



# *Vitamins: The Top Ten*

*by Dr. Kelly J. Gibas*



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## The Top 10 Supplements

Help! What Vitamins Do I Need?

With the scare of H1N1, it's good to be reminded that the best immune protection starts from the inside - out. I've dedicated this newsletter to the most powerful supplements for immune health. Although there are hundreds of possible vitamin combinations, I have narrowed the list down to the "Top 10."

*Rule #1 in supplementation...*

do not trust the claim of the "wonder multi-everything capsules!" If it sounds too good to be true, it usually is! It's extremely difficult to combine multiple vitamins, minerals, amino acids, polyphenols, antioxidants, and bioflavonoids all into one capsule without losing the effectiveness of each ingredient. ***Trust me, it's worth the investment to purchase each supplement separately.*** Yes, you'll be swallowing more capsules, but you'll be confident that you're assimilating the benefits of each one. Inevitably, there will be many, many supplements that do not make my Top 10 List.

That's OK! Keep taking what works for your body. But, consider adding these 10 if they're not in your cabinet.

*"The Top 10 ..."*

My intention is to give you an overview of 10 of the most biologically healing supplements for longevity, immunity, metabolic health, cancer protection and restored health...

### 1. **Vitamin D3**

(5000 iu/day)

(Diabetics...up to 8500 iu/day)

Vitamin D3 prevents gene mutation & it helps repair gene damage. It reduces cancer risk by suppressing the growth of cancer cells and it blocks the signals that stimulate cancer growth. D3 also enhances the signals that inhibit cancer cell growth; it literally alters the gene regulators in the cell cycle. D3 has also been proven to prevent mutated cells from becoming malignant and induce cancer cell death (apoptosis!) Aside from the anti-cancer benefits, D3 improves bone integrity, supports immune health, lowers blood pressure, improves insulin sensitivity and cardiovascular health. (Even the medical community is advocating D3 for the fight against H1N1.)

### 2. **Resveratrol**

(250-500 mg/day)

Resveratrol is a polyphenol compound found in red grapes, wine and plant foods. It is powerful in cancer prevention & heart health; it also prevents the brain from being damaged by free radicals. Resveratrol drastically reduces the risk for age related diseases such as inflammation, obesity & diabetes. It has the unique capability of preventing damage to cells as well as preventing cancer by causing appropriate cell death.

### 3. **EGCG, green tea extract**

(50-100 mg/day)

Epigallocatechin-3-gallate (EGCG) is the most powerful polyphenol in green tea. It suppresses the growth and reproduction of cancer cells, it delays the appearance of tumors, it cuts off the blood supply needed for tumor growth, and it increases apoptosis (programmed cell death in cancer cells.) ***As an antioxidant, EGCG is 100 times more potent than vitamin C or E!***



## GLA, AA, EPA & DHA...

### 4. **Fish Oil (omega 3's)**

(1800mg of EPA/day)

Fish oil seems to do it all! New studies are revealing the powerful anti-cancer properties of fish oil's essential fatty acids, EPA & DHA. People with the highest levels of EPA have a 49% overall decreased risk of cancer! Women, with the highest levels of DHA in their breast tissue, had a 69% decreased risk of developing breast cancer. (Have you had your blood spot fatty acid test yet? Find out your EPA & DHA levels!) Fish oil is also unmatched in its ability to lower cholesterol, reduce the risk of age related macular degeneration of the eye, protect from auto-immune disorders like arthritis, and prevent heart attacks & strokes.

### 5. **GLA** (Gamma Linolenic Acid)

(Borage Oil, 1000-4000mg/day)

GLA is an omega 6 essential fatty acid. It has powerful anti-inflammatory properties and is essential in the prevention of degenerative diseases, when it is taken in conjunction with fish oil. It's found in borage oil, evening primrose oil or black currant oil. Borage oil is the most potent source of naturally occurring GLA. Many people who supplement with fish oil (omega 3) exhibit low GLA on a blood spot fatty acid test. The EPA in fish oil actually has an enzyme reaction which can block the body from making GLA. This same enzyme type reaction of EPA also blocks the formation of AA, which is a dangerous fatty acid implicated in cancer, strokes and heart attacks. People taking high dose, liquid fish oil should also be supplementing with GLA, or borage oil capsules.

***Do not take GLA unless you are also supplementing with fish oil; GLA will convert to AA without adequate levels of EPA!***

## Leaky Gut?

### 6. **Probiotics**

(1-3 capsules/day with meals)

Probiotics are the beneficial bacteria of the digestive tract. Probiotics restore proper balance, assist proper digestion & prevent yeast overgrowth within the digestive tract.

The digestive system is our first line of defense in the body's immune response; a healthy gut is extremely important to overall wellness! Probiotics are a healing agent to the lining of the digestive system.

### 7. **Digestive Enzymes**

Again, a healthy gut is your first line of immune defense! A sluggish digestion has an effect on your entire body. It can make you feel listless, tired and bloated, with the increased possibility of causing more serious auto-immune problems. When food is not digested completely, protein molecules can escape through the small intestine into the blood stream. The immune system does not recognize these escaped proteins, which have leaked from the gut (leaky gut), and an auto-immune reaction can occur. The body starts to fight against itself, the result can be devastating conditions such as arthritis, lupus, psoriasis and/or severe systemic inflammation. Most people do not understand that these degenerative conditions originate within the gut.



### 8. **Magnesium**

(200-1200mg/day)

Magnesium supplementation should be *at least twice as much as calcium*. For calcium to be effective, it must be taken with magnesium. Magnesium's benefits include: reversing osteoporosis, slowing bone loss, preventing heart attacks, relieving migraines, insomnia, depression, constipation, chronic fatigue, gallstones, leg cramps and regulating blood sugar in diabetics/pre-diabetics.

### 9. **Quercetin**

(200-400 mg/day)

Quercetin is a photochemical that's part of the coloring found in the skins of apples and red onions. It is a very powerful antioxidant. It's also a natural anti-histamine, and anti-inflammatory. Quercetin's action can help relieve allergic and asthma symptoms. The anti-inflammatory properties can also help reduce pain from disorders such as arthritis. It is also known to help fatigue, depression and anxiety.

## **Remember your B-12**

### 10. **B-Complex/ B-12 (sublingual)**

The B vitamins need to be taken together as a complex. B vitamins are a key to the proper functioning of the body's energy production, cellular function, chemical reactions, fight with infection, and protection against disease. B-12 is crucial for energy production & blood cell health. *B-12 must be taken sublingually for proper absorption. Other key supplements for special populations include: apple pectin fiber for acne and clearance of estrogen; progesterone cream for estrogen dominance, GTF chromium for high blood sugar, zinc & vitamin C to protect from viruses, Kelp for low thyroid and SAME to help break sugar addiction.*

***“Chance favors the prepared body!”***

*... Louis Pasteur*