

God's Gift of the Human Body is beyond description, we need to take help from multivitamins and minerals and good balanced diet to prevent and cure most of the diseases.

This article is based on research done in USA. [Dr. Balwant Singh]

Can you imagine precancerous changes like leukoplakia; a progressive disease causing blindness- age related macular degeneration; a disease with no option except cardiac transplant- cardiomyopathy; an autoimmune disease with no available treatment leading to miserable end, confined to wheel chair and blindness- multiple sclerosis; child hood asthma and COPD; incurable and debilitating bowel diseases, - Ulcerative colitis, Crohn's disease; damaged knee joints needing knee replacements-osteoarthritis and so many other diseases which cannot only be cured but can be prevented also.

The doctor who did research, did not believe in prescription of vitamins and minerals to the patients. He thought the balanced diet can meet the requirements for the day to day needs of the body. Being an able and intelligent doctor, he was unable to help his wife who suffered for more than 10 years from fibromyalgia, horrible allergies , recurrent infections, pneumonia and collapse of one lung and was bed ridden. He was a complete failure to treat her or get her treated from other hospitals. When someone who had similar problem told his wife that he made a complete recovery very quickly with the use of some nutritional supplements and suggested her to try the same on her. His wife sought the permission from him if she could take that supplement tablets, he readily agreed to try that also. She responded to the nutritional supplements and started feeling better and was relieved to a great extent. That event brought about complete transformation in him. He started reading the research done by nearly thirteen hundred peer groups who had found profound usefulness of dietary supplements. He knew some of his patients who had similar diseases and advised them to take these supplements and he could not believe that everybody was relieved within two to six months.

He had experienced and proved for others these facts that we have been unaware of the super power of healing of all diseases by our own bodies. Our immune system and defenses are under constant attack by the piousness food, air and water that triggers oxidative stress on our bodies. We tried to overpower the oxidative stress by some effective ways. Our main weapons against the oxidative stress had been the use of antibiotics, immunosuppressant drugs and steroids. All these weapons weakened our own defenses but with grace of God we had been managing the fight with diseases with some success. It was losing battle our bodies got weaker and weaker and the bacteria's, viruses getting stronger and stronger with constant evolution. We know how much money and resources were being wastefully used. It was getting darker and darker by each passing day. It is a great and benevolent addition to our knowledge that

proper nutrition can empower our bodies to eradicate many diseases. Being a medical practitioner he had treated and proven the effectiveness of this mode of prevention. It not only cures diseases but prevents also if proper nutrition could be provided to all. It is much cheaper and easy approach and can save funds that can be used for other more urgent purposes. As a medical practitioner for over 40 years, I feel deeply obliged to him for opening the effective and easy ways to handle all sick patients successfully. My prayers and good wishes to him. I am very humble medical practitioner of India; don't have words to thank him for discovering and convincingly illustrating his views to the rest of the world.

What is oxidative stress?

In the normal process tissues are supplied oxygen without any hassle. Some of two percent of the times the oxygen molecule loses one electron from outer shell and this electrically charged molecule becomes violent and keeps attacking the tissues in the vicinity removing electrons in order to become stable and neutral. This sets chain reaction of forming more free radicals and causing cascading damage to the nuclei, cell walls and DNA of the cells involved. Basically this is supposed to be the cause of so many diseases induced by oxidative stress. Our bodies have inbuilt system of anti oxidants and in good health nothing goes wrong. If we don't keep our bodies well prepared for this battle by doing exercise, proper diet and with dietary supplements, then we are certainly inviting trouble for our entire lives. Free radicals are atoms or groups of atoms with an odd (unpaired) number of electrons and can be formed when oxygen interacts with certain molecules.

We are facing a threatening environment which has free radicals in the air we breathe, in the water we drink and the food we eat. The air is contaminated with ozone, nitrogen dioxide, sulfur dioxide and several hydrocarbons loaded with free radicals. All these contaminants are causing asthma, chronic bronchitis, heart attacks, and cancers. To add to our injurious environment there is completely avoidable cigarette smoke. This is a curse to the mankind and in spite of the well known injurious effects on the society, we could not do much in this respect. There are three dimensions to smoking, first hand smoker, second hand smoking and third hand smoking- a damaged and polluted environment left for the other visitors. Why can't this be made a criminal offence? This amounts to adding insult to injury. Whose interest is served through smoking?

The drinking water is a major source of free radicals in the form of harmful heavy metals lead, cadmium and aluminum. Herbicides, pesticides and other chemicals used by us find the way to drinking water. The water treatment plants cannot remove all the impurities. Even our foods are not safe.

Medications are causing damage to the immune system and adding free radicals in our bodies. Every medicine prescribed causes oxidative stress on our bodies, no drug is safe. We have become more dependent on medicines and stress of work has added to the problems. Ultraviolet Sunlight can cause skin cancer.

Antioxidants.

Even in the adverse circumstances, God did not leave us defenseless, when you look into the intricate complexity of our antioxidant defense system, you will appreciate how marvelously God had made us all to face the worst. And it was lack of understanding that we could not harvest total benefits from our super bodies.

An oxidant is any substance that has the ability to give up an electron to a free radical and balance out the unpaired electron which neutralizes the free radical. Even our bodies produce antioxidant defense systems, the superoxide dismutase, catalase, and glutathione peroxidase. Antioxidants are molecules which can safely interact with free radicals and terminate the chain reaction before vital molecules are damaged. These antioxidants have the power to remain neutral even after giving electrons to the free radicals. Anti oxidants are needed everywhere in body fluids, in the blood, inside the cells. That is why there is definite and defined role of water soluble vitamins of B complex group, Vitamin C and fat soluble Vitamins A, D, E and K. Although there are several enzyme systems within the body that scavenge free radicals, the principle micronutrient (vitamin) antioxidants are vitamin E, beta-carotene, and vitamin C. Additionally, selenium, a trace metal that is required for proper function of one of the body's antioxidant enzyme systems, is sometimes included in this category. The body cannot manufacture these micronutrients so they must be supplied in the diet.

Most of the antioxidants we get from vegetables and fruits. The most common antioxidants are vitamin C, vitamin E, and vitamin A and beta carotene. We can obtain other numerous antioxidants from our food; these include coenzyme Q 10, alpha-lipoic acid and bioflavonoid.

It is very important to realize that we need all the antioxidants at any time. It is their joint action which can eliminate the threat of free radicals and the deficiency of even one antioxidant can result in serious problems or diseases. All the antioxidants work in synergy with each other thereby promoting and protecting each other. For example, vitamin C is water soluble and therefore it best suited to target the free radicals in blood and plasma. Vitamin E is fat soluble and is the best suited to work in cell membrane and preventing the damage to the walls of our organs. Glutathione is best suited to work within the cell itself. Alpha-lipoic acid works both in cell membrane and plasma. Vitamin C and alpha-lipoic acid have the ability to regenerate vitamin E and glutathione so that can be used again.

As every army needs a support system behind the battle lines- this is critical in the final outcome of a war. Simply having adequate number of antioxidants to neutralize the free radicals will not suffice to win the war. You must have continued support of ammunition, food and clothing if we wish to keep them performing well all the time.

All antioxidants need cofactors in their enzymatic reactions in order to perform their job properly. These cofactors are basically B complex group of vitamins, B1, B2, and B5, B6 and B12 and minerals. There is no substitute of balanced healthy and low glycemic diet.

The Prescription:

The research had covered all the aspects of nutritional medicines and has left nothing to imagination or unfounded fears. We as physicians are concerned about the safety of the medicines, over dosage and therapeutic doses and interactions with other therapeutic agents or foods. The clear directions are given in respect of this medication. No where it has written not to give the regular therapeutic medicines for particular ailment but directed to add these nutritional medicines in addition to the medicines as complementary and additional medicines. Within variable time, the need to take the regular medicine would decrease and may be no more medicine may be needed for that disease. This time is not prolonged one may be few months only.

The American Health authorities need to revise the RDA of these supplements. RDA- Recommended Dose Allowance- is given for all the supplements and it is giving confusing signals to the medical practitioners. What is being recommended in RDA are very low doses to help to stop degenerative diseases. These are the recommendations for these nutrients so as to bring down the risk of degenerative diseases. This aspect had not been taken into account in RDA.

1. The increased dose of vitamins and nutrients are not harmful and recommended schedule is perfectly safe. There is possibility of damage to the body by increased dose of Vitamin A, so he has recommended the precursors of this vitamin as beta carotene and other carotenoids. These are very safe and the body is able to convert beta carotene into vitamin A as per needs of the body.
2. The rest of the vitamins are quite safe except Niacin which people take on their own to decrease cholesterol levels. It is not desirable to do that, the dose recommended is quite safe.
3. There is confusion that larger doses of calcium would cause kidney stones. However, there is recent study that larger doses of calcium would actually reduce the risk of kidney stones.

4. Manganese taken in supplement is very safe. Those who work in manganese mines may develop hallucinations and become irritable.

5. Iodine supplementation greater than 750 mcg can suppress thyroid hormone secretion. But recommended dose is very safe.

Recommended Dose of Supplements:

Vitamin A- Take only Carotenoids: Beta Carotene 10000 to 15000 IU

Lycopene 1-3 mgms

Lutein/Zeaxanthin 1-6 mgms

Alpha Carotene 500 to 800 mcg

*Vitamin C 1000 mgms mixture with Calcium, Potassium, Magnesium and Zinc

*Vitamin E 400 to 800 IU mixtures of natural Tocopherols

*Bioflavonoid- Broccoli, Rutin, Grape Seed Extract, Green tea, Bilberry, Bromelain, Quercetin and Cruciferous.

*Alpha Lipoic Acid 15 to 30 mgms

*Co Q10 20-30 mgms

*Glutathione 10 to 30 mgm or precursor N acetylcysteine 50 -75 mgms

* B Vitamins [Cofactors]. Folic Acid 800 to 1000 mcg

B 1, Thiamine 20 to 30 mgm

B 2, Riboflavin 25 -50 mgms

B 3, Niacin 30 to 75 mgms

B 5, Pantothenic Acid 80 -200 mgms

B 6, Pyridoxine 25 -50 mgm

B 12, Cobalamin 100 -250 mcg

Biotin 300 to 1000 mcg

*Vitamin D3 Cholecalciferol 450 -800 IU

* Vitamin K 50 to 100 mcg

* Mineral Complex; Calcium 800 to 1500 mgm can vary with dietary intake

Magnesium 500 – 800 mgm, Zinc 20 -30 mgm, Selenium 200 mcg, Chromium 200 to 300 mcg,

Copper 1-3 mgm, Manganese 3-6 mgm, Vanadium 30 -100 mcg, Iodine 100 – 200 mcg, Molybdenum 50 -100 mcg, Mixture of trace minerals. Silicon 3 mgm, Boron 2 -3 mgm, mixer of trace minerals.

* Other important and essential nutrients:

Choline 100 -200 mg, Trimethylglycine 200- 500 mgm, Inositol 150 -250 mgm,

* Supplementing your diet; blend of soluble and insoluble fibers 35 -50 Gms, proteins and fats.

The drug with similar constituents is available on line.

Brand Name: More than a Multiple- Whole food concentrates, produced by American Health

One need to have Vitamin B 12 1000 mcg one tablet along with this combination for better results.