

## **My Top 5 Essential Supplements for Men, Women & Children**

by

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*In an ideal world all the vitamins and minerals our bodies need would be obtained from our diet, but intensive farming, food refining and processing have resulted in a significant loss of nutrients from our food. Stress and exposure to pollution further increase our need for nutrients. Throw in cold, damp weather, coughs and flu, and the dreaded C virus word, and it's clear that we could all benefit from some extra support and fortification.*

*Here below are the top 5 essential dietary supplements for men, women and children that I prescribe in my clinic for general health and maintenance throughout autumn and winter.*

### **Multi-vitamins and Minerals: A rainbow of benefits**

The human body requires a broad range of nutrients for its structure and optimum performance. A quality multi-vitamin and mineral supplement can play an important role when our nutritional requirements are not met through diet alone, and when we need extra support. A good multi can help to:

- Balance our hormones
- Enhance our immune system
- Minimise any dietary deficiencies
- Produce energy
- Protect against premature ageing
- Support our overall health

In clinic I recommend a comprehensive formula that contains the active, preferred forms of vitamins and minerals for their maximum absorption and efficacy. Formulations are also prescribed according to the individual and specific needs of men, women and children.

### **Probiotics: The friendly bacteria**

As nutritional therapists we are trained to focus initially on the digestive system as it is, literally, the central hub of the body. Importantly, 70-80% of the whole body's immune system is held there. The gut is also referred to as the 'second brain' in that there is a strong link between beneficial intestinal flora – the 'friendly bacteria' – and positive mental health. Probiotics have a multitude of health benefits, including:

- Immune system support (to fight / prevent infection and reduce inflammation)
- Improved mental health e.g. anxiety, depression, stress, autism, OCD, and memory
- Inhibition of disease-causing moulds, yeast and fungi
- Mitigation of the adverse effects of antibiotics – past and present
- Optimised digestive function e.g. toxin elimination and mineral absorption
- Promote heart health by reducing 'bad' LDL cholesterol and high blood pressure

In clinic I typically recommend a blend of natural soil-based organisms (SBOs) enhanced with additional strains of beneficial bacterial cultures. A chewable berry-flavoured version for children is also available.

### **Essential Fatty Acids: The good fats**

The human body is a fantastic biochemical factory that is able to make complex molecules from humble beginnings. Essential Fatty Acids (EFAs), however, are necessary fats that cannot be made by the body, and therefore must be obtained from our diet. Most of us, however, are not getting the therapeutic dosage our bodies require for our optimum wellbeing. Further info on EFAs can be found here: <https://nutrilifeclinic.com/resources-%26-articles>

EFAs have myriad health benefits, including:

- Breakdown and transport of cholesterol
- Development and function of the brain and nervous system
- Formation of healthy cell membranes
- Healthy hair, skin and eyes
- Hormone production
- Proper thyroid and adrenal activity
- Regulation of blood pressure, blood clotting and liver function
- Regulation of immune system and inflammatory responses

I usually recommend a quality krill oil supplement in clinic for adults as research indicates that it is better utilised by the body than fish oil, plus it has increased health benefits. A chewable fruit-flavoured essential fatty acid supplement is suggested for children.

### **Vitamin C: Charge up your health**

Vitamin C is an essential vitamin that plays many important roles within our body, including:

- Antioxidant activity to help protect cells from free radical damage and premature ageing
- Energy production to reduce tiredness and fatigue
- Formation of collagen for healthy skin, blood vessels, bones, teeth and gums
- Normal functioning of our nervous and immune systems

Vitamin C is only stored in our bodies for approximately 4 hours, and it is further depleted by heat, pollution, and stress. I consequently recommend a high-potency, time-release vitamin C formula in clinic.

### **Vitamin D: D-fence for your body**

Vitamin D is essential for numerous functions in the body, and ongoing research is highlighting more and more health benefits over time. Evidence suggests that vitamin D can help:

- Inhibit the growth of cancer cells
- Maintain healthy bones, teeth and muscles
- Normalise high blood pressure
- Prevent diabetes
- Reduce the incidence of heart attacks, rheumatoid arthritis and multiple sclerosis
- Regulate our immune system to fight infection and reduce inflammation

Often described as the 'sunshine vitamin', vitamin D is made when our skin is exposed to sunlight. Inclement weather and modern lifestyles, however, mean that most of us have insufficient levels of this vital nutrient within our bodies. Indeed, Public Health England now recommend that everyone in the UK take vitamin D supplements in the autumn and winter.

There are various vitamin D products on the market, but I personally prescribe a supplement containing cholecalciferol (D3), which is the body's preferred form of vitamin D. A lemony chewable version for children is available.

## **Disclaimer**

Supplements are not a substitute for a varied diet and a healthy lifestyle. Any statements about the possible health benefits derived from dietary supplements are for informational and educational purposes only. No products mentioned are intended to diagnose, treat, cure or prevent any disease. Results may vary amongst individuals. Janine Fahri and / or NutriLife Clinic are not responsible nor liable for any damages arising out of any of the information provided herein.

**In the event of specific health concerns or if you are currently taking medication, supplements or any herbal products, please book a consultation with me for professional advice tailored to suit your individual needs.**

## **How To Order Your Essential Supplements**

The dietary supplements I recommend in Clinic are based on their quality, efficacy, and value for money.

I am an independent health practitioner with no affiliation with any one company or product; I therefore do not promote, endorse or advertise supplement brands in the public domain.

If you would like to order my personal recommendations for the products listed or if you would like expert advice tailored to suit your individual needs, please call me on [+44 \(0\)7956 848 002](tel:+4407956848002) or e-mail me at [info@nutrilifeclinic.com](mailto:info@nutrilifeclinic.com)

*Best wishes,*

Janine

## **ABOUT THE AUTHOR**

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Founder of NutriLife Clinic in Central London, Janine Fahri is a leading nutrition and lifestyle expert with BSc (Hons) degrees in both Psychology and Nutritional Therapy with First Class Honours. Adopting a practical and caring approach, Janine devises personal nutrition and lifestyle programmes tailored to suit individual needs. She also presents seminars to the general public and corporate sector on a variety of topics including healthy eating, anti-ageing, and stress management.

In addition to her private practice, Janine works alongside consultant neurosurgeons and their team in Harley Street, and she lectures to the medical profession on specialised subjects including inflammation, digestive dysfunction, and drug-nutrient interactions. Janine has gained an excellent reputation with Europe's eminent medical consultants and mutual referrals ensure a collaborative approach to patient care.

Janine is frequently quoted in the media as an authority on the role of nutrition in optimum health, and she regularly contributes to leading publications, including The Times, Telegraph, Daily Mail, Runner's World, Men's Health, Red, Marie Claire and ELLE magazine.

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Janine Fahri is an accredited member of the British Association for Nutrition and Lifestyle Medicine (BANT), which governs standards of professionalism in nutritional therapy. Janine is also registered with the Complementary and Natural Healthcare Council (CNHC), and she is a Senior Associate Member of the Royal Society of Medicine.