Supplement Questions
&
What to Avoid

People often ask for advice on a particular brand of supplement. I cannot tell you whether or not any particular supplement will be helpful to you. We each have different bodies and, therefore, different needs. What I can do, however, is remind you that, ideally, we should get what we need from our food. In fact, in many cases, supplementing can cause harm. For example, it's been proven that quercetin can help heal cancer when in eaten in our whole-food but can promote tumor growth in supplement form.
https://foodforbreastcancer.com/news/quercetin-and-fisetin-inhibit-migration-of-triple-negative-breast-cancer-cells

Please consider the following questions before deciding to use any supplement.

What are the reasons you want to be taking this in the first place?

What do you believe it will accomplish for you and have you reviewed research which documents the supplement has those desired benefits?

Have you looked at the ingredients list on each brand? (Turmeric, for example, needs a form of pepper in order to increase its bioavailabilty. Is that included?)

Does it have any other filler ingredients which we should avoid? (Did you check to see if it contains magnesium stearate, an additive which suppresses the functioning of your killer T cells, the very ones we need to help heal our cancers? More information on filler ingredients we should avoid is provided at the end of this document.)

How about the amounts listed of each supplement provided in those capsules? Have you checked the amounts the recommended dosage will provide you? (The more ingredients they put into a capsule, the lower the quantity of each ingredient contained in the supplement.)

Are those dosages what you want or need? Sometimes the manufacturer will be sneaky and add a note at the bottom saying something like "Two capsules twice daily for maintenance." (So they may say the serving size is two capsules to achieve the dosages listed on the label, but it really means you should be taking four capsules a day, not just the two they stated initially.) Then think about that statement again ... "Two capsules twice daily for maintenance." Maintenance of what? If you have an active

problem, and four capsules are just for maintenance, how much more would you need to take each day to address an active problem?

As an example of the above, I was recently asked about a calcium supplement. On that particular one, the required intake was four capsules a day to achieve the dosage listed. Those four capsules only provided 46% of the daily calcium requirement. You need to ask yourself; is that the amount I need? Do I want to be taking four capsules to receive just 46%? Additionally, in that particular supplement the calcium being provided was listed as 55% Aquamin and 45% citrate-malate. Would you know what those ingredients are? There are several different forms of calcium. Is citrate-malate the form of calcium your body needs? If you are looking to supplement calcium, do you want or need the additional ingredients they may include in that supplement?

Taking specific supplements your body needs because you are not able to get them in sufficient quantities from your food can be beneficial. But, taking supplements just because, without first doing your research, can cause harm.

Do you understand how you are supposed to be taking them? Are they supposed to taken with or without food. Are they water or fat soluble? Are there other supplements they should not be taken with?

For example, I recently learned that vitamin C has a chemical reaction with iodine and changes iodine to iodide. Now, that's fine if you are taking iodine for thyroid health but it's not very beneficial if you are supplementing with iodine for your breast health. (For breast health, citric acid (vitamin C) and iodine should be taken about an hour apart.) Iodine

It is so easy when trying to heal breast cancer naturally to end up going overboard with supplements. Please remember this, supplements are meant to do just that … to supplement what we are not otherwise getting in sufficient quantities in our food. Supplements are not magic pills and we cannot heal our bodies just by taking massive supplements. Our bodies work fairly efficiently and only use what they need. If you take more supplements than what your body needs, it will often discard the excess. Similar to filling a glass of water … just because you keep adding more water to the glass does not mean it is capable of holding more … any excess water overflow out of the glass. Taking too much, depending upon the supplement, more often than not will just give you very expensive pee. Taking too many of certain supplements, such as B12 where our bodies can over-absorb, can have potentially adverse health consequences. It's important to get away from the mind set so many people have that if 1 capsule is good for us then 2 must be better. Please, only take what is recommended for your body to heal and only if you can't get if from your food!

The following is a list of potentially harmful filler ingredients and synthetic vitamins we should avoid. If you find these ingredients in your current supplements, you need to decide whether to toss them or simply replace them with a better product once your current bottle is finished.

Magnesium Stearate - suppresses our killer T cells and lowers immune system response. (Also known as Calcium Stearate.) An article, referenced below, by Pacific Herbs, states "In a study published in the Journal of Pharmaceutical Technology, the percent dissolution for capsules after 20 minutes in solution went from 90% without stearates to 25% with stearates. This delays the absorption of nutrients. Individuals with impaired digestion may have particular difficulty absorbing nutrients coated with stearates." It has been found that chemically there is no difference between magnesium stearate and vegetable magnesium stearate.

Carrageenan - has been linked to cancer, gastrointestinal problems, inflammation and leaky gut.

Titanium oxide - has been classified in a list of carcinogens that can cause cancer, allergies, auto immune disorder and organ toxicity.

Sodium benzoate and BHT - are cancerous preservatives added to soft drinks, processed foods or many supplements in order to keep them fresh and prevent harmful bacteria from growing. Both Sodium benzoate and BHT can damage human DNA and cause gastric and bladder cancer, DNA damage and liver problems. Cupric sulfate and boric acid - can cause DNA damage and birth defects. They can also cause inflammation, headaches and depression.

Maltodextrin - can spike blood sugar levels. According to a 2012 study published in PLoS ONE, maltodextrin can change your gut bacteria

composition in a way that makes you more susceptible to disease. It can suppress the growth of probiotics in your digestive system, which are important for immune system function.

Heavy metals - such as lead, fluoride and arsenic. Fluoride is a known neuro-toxin.

Hydrogenated Oils - can cause cardiovascular problems, nervous system problems and diabetes and can block absorption of essential fatty acids.

Artificial colors - have been linked to many health problems such as autism, ADHD and cancer.

Invisible GMO ingredients -
Amino Acids,
Aspartame,
Ascorbic Acid (also called vitamin C, but it's not real vitamin C and it is driven from GM corn),
Sodium Ascorbate,
Vitamin C (usually derived from corn),
Citric Acid,
Sodium Citrate,
Ethanol,
Flavorings ("natural" and "artificial"),
Lactic Acid,
Maltodextrins (unless it says non-GMO, all Maltodextrins come from GM sources—corn derivative),
Molasses,
Monosodium Glutamate,
Sucrose (mostly seen in children's supplements),
High-Fructose Corn Syrup,

Hydrolyzed Vegetable Protein,
Textured Vegetable Protein (TVP),
Xanthan Gum,
Vitamins,
Yeast Products.

Common synthetic vitamins to avoid-
One of the best ways to know if your supplements are real or not, is to read the products' label very carefully, avoid the 9 items above and find if the ingredients in supplements are synthetic or made from real foods and herbs.

According to foodmatters.tv here are the common synthetic vitamins to avoid:

:>>Vitamin A: Acetate and Palmitate
>> Vitamin B1 (Thiamine): Thiamine Mononitrate, Thiamine Hydrochloride>> Vitamin B2 (Riboflavin): Riboflavin
>> Pantothenic Acid: Calcium D-Pantothenate
>> Vitamin B6 (Pyridoxine): Pyridoxine Hydrochloride
>> Vitamin B12: Cobalamin>> PABA (Para-aminobenzoic Acid): Aminobenzoic Acid
>> Folic Acid: Pteroylglutamic Acid
>> Choline: Choline Chloride, Choline Bitartrate
>> Biotin: d-Biotin
>> Vitamin C (Ascorbic Acid): Ascorbic Acid
>> Vitamin D: Irradiated Ergosteral, Calciferol
>> Vitamin E: dl-alpha tocopherol, dl-alpha tocopherol acetate or succinate (The "dl" form of any vitamin is synthetic.)

Bottom line … please remember that we are often better off getting our nutrients directly from our food instead of in supplement form. Many nutrients work in a synergistic manner, meaning two or more nutrients interacting together from the whole food can usually produce an effect that is greater than the cumulative effect you can get when taking those same nutrients individually. Yes, food truly can be our medicine.

This information is taken, in part, from:
http://www.seattleorganicrestaurants.com/vegan-whole-food/toxic-chemicals-gmo-ingredients-in-nutritional-supplements.php?fbclid=IwAR0Ey1OXES1zRTECO37_iq3uGWZ6vH01bYTGcazy_QKqwgzKy6mNqpaguuM

https://www.healthline.com/health/food-nutrition/is-maltodextrin-bad-for-me?fbclid=IwAR2-AmWehGzqz3kiOicNHmjy5dAFa6jjzSXH6dAxOJP-oWqeicnH4COvqQc#maltodextrin-and-diabetes

https://www.pacherbs.com/?s=Magnesium+stearate