

Balance with Grace

A monthly newsletter by Grace Durfee, personal coach

Volume 12, Issue #3, March Newsletter, *Creating Health: Supplement*

Have you seen *Hungry for Change* yet? It's an eye-opening movie from the producers of *Food Matters* that's available to watch free on-line www.HungryForChange.tv/online-premiere until March 31st. One of the points made in the film is that many of us are overfed, but are also starving to death because our cells aren't properly nourished. Certainly, making healthier food choices can help, but for a number of reasons, I believe that optimal cellular nutrition is unlikely in this day and age without supplementation.

1. Our soils are depleted from years of over-farming, so our foods aren't providing what they used to. As an organic gardener, I know a number of best farming practices such as crop rotation, periodically letting a field lie fallow, and paying attention to micro-nutrients beyond N, P and K (Nitrogen, Phosphorus, Potassium) are too cumbersome for many large-scale commercial farmers to apply. As a result, most produce grown today isn't deriving the same levels of nutrients from the soil as food grown in our grandparents' time. I've learned that you would now have to eat nine oranges to get the same level of Vitamin A that one orange from the early 1900's provided.
2. Copious amounts of food would need to be consumed in order to obtain optimal levels of nutrients. I love spinach almost as much as the cartoon character Pop-eye, but even so, there's no way I could consume the nearly 30 pounds of spinach a day required for optimal levels of Vitamin E. Note: There's quite a difference between what's needed for optimal nutrition and Recommended Daily Allowances, which are the minimum nutritional requirements identified to prevent deficiencies such as scurvy and rickets.
3. There is a heavier than ever load placed on our bodies from high levels of stress and exposures to environmental toxins. This makes it even more important to have an adequate supply of antioxidants. Antioxidants help prevent damage from free radicals which are believed to be linked to cancer and other degenerative diseases. Toxins are everywhere. Not only are we breathing in toxins (think of how many times you've walked by lawns lined with little yellow flags warning of recent pesticide application), we absorb them through our skin (from chlorine in water and harmful chemicals in skin and body care products), and we ingest them (through foods with residue of pesticides.)

So if, as written in an article of The Journal of the American Medical Association, "Most people do not consume an optimal amount of all vitamins by diet alone...it appears prudent for all adults to take vitamin supplements,"¹ then how do you determine what to take? Your doctor may have specific recommendations based on your condition, family history, or test results. Some vitamin levels, such as Vitamin D can easily be tested through blood work. More often than not you will be given a general recommendation to take a good multivitamin and mineral supplement, with perhaps additional fish oil,

¹ Robert H. Fletcher, MD, MSc and Kathleen M. Fairfield, MD, DrPH, [Vitamins for Chronic Disease Prevention in Adults](#) (The Journal of the American Medical Association, June 19, 2002.)

Vitamin D (if you aren't getting it from sunlight), and for women, supplemental calcium/magnesium.

Choosing which brand of supplement to buy is the next puzzle. Last summer there was a report that "Thirteen of the 38 multivitamins selected by ConsumerLab.com for testing failed to get ...approval. Some had lower levels of nutrients than the label claimed, some had higher amounts, and some didn't properly list ingredients."² Choosing a company that follows the cGMP (current Good Manufacturing Processes) used by the pharmaceutical industry is one way to be assured that what's on the label is actually in the bottle. To compare different brands, I subscribe to Consumer Lab reports and also use the Nutrisearch Comparative Guide to Nutritional Supplements which gives rankings of over 1,6000 products based on 18 different criteria such as completeness and potency. To make sure you are choosing a quality supplement, contact me and I'd be happy to look up what you are currently taking or considering.

To your health!

Resources

Nutrisearch Comparative Guide to Nutritional Supplements, (2011 Consumer Edition), by Lyle MacWilliam

What Your Doctor Doesn't Know About Nutritional Medicine May Be Killing You, by Ray D. Strand, M.D.

The Healthy Home: Simple Truths to Protect Your Family from Hidden Household Dangers, by Myron Wentz and Dave Wentz

Upcoming Programs and Events

Mentor Coaching Group

We meet via tele-conference three Tuesdays a month for Business development, personal development, and coaching skill development 10-11 a.m. Eastern, Beginning April 10
Fee: \$200 a month
Register soon to secure your spot. Group size is limited to 6.

Spring RESET Challenge

Get your body back on track through balanced nutrition, a 5-day cleanse to cut the cravings for sweets and carbs, and coaching support.
Fee: aprox. \$130 (shipping prices may vary)

Reiki I Training

Saturday, April 14th

9 a.m.-5 p.m.

North Parish Children's Chapel

190 Academy Road, North Andover

Fee- \$160

Includes training manual, certificate, and healthy snacks

Coaching with Reiki I Training

One 90-minute teleclass

Wednesday, May 2

12:00-1:30 p.m. Eastern

Pricing: \$90

Coaching with Reiki II Training

One 90-minute teleclass

Wednesday, May 16

12:00-1:30 p.m. Eastern

Pricing: \$90

Learn more by visiting www.coachingwithreiki.com. Please call Grace at (978)689-7446 or (888)833-1903 or e-mail info at balancewithgrace.com to reserve your spot in an upcoming program or request more information.

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¹ Robert H. Fletcher, MD, MSc and Kathleen M. Fairfield, MD, DrPH, Vitamins for Chronic Disease Prevention in Adults (The Journal of the American Medical Association, June 19, 2002.)

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Product Review: Multivitamin and Multimineral Supplements Review,
(Consumerlab.com, June 15, 2011)