

IS SUPER-SUPPLEMENTATION NECESSARY?

It has been testified and proven that nearly all patients need supplemental vitamins, minerals, ω 3- ω 6- ω 9 essential fatty acids, and vitamin D. However, do people need to take handfuls of multiple, specialty designer nutrients to overcome disease and prevent relapse? There are several considerations.

One reason is that everyone's genetics are different and consequently so are their nutrient requirements. Some people need a high mammal diet, others a high fish diet, others low carbohydrate, and still others a high vegetable or fruit diet. Not only does everyone need basic nutritional supplementation; but many people, because of different genetic makeup, need extra (or reduced) amounts of special "designer" nutrients to balance the body chemistry. Consequently, individualized biochemical nutritional dosing, perhaps determined by certain tests like urinary organic acids ([Metametrix Clinical Laboratory](#)), is necessary for many people to achieve optimal health. The genetic makeup may require that these supplements be taken lifelong for a long and healthy life.

Another reason super-supplementation may be necessary is due to environmental pollution. You have heard that millions of patients of autistic children around the world observed the onset of their child's disease after being immunized with vaccines containing the toxins of mercury and aluminum. Mercury and aluminum are known neurotoxins. Moreover, coal-burning industrial furnaces produce smoke heavily laden with arsenic and mercury which comes back to earth in the form of precipitation to contaminate the food-producing earth and waterways. Lead had been added to gasoline for 100 years, but has recently been removed because Dr. Herbert Needleman did the research to show that low levels of lead contamination adversely affect children's neurological development.

Automobile exhausts, factories, and businesses release multiple chemicals in their operations which also contaminate the air, water, and earth. Homeowners pesticide their lawns, farmers aerial pesticide their crops and much of this biological poison runs off into

the streams and eventually to the oceans. All this toxic pollution eventually gets into our food supply. No wonder governments are now warning about the dangers of frequent fish consumption! In our society, we are using fewer natural materials and more synthetic ones, especially various forms of plastic. These synthetics outgas toxic chemicals or are improperly disposed to further pollute the environment.

When these environmental pollutants, which are biological poisons, get into our bodies through the air, water, and food, they have to be detoxified and removed so as to prevent bodily harm. This process of detoxification and removal requires enhanced metabolism and additional nutrients (enzymatic cofactors) which get used up in the process. Therefore, our very polluted world may require us to take super-supplementation of certain nutrients – such as detoxification nutrients – to recover health and prevent relapse of disease.

The holistic preventive medical model of medical care has tests to determine which extra nutrients are necessary in selected disease states and a large database of special nutritional supplements from which to choose. Most patients treated with this model experience remarkable improvements in disease states previously believed to be untreatable or treatable partially only by drug therapy.