

## **The Simplicity and Necessity of Multivitamin Supplementation**

In the chiropractic profession, one of the most important aspects of patient education and subsequent care is the report of findings (ROF). In it the chiropractor reviews the patient's history and diagnostic findings in order to explain and recommend specific treatment protocols to address their symptoms. Since the primary focus is the correction of spinal subluxations, it is imperative that all the possible causes are covered including trauma, incorrect posture and toxicity.

Toxins, either environmental or dietary, can create a physical stress on the body which leads to muscular imbalance and thus various positional fixations of spinal vertebrae, i.e., subluxations, nerve interference and a compromised level of health. This particular toxin/subluxation dynamic can be directly related to improper nutrition. Thus, in utilizing a holistic approach to a patient's health, their comprehensive healthcare plan should include individually based diet and supplementation recommendations - preferably in the form of a complete, balanced multivitamin supplement.

Why is it so important for health care practitioners to incorporate solid nutritional guidance for their patients? The answer can be found in the misinformation regarding what is and is not considered good nutrition. Even in this modern 21st century information age, there still is a considerable amount of confusion among Americans regarding healthy nutrition and supplementation choices. Rarely, if ever, do patients leave most medical facilities with complete and sound nutritional advice, even after requesting it. Consequently, patients will visit their local health food store or supermarket and leave with an inferior or even counterproductive product or products.

Despite the misinformation, there is a growing awareness that we are living in an environment rife with extensive mineral and vitamin deficiencies, as well as increasing toxicity. This is primarily due to soil depletion/erosion, the use of chemicals, modern food production practices and the Standard American Diet (SAD), which consists largely of calories from refined grains, sugars, vegetable oils and processed meats.<sup>1</sup> Studies have shown that this type of diet and its associated shortcomings is linked to cardiovascular disease, cancer, osteopenia, cataracts, poor immune function and fractures.<sup>2,3</sup>

Therefore, since nutrition is such an important aspect of a chiropractor's schooling, the knowledge and responsibility exist to address a patient's nutritional health as well as their spinal health. This is accomplished by asking diet-related questions, identifying dietary inconsistencies and isolating deficiencies which are contributing to their health situation and then addressing them.

Rather than giving vague, general diet guidelines however, most patients appreciate and desire specific nutritional recommendations related to both their food choices and needed supplementation. It's important to help them eliminate any confusion and direct them on a solid path of nutritional health beginning with good food choices such as raw organic fruits, vegetables, nuts and seeds, wild-caught ocean fish, fowl from free-range ranches and grass-fed beef.

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<sup>1</sup> Cordain, L et al. *Origins and evolution of the Western diet: health implications for the 21<sup>st</sup> century*. Am J Clin Nutr. 2005, 81(2): 341-54.

<sup>2</sup> Fletcher, RH, Fairfield, KM. *Vitamins for chronic disease prevention in adults: clinical applications*. JAMA. 2002; 287 (23): 3127-29.

But, while dietary changes are important, even organic foods and produce may still be deplete in minerals and vitamins due to the reasons mentioned earlier. Therefore, one of the easiest, best and most effective ways to address these nutritional deficiencies and help eliminate toxins in patients is to stress the necessity of proper supplementation in the form of a multivitamin supplement.<sup>2,3</sup>

Once the patient has been supplied with and begins using a good complete multi-vitamin supplement, numerous nutritional limitations can be met in a broad range making it much easier for both patient and practitioner to narrow any remaining needs and target lingering symptoms. Since multivitamins level the playing field of good health, a food-based supplement should contain a synergistic combination of all of the vitamins and trace minerals to fill the gaps where diet falls short.

When making the choice of the best nutritional supplements, it's optimal to have patients avoid mass-produced inferior products which are poorly absorbed and contain synthetics, preservatives and other toxic substances. They would be much better off getting excellent, organically-complexed (carbon-bound) supplements derived from whole foods, which are minimally processed, synergistically blended in liquid form and made from the highest quality ingredients from their chiropractor or health care practitioner. In this way a patient's health needs can be more fully met.

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<sup>3</sup> Ames, BN. *Low micronutrient intake may accelerate the degenerative diseases of aging through allocation of scarce micronutrients by triage.* PNAS. 2006; 103(47): 17589-94.