

# The Back Page

## It Pays to Take Your Vitamins

After 20 years, the American Medical Association has completely reversed its anti-vitamin stance and now encourages **all adults to supplement daily with a multi vitamin.**

Harvard researchers convinced *Journal of the American Medical Association (JAMA)* to re-write its guidelines regarding supplements, to conclude that the current North American diet, while sufficient to prevent vitamin deficiencies (e.g. scurvy and pellagra), it is inadequate to support the need for optimal health. Researchers state that insufficient vitamin intake is a risk factor of chronic diseases such as cardiovascular disease, cancer, osteoporosis and arthritis.

Given today's diet, daily supplementation with a multivitamin is a prudent preventative measure against chronic dis-

ease. For instance, 80% of our population does not consume anywhere near 5-12 servings of the fruits/vegetables a day required for optimal health. JAMA declares that the current recommended daily allowances (RDAs) for vitamins and minerals are too low, and there is growing evidence supporting that higher levels are necessary in achieving optimal health.

Use this **Product Quality Checklist** when purchasing vitamins:

-Is the product delivered in a single dose? (once-a-day tablets cannot provide the levels of potency needed for optimal nutrition)

-Are the potency levels of the ingredients high enough to provide optimal daily nutrition intake without compromising safety?

-Are the ingredients in

their most bioavailable form? (e.g. mineral salts are not as well absorbed as chelated minerals or minerals bound to an organic carrier)

-Is the safety profile of each ingredient thoroughly researched and evaluated?

-Does the company meet U.S. and Canadian pharmaceutical guidelines, (not food grade guidelines), for Good Manufacturing Processes (GMPs)?

-Is the product potency guaranteed for a specified shelf life?

It may not be feasible for consumers to consider all these points. Talk to us about the Comparative Guide to Nutritional Supplements.



## New News at CCH



(Right) Dr. Lee embraces his beautiful baby niece Grace, born Feb 13 2006. Congratulations to Regina and Michael Ko.

(Left) Congratulations to Julius, who was awarded **#1 RMT OF THE YEAR** in all of the 10 Sports Clubs of Canada.



### Dr. Rex Lee & Dr. Kitty Chan

790 Burnhamthorpe  
Road West, Suite #3

Mississauga, L5C 4G3

[www.chiropractichealth.ca](http://www.chiropractichealth.ca)

**Tel: (905) 306-0220**

#### Monday to Friday

9:00 AM - 1:30 PM

3:30 PM - 7:00 PM

#### Saturday

9:00 AM - 12:00 PM

### Julius Ancheta, RMT

*By Appointment Only*

#### Monday

3:30 PM - 7:00 PM

#### Wednesday

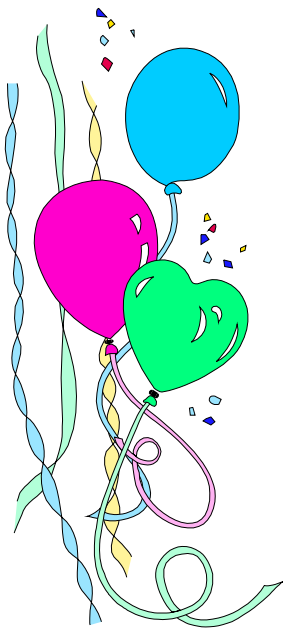
9:30 AM - 12:30 PM

#### Saturday

9:00 AM - 12:00 PM

### Our Services:

- Chiropractic
- Acupuncture
- Massage Therapy
- Custom Orthotics (TOG Gait Scan™)
- Nutritional Supplements
- Kinesiotaping
- Rehabilitation



# We're CELEBRATING



## Thanks

As a way of saying **Thanks** for 3 GREAT years of practice, we are setting aside 2 special days for our patients.

**For current patients, we will be open from:  
9:00 AM – 1:30 PM & 3:30 PM – 6:30 PM**

**THURSDAY MARCH 30<sup>th</sup>** (Dr. Lee's patients)  
**FRIDAY MARCH 31<sup>st</sup>** (Dr. Chan's patients)

Receive a **TREATMENT** and an **ANNIVERSARY GIFT** for only **\$15!**

*Please call for your appointment in  
advance. NO walk-ins accepted.*

**(905) 306-0220**

## Health Facts on Vitamin Supplements

The U.S. Dept of Agriculture conducted a landmark study to find out just how many of us actually consume all the essential nutrients daily. This study helps to debunk many myths about vitamin supplementation:

**Myth #1: Vitamins are not necessary, I get all I need from my food.** Our cells are not being nourished with enough of the proper nutrients from our diet alone.

**Myth #2: Vitamin supplements just turn into expensive urine.** While no one really knows the optimal amount of supplementation that is

beneficial to everyone, individual nutritional needs and hydration status determine your body's level of nutritional supplementation. A good quality vitamin will provide a wide range of nutritional support for most normally healthy individuals.

**Myth #3: All vitamins are the same.** Dr. Myron Wentz, Ph.D. (immunology and microbiology) reports that while testing health supplements, many of the products that he analyzed were not only nutritionally unbalanced, but had incorrect and misleading labels.

If you are interested in a nutritionally balanced and effective supplement to promote and sustain a healthy life, please speak with Dr. Chan or Dr. Lee.

References:

USDA Food Consumption Survey, 1982.

Fairfield KM and Fletcher RH. "Vitamins for chronic disease prevention in adults: scientific review." JAMA 2002, 287 (23): 3116-26.

Comparative Guide to Nutritional Supplementation, 3rd Edition, 2003 by Lyle MacWilliam, BSc, MSc, FP.

Murray MT. Encyclopedia of Nutritional Supplements. Prima Publishing, Rocklin CA,