

VITAMINS

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ANTI AGEING & LASER CLINIC



When a patient asks what your feelings are on vitamins and mineral supplements, one groans inwardly as it's such a mine field of information and really today; one has to almost specialise in the science of supplements to give the correct and informed advice. Fortunately, years in pharmaceuticals gives one an advantage in answering the question.

Nutraceutical Medicine is rapidly becoming the future of medical pharmacology in the USA and around the world. For centuries, various ethnic tribes have described the healing properties from different herbs and supplements and finally the western world is waking up to the reality that doctors don't have all the answers. The RDA, recommended dietary allowance; is the estimated amount of a nutrient (or calories) per day considered necessary for the maintenance of good health. BUT importantly, the RDA does not refer to the amount of vitamins and minerals needed to treat diseased states and thus doses for treatment vary considerably. For many years pharmaceutical companies, who sponsor most trials in medicine, have had no interest to research the benefits of vitamins as they cannot patent vitamins, which occur freely in nature.

It remains difficult to adequately describe the many different chemical forms of the vitamin molecule which the body can absorb and eliminate. It's a chemistry 101 lecture in itself. But in simple terms...vitamins are either fat soluble (Vitamins A,D,E,K) and therefore "storable" in the liver or water soluble (B's and C) and the body eliminates what is not needed at that moment. Water soluble vitamins are thus non-toxic; but fat soluble vitamins can be toxic in excess amounts.

The chemical structure of a vitamin determines how much the body can absorb. A good example of this is Vitamin D. Also known as the "Sunshine Vitamin"; vitamin D is activated in the body by sunlight. Studies have shown that in countries that are overzealous in sunscreen and office work (such as Australia), people are now being shown to be deficient in Vitamin D which will have a negative effect on the brain, sleep, mood, bones, joints and skin. So the next time you reach for that vitamin D bottle, make sure it's D3!

Like Vitamin D should be in the D3 chemical structure, so too Vitamin E has 8 chemical structures in nature; Tocopherols and Tocotrienols. α -tocopherol in excess, is bad and inhibits the absorption of the good Vitamin E molecules. γ -tocopherol (gamma) is the most important Vitamin E in skin care. It is a potent anti-oxidant which destroys free radicals associated with inflammation and aging in all organs including the skin. Ensure all 8 forms of Vitamin E are present in an anti-aging supplement to protect brain, heart and skin.

Another interesting molecule which has received much attention recently is Omega Oils. The Omega's are important for brain, immune function, joints, skin hydration and hair and skin volume. But not all Omega sources are equal. We all need Omega 3, the best source of which is Krill Oil. These are tiny shrimp like crustaceans that are enjoyed by whales all over the world. Omega 6 however, is needed more by the aged for brain function and older peri-menopausal women who need omega 6 for hormone production. Thus one should take their supplements with specific disease entities in mind. While men can get away with Omega 3; women should opt for both Omega 3 and 6.



Pro-biotics...saviour of gut and mental health. . We speak of a "gut instinct" or my "stomach was in knots with anxiety"; it felt as if I'd been "punched in the belly". They've always said "the way to a man's heart is through his stomach", but did you know that in fact, the way to a healthy brain, IS thru the gut? The seat of emotion may well be in the stomach?! As science progresses we've learnt that the brain and gut express the same neuro-hormones, such as serotonin (our "happiness hormone"). The ancient art of Yoga speaks of the "Solar Plexus" chakra, honouring the life force and medically we know that the solar plexus lies behind the stomach and is the highway of the peripheral nervous system. After illness, anti-biotics, stress or diseased states which lower our immune system; the gut is deficient of our naturally occurring pro-biotics or "good bacteria". When this happens, we are prone to developing infections. This is due to opportunistic bacteria or fungi colonising the gut. It interferes with normal barrier functioning. And when we talk barrier, we are referring to skin, vagina and gut. We used to tell patients to eat yoghurt when they took anti-biotics, but in order to lengthen shelf life, most of our yoghurts today are deficient in pro-biotics due to irradiation. In conclusion, should you suffer from any of the above illnesses or compromised immune states; pro-biotics are essential.

Other anti-aging and skin specific supplements include Vitamin A for skin regeneration and vitamin C, a potent antioxidant. Zinc, collagen, biotin and silicon strengthen hair, skin and nails. They stimulate collagen, elastin and keratin formation. These "dermaceuticals" have proven scientific results, showing both their anti-oxidant and age reversing effects when taken at the correct dose and in the correct form.

So in simple terms; since most of our foods are not organic and our diets are deficient in Vitamins and Minerals, I strongly advise a good basic multivitamin to balance intake of nutrients. In addition, if a patient suffers from a particular illness or is trying to prevent aging or other inherited pathologies; one should add certain vitamins specifically designed to target that particular disease entity. Be discerning in your brand of supplements, ensuring it is of a high quality. Rather buy an expensive supplement and take it every second day than to waste your money on the "101 vitamins" in a cheap bottle!



Refine Anti-Aging and Skin Laser Clinic will soon be offering a range of premier vitamins and minerals, coupled with the expert advice of well-trained therapists who have an in depth knowledge of their products. The clinic will focus on supplements specific to skin protection and anti-aging. Feel free to pop in and review the range on offer. Yet another way in which Refine ensures a professional and comprehensive service in Anti-Aging treatments.



THERAPIST TIP OF THE MONTH:

Nicole recommends:

The unique blend of 17 Nutrients in nimueN.A.D+ have a tremendous capacity to assist in slowing down the ageing process. Cells in the body are very sensitive to inflammation and will age and die prematurely. NimueN.A.D+ Enhances the immune function, boosts energy, and skin hydration. A must in all anti-ageing regimes.



DR.'S TIP OF THE MONTH:

October is Breast Month. One in 7 women WILL experience a form of breast cancer during their lives. Breast Cancer is preventable, so have that baseline



Dr. Michelle

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