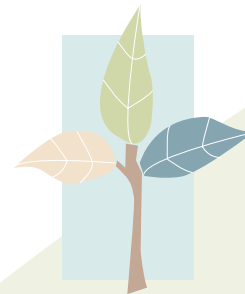


Vital Balance

Gottengborg Chiropractic Clinic Newsletter
April 2008



Do Vitamins Work?

I can't deny the fact that I have strong convictions when it comes to what defines a good supplement. For me, it all begins with the ingredients and like Rush Limbaugh would say "for those of you from Rio Linda", the word 'all natural' isn't good enough.

Did you know that most vitamins on the market claiming to be natural only have to be 10% natural to make this claim?

I'll begin the first of a two-part discussion by answering the question of whether vitamins work or not. The answer depends a great deal on how available they are to the cells, which all depends on the source.

There are really just three types of vitamins, one a true food supplement and the other two synthetic, or man-made. Whole food supplements are whole foods with only the water and fiber removed. They are processed below 112F so the enzymes are alive and for that reason, they have a limited shelf life.

Synthetic vitamins don't come from food. For example, Eastman Kodak Company supplies almost all supplement companies with synthetic alpha-tocopherol made from distilled cottonseed oil to make vitamin E. Most drugstore vitamins are synthetic.

While they mirror the exact molecular formula of the organic nutrient, they

contain none of the co-factors required for the body to use this vitamin.

A co-factor is a substance that must combine with another to produce a given result. And because its structure is reversed, it cannot take part in chemical reactions anymore than the left-hand can fit in a right-handed glove.

Here are four problems I see.

1. Synthetic vitamins create nutritional deficiencies since they lack the required co-factors.
2. Synthetic vitamins don't just pass through the body: the body has to process them.
3. Rather than work as a true nutrient, they work as a stimulant. That's why we often experience the 'rush' when taking synthetics.
4. The fourth problem is freshness. The FDA does not require expiration dates on vitamins so many companies don't include them.

DURING THE MONTH OF MAY, WE WILL REPLACE ANY MULTIVITAMIN THAT YOU ARE TAKING WITH A ONE-MONTH SUPPLY OF A WHOLE FOOD SUPPLEMENT. JUST BRING IN YOUR SUPPLEMENT AND WE'LL REPLACE IT WITH A ONE MONTH SUPPLY OF CATALYN (3/DAILY).



Dr. Gottengborg

THIS ISSUE:

- Do Vitamins Work?
- Questions & Answers
- All Things Thyroid



All Things Thyroid



I hate to see things out of place and perhaps that is why I ended up as a chiropractor. I'm using this example to introduce the complexity involved in diagnosing and treating the under-performing thyroid. Some of you must be thinking, "what's difficult about this, my doctor said my values were low and so now I'm on a medication".

If the truth be told and I've asked a lot of people, 'most people have no real idea whether or not their prescribed thyroid medication has any real effect on how they feel.' They simply don't feel any different.

Take for example, the medication, through the 1940's the mode of prescribing a thyroid was to use whole thyroid. It contained not only T4 but the other factors, including the metabolically active form, T3. There's little question that it worked then and still works today.

The method preferred by pharmaceutical companies today is a synthetic product, best known as Synthroid or T4. This represents a partial product of the gland (T4). The concept here is what are cells are supposed to do is to convert the inactive form (T4) to the metabolically active form (T3) and so there's no reason to take anything other than Synthroid. But does this always happen?

Questions & Answers:

Q. What should I do with the vitamins that I was already taking before starting a program?

A. Usually we recommend that you stop taking them during the therapeutic period. This is recommended for several reasons:

- Most supplements, even those purchased in health food stores, are lacking the enzymes to facilitate their absorption.
- We know the supplements we recommend work, thus we can more efficiently adjust their doses.
- There is only so much the body can assimilate in one day; to take above what we recommend is often wasteful.
- Supplements are just that - a supplement to a healthy diet.

In natural medicine, it's the generally shared belief or opinion that using the whole gland is always better than using the partial product of the gland. This is why we include recommendations like Thyrotrophin PMG (1/3x daily) or a whole food glandular to compliment your prescription.

Here's where I'm going with this. Since the endocrine glands have such a complex interaction network and feedback system with one another, therapy cannot be focused on any one gland - let's say, the adrenal glands - without influencing the other glands.

Harrower, recognized for his contribution in the study of endocrinology, was very much against having people take a thyroid hormone alone without having them also take a little bit of all the other endocrine glandular extracts.

He explained that not doing it that way would create an imbalance within the "endocrine concert," as he called it, which would be detrimental to that individual. This might be one way to actually slow down the aging process.

We use primarily three different supplements when supporting the entire endocrine system. One is Paraplex, which contains cellular extracts from the pancreas, pituitary, adrenal and thyroid glands. Symplex F, for women, adds ovarian extracts and Symplex M, adds the complimentary support for men. Think of these like a foundational support for the endocrine system.