

# DAILY

## S U P P L E M E N T S

*As per Dr. Betty Kamen  
If you prefer a more  
natural supplementation  
through your Diet.  
Page 2*

**Don't Forget Your  
Minerals**  
*Vitamins are never complete  
without minerals to back them  
up  
Page 3*

**Hormone Balance**  
*at a Glance.  
This reference is a health  
overview  
Page 3*

**What to Avoid**  
*as per Dr. John Lee and  
Dr. Betty Kamen  
Page 4*

### AS PER DR. JOHN R. LEE, M.D.

Daily Diet - low protein with leafy greens, legumes and whole grains emphasized : Avoid all sodas and limit alcohol

Here is a list of Vitamins and Minerals as suggested by Dr. Lee

Vitamin D	400 IU daily
Vitamin C	200 milligrams daily in divided doses
Vitamin E	800 IU daily
Beta-carotene	15 milligrams daily
Vitamin B6	50 milligrams daily
Zinc	30 milligrams daily
Magnesium	500 milligrams daily
Calcium	1000 milligrams daily most through diet

Progesterone Cream As Directed

Estrogen - If not included in Progesterone Cream  
0.3 to 0.625 milligrams through your own doctor

Exercise- 20 minutes daily

Exercise that brings out a little sweat builds bones better than light exercise. Find something that is fun to do.

Brisk walking is GREAT. Swimming is good for those who have mobility problems.



#### Take Control

*As we sail through life we  
can control our health in  
many ways.*

*Diet with necessary  
Supplement for Optimum  
Health  
Exercise  
Lifestyle  
Sleep*



# SUPPLEMENTATION

As Per Dr. Betty Kamen:

## Progesterone Cream

“The Miracle  
Cream”

1/2 teaspoon twice  
daily for normal usage

Anyone with  
Osteoporosis or  
pain such as Arthritis  
may use as much as 4-  
5 times that daily  
amount.

## Vitamin D for Bones

Good Health comes  
from Good Food  
sources.

Emulsified Cod  
Liver Oil, egg yolks,

certain fish and butter.  
or good old fashion  
Sun 30-60 minutes  
daily will provide Vi-  
tamin D

## Vitamin C

Esterified Form -  
start with small incre-  
ments of 100, 250, or  
even 500 milligrams  
daily and stay in tuned  
to your stomach and  
how it reacts accord-  
ing to the tolerance  
level. Ideally 1000 mil-  
ligrams daily. Because  
of my own respiratory  
problems from child-  
hood I take 6,000 to  
7,000 milligrams daily.

Vitamin A and Beta  
Carotene - 25,000 IU  
per day is a reasonable  
supplement. My per-  
sonal approach is fresh  
organic carrots to-  
gether with sprouts as  
a basic snack. I save  
the supplemental use  
when I can not get the  
carrots and sprouts  
daily.

Vitamin E - 1200-  
1600 IU daily

Sprouted wheat  
berries are great in  
salads and chock full  
of natural vitamin E.  
Also they have a high  
fiber content

# SUPPLEMENTATION

## Silicon -

found in Grains - Oats, Barley and Brown Rice also many fruits and vegetables - The herb equisetum known as horsetail is a good source of Silicon and comes in a tea.

## Boron -

Alfalfa and Kelp are good sources of Boron. Also spinach and snap beans - Although large quantities would have to be consumed. One should take 3 milligrams daily of Boron.

## Magnesium -

Morning eggs and sprouted lentils are a good supplement also liver, leafy green, whole

grains, legumes, seeds, almonds, blackeyed peas, curry and mustard powder. Percentage compared to Calcium - 20 percent calcium to 0.1 percent Magnesium.

## Potassium -

Impossible to get all of your Potassium from food although dulse, a seaweed is better than the bananas eaten. Parsley, Spinach and Asparagus are good supplements as well. Recommendation is the liquid tonic preparations that have small amounts of various herbs and other whole food based nutrients, mixed with potassium. Found in most health food stores.

## Chromium -

Since chromium improves glucose tolerance and makes insulin more effective, this mineral is an excellent addition for the supplement user.

@00 micrograms daily in the niacin-bound form (chromium polynicotinate.)

## Zinc -

Oysters are rich in Zinc or as a supplement 15-30 milligrams daily.

These recommendation are from the author of Home Replacement Therapy Yes or No

By Dr. Betty Kamen



# SUPPLEMENTATION

## Hormone Balance at a Glance

1. Quit Smoking
  2. Alcohol 2 drinks  
a day or less
  3. Eat whole fresh  
foods and avoid proc-  
essed foods
  4. Drink plenty of  
water - no sodas
  5. Fat consumption  
to 20 to 25 percent of  
calorie intake
  6. Use olive oil
  7. Eat a plant based  
diet fresh vegetables,  
whole grains, leg-  
umes (beans), nuts and  
fruits.
  8. Small portions of  
meat (beef, pork,  
chicken) not more  
than 2-3 times a week.
  9. Modest servings  
of eggs, yogurt, deep  
sea cold water ocean  
fish - 4 to 5 times a  
week.
  10. Antioxidant vi-  
tamins and a good  
multivitamin daily.
  11. Moderate exer-  
cise preferably every  
day, but at least 3  
times a week.
  12. Eat fiber to keep  
digestion working well,  
acidophilus may be  
used if necessary.
  13. Use  
Progesterone  
Cream to balance  
Hormones
- Of course we  
recommend the  
very Best  
progesterone Cream  
“Miracle Cream.”

## SUPPLEMENTATION

What do Dr.  
John R. Lee and  
Dr. Betty Kamen  
state when it comes  
to AVOID!

Avoid Doctors  
who want to put  
you on synthetic  
HRT or take out  
your uterus without  
trying natural, non  
invasive options  
with No Side Ef-  
fects