

Explanations of the Suggested Supplements

Probiotic

The word "Probiotic" simply means "for life" which explains why these nutrients are so important.

A probiotic is an organism which contributes to the health and balance of the intestinal tract. A probiotic is also referred to as the "friendly", "beneficial", or "good" bacteria which when ingested acts to maintain a healthy intestinal tract and help fight illness and disease.

Broad Spectrum Digestive Enzyme

A broad spectrum digestive enzyme contains amylases to digest carbohydrate, proteases to digest proteins and lipases to digest fat. They are present in many plants so a varied diet with raw fruit and vegetables will help to improve your digestion.

Digestive Enzyme with Hydrochloric Acid

The digestive enzyme works as above however, the hydrochloric acid works with the digestive enzymes to aid the process of breaking down food, especially protein.

Broad Spectrum Digestive Enzyme without Yeast and Wheat Fillers

Some Digestive Enzymes use yeast and wheat to bulk out the product, however if you have a wheat or yeast resistance this should be avoided. There is a specifically developed range of enzymes that contain no yeast or wheat, remember to check the label before consuming.

Lipase Digestive Enzymes

Lipase is an enzyme necessary for the absorption and digestion of nutrients in the intestines. This digestive enzyme is responsible for breaking down lipids (fats), in particular triglycerides, which are fatty substances in the body that come from fat in the diet. Once broken down into smaller components, triglycerides are more easily absorbed in the intestines. Lipase is primarily produced in the pancreas but is also produced in the mouth and stomach. Most people produce sufficient amounts of pancreatic lipase.

Glutamine and Butyric Acid

Supplemental glutamine can be helpful in the treatment of arthritis, autoimmune disease, fibrosis, intestinal disorders, peptic ulcers, connective tissue diseases and tissue damage due to radiation treatment for cancer. It also promotes mental ability and the maintenance of a healthy digestive tract.

The Butyric acid with the Glutamine promotes the production of GABA, which increases brain function.

Copper Supplement

Copper acts as a catalyst for numerous enzyme involved redox reactions.

Multivitamin

A multivitamin is a preparation intended to supplement a human diet with vitamins, dietary minerals and other nutritional elements.

Aloe Vera

This plant is known for its healing effect and is used in many cosmetic and hair products. There are over 200 different species that grow around the world in dry regions. Taken internally, 98-99 percent pure aloe vera is known to aid in the healing of stomach disorders, ulcers, constipation, haemorrhoids, rectal itching, colitis, and all colon problems. It can also be helpful against infections, varicose veins and arthritis.

Apple Pectin

Apple pectin and pectin in general is classified as a soluble fibre. It has a gel-forming effect when mixed with water. Since it is a dietary fibre, Apple Pectin is helpful in maintaining good digestive health. Pectin is defined as any of a group of white, amorphous, complex carbohydrates that occurs in ripe fruits and certain vegetables. Peaches, apples, currants, and plums are all fruits rich in Pectin.

Vitamin C

The benefits of Vitamin C include:

- Help protect cells from free radical damage
- Lower your cancer risk
- Regenerate your vitamin E supplies
- Improve iron absorption

Because of its widespread use as a dietary supplement, vitamin C may be more familiar to the general public than any other nutrient. Vitamin C, also called ascorbic acid, is a water-soluble nutrient that is easily excreted from the body when not needed.

Vitamin B

The B vitamins are eight water-soluble vitamins that play important roles in cell metabolism. Historically, the B vitamins were once thought to be a single vitamin, referred to as vitamin B (much like how people refer to vitamin C or vitamin D). Later research showed that they are chemically distinct vitamins that often coexist in the same foods. Supplements containing all eight are generally referred to as a vitamin B complex. Individual B vitamin supplements are referred to by the specific name of each vitamin (e.g. B₁, B₂, B₃ etc).

Milk Thistle

Milk thistle is a plant native to Europe. It has a long history of use as a folk remedy for liver and gallbladder disorders. The active constituent of milk thistle is thought to be silymarin, a flavonoid found in the seeds.

Bile Salts

Before being digested, fat has to be emulsified which means it is first changed from big globules to tiny droplets so that pancreatic enzymes can break it down for absorption. This is carried out by bile, which is produced by the liver and stored in the gall bladder until it is needed.

Bile is also needed for the absorption of fat soluble vitamins, including vitamins A, E, and K. Lack of bile can severely cause deficiencies of these vitamins and hence cause health problems such as a lowered immune system, night blindness, and poor wound healing.

Epsom Salts

Epsom salts are magnesium sulphate. Salts are just molecules that come together based on having a positive and negative charge. Many people on a typical modern diet are very deficient in magnesium as well. Epsom salts supplies magnesium. A main effect of insufficient magnesium is hyperness, irritability, anxiety and muscle

twitching or spasms. So the salts provide two-way assistance. Sulphur can also be added to the body by supplementing with MSM.

Vitamin E

Vitamin E is a fat-soluble vitamin that exists in eight different forms. It is also a powerful biological antioxidant. Vitamin E in supplements is usually sold as alpha-tocopheryl acetate, a form of alpha-tocopherol that protects its ability to function as an antioxidant.

Antioxidants such as vitamin E act to protect your cells against the effects of free radicals, which are potentially damaging by-products of energy metabolism. Free radicals can damage cells and may contribute to the development of cardiovascular disease and cancer. Studies are underway to determine whether vitamin E, through its ability to limit production of free radicals, might help prevent or delay the development of those chronic diseases. Vitamin E has also been shown to play a role in immune function, in DNA repair, and other metabolic processes.

Magnesium

The health status of the digestive system and the kidneys significantly influence magnesium status. Magnesium is absorbed in the intestines and then transported through the blood to cells and tissues. Gastrointestinal disorders that impair absorption such as Crohn's disease can limit the body's ability to absorb magnesium. These disorders can deplete the body's stores of magnesium and in extreme cases may result in magnesium deficiency. Chronic or excessive vomiting and diarrhoea may also result in magnesium depletion.

Early signs of magnesium deficiency include loss of appetite, nausea, vomiting, fatigue, and weakness. As magnesium deficiency worsens, numbness, tingling, muscle contractions and cramps, seizures, personality changes, abnormal heart rhythms, and coronary spasms can occur.

Chromium

Chromium is a mineral that humans require in trace amounts, although its mechanisms of action in the body and the amounts needed for optimal health are not well defined. Chromium is known to enhance the action of insulin a hormone critical to the metabolism and storage of carbohydrate, fat, and protein in the body.

Omega 3 ,6 and 9

The Omega 3, 6 and 9 groups of fatty acids all contain essential fatty acids necessary for good health. The difference between them lies in the position of the first double bond from the methyl end or the Omega end of the carbon chain.

Omega 3 and omega 6 fatty acids are essential fatty acids (EFA's). Our bodies cannot manufacture them, and we must consume them in our diets. Omega 9 fatty acids are not essential. Our bodies need omega 9 fats, but we can manufacture them from other sources.

Omega 3 fatty acids prevent heart disease and the complications of heart attack. People who take omega 3 fatty acids have a lower mortality rate after heart attack than those who do not.

Cinnamon

The bark of cinnamon is used with great effect for a number of health complaints. It can relieve the symptoms of diarrhoea, enhancing digestion and assisting with peripheral circulation of the blood, cinnamon.

Green Supplement

Green Drinks' are natural food formulas made from plants that are good detoxifiers and blood cleansers, as well as sources of chlorophyll, minerals, enzymes, and other important nutrients. They assist in cleansing the body of pollutants and have a rejuvenating effect. The high chlorophyll content of these drinks helps to purify the blood and build red blood cells. Generally, they are sold in powdered form to be mixed just before use. Many different companies market green drink formulas, usually made from items such as alfalfa sprouts, cabbage, kale, dandelion greens, spinach and other green vegetables, including wheatgrass. Wheatgrass juice is particularly important in any cancer treatment, especially when radiation is involved.

Caprylic Acid

Among the many natural cures for Candida, caprylic acid is one of the most commonly cited.

This is a medium chain fatty acid ($C_8H_{16}O_2$), also called octanoic acid that is found naturally in coconut oil, palm oil, butter fat as well as in human breast milk. It is known to have anti-fungal as well as some anti-bacterial and anti-viral properties.