg.

q&a

patient queries

our MISSION
is to enable your
doctor to provide
you with the best
and most appro-
priate nutritional
supplement

Q] **How should the DailyMultiple be taken?**

A] The DailyMultiple should be taken with food. It is best taken in divided doses; two tablets twice daily with meals is recommended. The Daily2Tab can be taken two tablets once a day with food or one tablet twice daily with meals.

Q] **What is the source of calcium in the DailyMultiple?**

A] Calcium in the daily multiple is both in the calcium citrate and carbonate form. It as well as all other minerals in the DailyMultiple and Daily2Tab are chelated in order to improve absorption. It is best absorbed when taken with a meal.

Q] **Why are the antioxidant levels so low in the DailyMultiple?**

A] The antioxidants Vitamin E and C are present in very small quantities in the DailyMultiple because we use exactly 100% of the daily recommended value in the DailyMultiple. This is to insure that patients do not take too much of a given antioxidant. It is the opinion of VitalRemedyMD and other scientists as well that taking an excess of antioxidants can lead to an increase in free radical exposure to patients. It is advised that after 3-6 months, which is when a patient will reach a state of equilibrium, the patient can have a SpectroX™ blood test done to determine whether or not an additional antioxidant supplementation is required. VitalRemedyMD's **AntioxidantBalance®** may be recommended by your physician in order to improve your blood test results. This will once again avoid an excess and potentially harmful intake of antioxidants.

Q] **Is it true that VitalRemedyMD donates a portion of all proceeds for education and research?**

A] Yes. In order to further the knowledge base of Integrative Medicine and disseminate the knowledge of Integrative Medicine, VitalRemedyMD donates a portion of all proceeds to physician education and research.

Did you know....?

- A fresh, one-ounce apricot has only 15 calories, while one ounce of dried apricots (about five of them) has 75 calories, and only one fourth the vitamin C.
- New research suggests that St. John's Wort may interfere with the action of as many as 50 percent of drugs currently prescribed by physicians.



Ask your physician, or visit our website at www.VitalRemedyMD.com, to learn more about our products, including:

AntioxidantBalance™ • Daily2Tab • DailyMultiple • HomocysteineFormula
JointFormula • N-AcetylCysteine • PureCalcium • StatinGuard™ • VitalOils™