

Criteria to Select the Right Supplements

Let's learn what supplements you should avoid because they are unsafe, don't get absorbed, don't have any proven health benefits and are guaranteed to impair your health and waste your money, and which ones you should select.

The most important criteria when selecting a nutritional supplement:

1. Is the Supplement Safe to Take?

Supplements are simply an encapsulated group of ingredients taken from plants or created in a laboratory. Inside the capsule can be many harmful substances – both immediate hazards and accumulative ones. For years, the FDA (who else) advanced the argument that vitamin supplements and herbal products are unsafe but facts and statistics show clearly that fewer deaths are caused by dietary supplements than by air fresheners (LMAO). It pays to further state that NOT a single death has been reported of an adverse reaction or unintended cause from the consumption of dietary supplements. Reports show that every decade an average of 14 UNINTENTIONAL deaths occur due to the use of supplements (accidental infant poisonings) versus the annual (not decade) + 110,000 deaths caused by simply taking pharmaceutical drugs. Yes, they kill with a vengeance.

Considering that almost 50% of Americans consume one or more supplements, daily, for an annual consumption of over 50 billion USD, this is a safety record without equal. However, as I'll explain later, most of these supplements are scams and do rob essential nutrients from our body while they should add them. There are few regulations regarding this whole business of supplements, but the better and more responsible companies and manufacturers voluntarily acquire the necessary licenses and accreditations to prove their commitment and show us they have superior products.

In the U.S. the manufacturer is responsible for determining that the supplements it produces are safe and that any claims made about the product are substantiated. However, the burden of proof for unsafe products and false or misleading labeling lies entirely with the FDA. Of course, this agency has chosen so far NOT to invoke this authority. Consequently, there are no current U.S. regulations that enforce minimum standards of practice, no requirements for pre-market approval, no post-market surveillance, no product licensing, and no site licensing for the manufacturing of supplements. Current reference standards are completely VOLUNTARY. This lack of regulatory oversight has

created a market open to abuse, false and misleading marketing and labeling, misinterpretation, unsafe products, and less than optimal products.

So, buyers be aware.

The real issue with supplements becomes the way the final product is manufactured. Purity, potency, identity, safety, and quality control are of utmost importance if you plan to take a supplement on a daily basis.

Check the source of the ingredients since many herbs from China and other regions in the world may be contaminated. In commercial cultivation, organo-chlorine pesticides and other toxins are often used. Make sure the supplements or products you consume are TESTED for contamination.

It's also a fact that with the majority of supplements the label does not match the content. That's a scary fact. If what's on the label is not in the bottle, what is then? The best way to assure a safe product is to verify in what type of laboratory the product is manufactured and what licenses and accreditations that laboratory has. Look for GMP (Good Manufacturing Practices) standards, manufacturing regulatory compliance and uncompromising operational practices.

I personally look for the following, among other:

- ✓ cGMP's (certified GMP) for nutritional supplements in accordance with USP.
- ✓ Registration with NSF International as a GMP manufacturing facility.
- ✓ ISO certification and ISO/IEC accreditation of in-house laboratories.
- ✓ Veri-Match electronic label match to ensure content accuracy.
- ✓ Certificate of Analysis which verifies that a third party takes a sample of the product and compares it to the original.
- ✓ VCP (Vendor Certification Program) to ensure raw material quality.
- ✓ FDA audit compliant.
- ✓ Approved facility to produce Certified Organic products.
- ✓ Published research / scientific studies.

2. Is the Supplement Absorbed?

Supplements (as well as food) travel from the stomach to the intestines, to the bloodstream and to their destination – if everything goes right. There is a lot that can go wrong. Evaluate your supplements, their delivery 'vehicle' or technology, and make sure you're not wasting your money on supplements that have poor absorption. The ingredients in your supplement need to be

organic whole foods or natural ingredients. Synthetically derived vitamins, minerals and other nutrients have a very poor absorption rate because our body does NOT recognize them. When our body doesn't recognize man-made substances, it needs to utilize its own resources such as vitamins, minerals and other essential nutrients to break those man-made ones down.

THAT'S WHY THE CONSUMPTION OF THE MAJORITY OF SUPPLEMENTS ON THE MARKET RESULTS IN A NEGATIVE NUTRIENT BALANCE.

It's a sad fact. People are trying to be healthier and recognize the importance of supplements, and when they purchase these supplements, they don't realize they rob the body from essential nutrients. Most of these supplements impair health, not promote health. Most manufacturers use man-made, synthetic ingredients in their supplements. For example, many manufacturers use metallic minerals in their supplements because they are cheaper than their natural counterparts. These metallic minerals have an absorption rate of ONLY 8%. What a waste. Not only do we have a very poor absorption, but our body also utilizes more nutrients in the digestive efforts of these metallic minerals than they produce. We end up with a negative nutrient balance. It's more healthful to flush these supplements than swallowing them. Minerals derived from plants on the other hand are absorbed by our body for almost 100%.

Disintegration is another aspect we need to pay close attention to and is one of the most basic quality control parameters in the supplement market today. If a tablet, pill, or capsule cannot disintegrate, the individual nutrients within it are unable to dissolve into the intestinal fluids and thus unable to be absorbed by the body. Hence nurses often call supplements 'bed pan bullets.'

The 'vehicle' of a supplement or product refers to the medium in which the ingredients or nutrients are carried. Good 'vehicles' have health benefits themselves, optimize and synergize the nutrients, and facilitate the absorption of these nutrients. A 'good' vehicle is crucial since it is responsible for bringing the nutrients to their final destination: the cells. Aloe vera (the inner gel and not the outer rind) for example is commonly used as a 'vehicle' in natural supplements. Aloe vera contains over 75 nutrients and 200 active compounds, including 20 minerals, 18 amino-acids, and 12 vitamins. Aloe itself has multiple health benefits and optimizes the absorption of other natural nutrients.

3. Are There Proven Health Benefits?

This is a matter of potency and identity. Companies will promote superior ingredients, liquid vitamins being better than capsules, capsules being better

than tablets, etc. Don't be distracted by the hype! Bottom line – Are there proven health benefits from taking the supplements? Be aware that there is a difference between proven ingredients and a proven product and isolate a good nutrition company as a consumer.

Many companies will brag about the ingredients of their product and use reports, research and claims made regarding these ingredients. BE AWARE though! Often, their product contains a cheap rip-off of that original, natural, beneficial ingredient OR their ingredients are not plant derived or not authenticated. In other words: they don't work.

Make sure the ingredients are all natural and organic, and come from parts all over the world where they are originally grown. The organic foods or ingredients must come directly from the pristine areas where these plants and foods ORIGINALLY grow. Many natural foods, plants and herbs are cultivated in areas other than the original one. The soil and climate are usually different, and this alters the properties of the food, plant or herb.

Furthermore, it's important to know that certain constituents of foods and plants, which carry the beneficial health properties are ONLY found in certain parts of that food or plant. For example, the beneficial properties of Aloe vera are found in the nutritious inner gel of this cactus-like species and not in the outer rind of the leaf which is commonly used to scam the public.

And there is more to know. The maturation stage of each food, plant or herb also dictates its properties. A great example is South African Hoodia which is known to be a potent, all-natural appetite suppressant. This plant grows in the South African desert and matures in 5 to 7 years at which age it contains the P57 molecule that carries the appetite curbing properties. In short, for the Hoodia to be effective, origin and maturity need to be authenticated. Unfortunately, most Hoodia sold on the market today is not from the South African desert and is prematurely picked.

4. Optimal Dosage

The Food and Nutrition Board of the Institute of Medicine, US National Academy of Sciences, has been setting national standards for nutrient intake for over 80 years. These standards are collectively known as Recommended Dietary Allowances (RDA's). The RDA's were developed during WWII to establish baselines for nutrient intake. These baselines were to provide guidance for the development of wartime rationing measures among the armed forces and civilians. Therefore, these RDA's represent the absolute minimum requirements to avoid sickness and disease associated with acute

nutritional deficiencies. The RDAs were NOT designed to address the levels of nutrient intake required for OPTIMAL health. These standards represent the dietary and lifestyle choices of the sick, unhealthy, bald, and fatigued.

Pressure from government and pharmaceutical lobbyists has kept these dangerously low levels of nutrient intake current. Advances in nutritional science have led to the attempt to determine optimal levels of nutrient intake as a means of preventing degenerative disease. The Dietary Reference Intakes (DRI's) are a step in the right direction but still fall short of optimal levels. As far as I'm concerned, one can never have enough essential nutrients. Vitamins, minerals, enzymes, and other nutrients derived from nature are the fuel for our body and mind. Each one of our trillions of cells uses these essential nutrients and converts them into energy. As established multiple times in this book already, we need lots of energy to maintain normal metabolism and continue to effectively eliminate toxins from our body in order to avoid toxemia, the cause of all diseases.

It certainly would be recommended to have an energy reserve also, in times when extra expenditure may be necessary, e.g., to fight a pathogen or cold, or to overcome extra physical or mental work, or to compensate for lack of rest and sleep, or to deal with an episode of overstimulation and overindulgences.

In short, besides living clean and consuming whole foods, one should supplement with optimal doses of essential nutrients. Be aware that these optimal doses are much higher than any RDA's or DRI's. A good friend of mine called me up not too long ago and asked if it's dangerous to have too much vitamin B12 because her blood test showed that her levels were far above the range. Conventional doctors would recommend discontinuing supplementation because of such test results. Again, they do not know much about health and only pursue a useless understanding of pathology, which doesn't even exist. I informed my friend that there can't be enough of a good thing, and even if the body wouldn't have any use for it, no harm is done. Now, I believe the body has use for it and if not immediate, the body will convert the nutrients into energy and build an energy reserve.

All the standards designed to interpret lab results are man-made and are not scientifically valid. They are based on bare minimums to survive, not on achieving health. I never get a test done, and I never will... they are just useless and harmful for the healthy. However, they may save the life of someone who was almost dead anyway. High-dose or better 'optimal' dose supplementing is very beneficial, but only if implemented long-term and consistently. It's not about trying to 'cure' symptoms, but about preventing toxemia, being in optimal health and lowering your biological age.

5. Completeness

A huge flaw of the pharmaceutical companies is that the objective of their clinical trials is to evaluate a single biochemical nutrient for its therapeutic effect on a particular disease or symptom. Once that measurable effect has been established, the drug can be patented and sold to the misinformed public. Billions of dollars are made at the expense of the health of our children, ourselves and our pets. The fact simply remains that isolating and testing a single nutrient or compound may make for good science in a test tube but is not valid and realistic when dealing with a complex biological system such as the human body and mind. Our body simply doesn't rely on a single nutrient to prevent or treat disease.

First, there is no disease, only symptoms and symptoms are attempts of the body to regain optimal health. The body does NOT need any interference. Instead, our body uses the synergistic powers that exist between a wide variety of ONLY natural, essential nutrients. Humans (and animals) require a full range of essential, natural nutrients in a properly balanced and optimal amount to support optimal health.

6. Rating Criteria & Scientific Research

Besides the criteria to ensure a safe supplement, we must look at other criteria such as completeness, potency, mineral forms, bioactivity of the ingredients, the type of ingredients (natural versus synthetic), the identity of the ingredients, the source of the ingredients, the antioxidant support, the degree in which the supplement supports bone health, cardiovascular health, liver health, metabolic health, ocular health, elimination of toxins, inflammation control, anti-aging, bioflavonoid profile, phenolic profile; and the absence of potential toxicities (vitamin A and iron).

Ask if the company has conducted any scientific research and make sure they do not simply use research papers that was done on their ingredients. Confirm that the research was on their PRODUCT and was done by a third party and published. What do the results show regarding the rating criteria?