



Tips for Natural Supplementation

Supplements can be beneficial for general wellness, anti-aging benefits, and for treatment of specific medical conditions such as high cholesterol, high blood pressure and metabolic syndrome.

We carry brands which are pharmaceutical grade, and of high bioavailability (>90%). The lines we carry have undergone extra testing to assess content/purity/absorption of supplements. Unfortunately, most vitamin stores sell food grade quality products, which have quality oversight similar to that of a potato chip.

General Wellness and Prevention

Multivitamins

Multivitamins can be useful to augment a healthy diet, and are especially useful for those who are on the go and may not get the micronutrients they need daily. They provide extra B complex and trace minerals that may often be lacking in our foods that are more nutrient deplete today, due to nutrient deplete soil. We recommend Thorne Multivitamins including:

Nutrafem for women under 40

Metafem for women over 40

Basic Nutrients for men under 40

Al's formula for men over 40

Omega-3

Fish oil is important for maintaining healthy neurological health, skin and cardiovascular health. I recommend a minimum of 2 grams a day for general wellness, and higher doses for patients that have elevated triglycerides, metabolic syndrome, diabetes or depression. We recommend Lifeguard Flex fish oil due to its higher concentration of EPA and DHA.

Vitamin D

Vitamin D can be found in many dairy products, but at low levels. A multivitamin may provide adequate D, but if you get minimal sun exposure, you will likely need more. Have your Vitamin D level checked, and optimize the 25-hydroxyvitamin D to 50 or higher if needed. This is done through a blood test. Vitamin D has numerous benefits beyond bone density. Reduction of colon, breast and prostate cancer has been noted in recent trials. Reduction in seasonal affective disorder, and viral infections has also been found with optimized levels.

Anti-Oxidants

Vitamin C 500 to 1000 mg/day, Vitamin E 400 IU/day, ALA 200mg day, Co-Q10 100mg/day are important to consider particularly for anti-aging and for reducing inflammation.

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High Cholesterol/hyperlipidemia

Diet and appropriate weight (body mass index <25) are tantamount, but occasionally supplements or Rx may be necessary to further lower cholesterol and other lipids in your blood. LDL can be lowered naturally with Niacin, Red Rice Yeast extract (Cholest), and Policosonal. Triglycerides can be lowered with fish oil. CRP a inflammatory marker for heart disease can be lowered with antioxidant supplementation, and high antioxidant foods such as Blueberries, Acai, Pomegranate.

High Blood Pressure

If overweight, one can typically reduce blood pressure 1 point for every 2.2 lbs loss. Regular exercise also helps your vessels relax more effectively, and is a natural stress reducer further improving your blood pressure and wellness. Eat a diet low in saturated fats, with less and healthier whole grain carbs (low glycemic index), reduce salt intake, and eat plenty of fish and colorful veggies to improve further. Supplements can be added to complement a healthy diet and exercise to further optimize your blood pressure. Dr. Grover can make recommendations on which regiment is best for you. Co-Q10 100 mg+, sustained release L-Arginine (Perfusia) and fish oil (Super EPA) have been shown to improve blood pressure. When blood pressure is not improving or is particularly high (>150/100), a prescription medication is recommended. Conditions such as diabetes or a pre-existing history of heart disease benefit from prescription in addition to supplements. Like a scale, everyone should own a blood pressure cuff, and aim for a resting blood pressure in the 120/70's. Keep a log to review with your doc.

Overweight/Obesity

This is a growing epidemic in our country especially amongst our youth. Daily exercise for a minimum of 30 minutes, with resistance training is recommended to help prevent weight gain. Eating more whole grain foods, healthy proteins in a Mediterranean style diet is best. Low-glycemic index food-guides are useful to help you pick foods that are less likely to be metabolized to fat. Most adults do well with 2000 calories a day or less, unless they are Michael Phelps or Lance Armstrong. Consider doing a food diary for a few days to see where you are at, and keep a log of your exercise. Fitday.com is a nice free calorie counting site. Supplements that can help with improving your metabolic rate include Green Tea, Chromium, and Resveratrol. We carry concentrated green tea by Pure, Chromium by Thorne, and high dose Resveratrol by Life Extension. Dr. Grover can perform metabolic testing, body composition testing and is available for consultation to help you with an ideal weight loss program. Medical foods for weight loss are also available by Metagenics.

Nutritional Testing and counseling for optimal supplementation

Dr. Grover offers advanced testing for nutritional deficiencies, and functional deficiencies. These are performed by Spectracell, Genova, Quest and Labcorp. Please book a consultation with him to discuss in detail. Genetic testing for disease risks by DeCode are also available. Learn more at revolutionarymd.com.

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