

ARE NUTRITIONAL SUPPLEMENTS NECESSARY?

When I had finished my medical training, I believed humans could obtain all the nutrients they needed from a good diet. I did not prescribe extra vitamins or iron for infants. Consequently, my infant patients were frequently sick and most had low red blood cell counts by 9 to 12 months of age. After I started supplementing with iron, the infants raised their red counts by 20%. I was convinced of the need for iron, but not other supplements.

A patient once challenged me to give vitamins to children to prevent colds and other infections, so I did an experiment of dosing all of my patients with ten times the RDA of vitamin C. I had far fewer visits to my practice for colds, sore throats, bronchitis, and pneumonia that winter season. I did not see my frequent visitors and thought they must have left the practice. To my surprise, they all showed up the next summer for their annual physical examinations. I asked the parents where had they been all winter and they all pretty much said the same thing, “I did what you told me, Dr. LaCava, and gave my children the vitamin C and they had far fewer colds last winter.” So I became a believer in vitamin C! I did a similar experiment with B vitamins and found the children’s moods improved. When I added sufficient magnesium, the children’s bowel movements improved. About this time, the New England Journal of Medicine came out with an article proving that extra vitamin A prevented many complications from viral infections.

Now, after years of giving patients nutritional supplements routinely with good results and almost zero adverse consequences, I listened to a lecture by scholars of [Paleolithic Nutrition](#). They explained that our ancestors evolved over tens of thousands of years eating organic, natural foods, free of grains, dairy, and processed foods. They were so physically active that both males and females needed twice the calories as modern humans to give them the needed energy. Consequently, their genes adapted over tens of thousands of years to this large quantity of natural foods and modern man is genetically almost identical to primitive humans. Therefore, one can see that modern humans eating

half the calories could not possibly obtain enough nutrients from an excellent, diversified, fresh 100% organic food diet. If one then considers that much of our modern food is nutrient-poor and grown on inadequately fertilized land, worn out after years of farming, is processed, partitioned and contaminated with chemical preservatives one can see that the need for added nutrition in the form of supplements is greatly magnified. In the late 1990's, the US Government Office of Technology Assessment did a study of American citizens and found over 95% had at least one mineral deficiency. My tests ([Spectracell Laboratories](#)) confirm this and often show as many as 3 to 4 mineral deficiencies in people who do not take a multi-mineral supplement.

Whereas it is my goal to help everyone to be free of disease and remain healthy. I require all my patients to take a high potency multi-vitamin multi-mineral as a bare minimum to preserve health.

N. Thomas LaCava, MD