

ORTHOMOLECULAR SCIENCE

INSTITUTE FOR FUNCTIONAL MEDICINE

(<http://www.functionalmedicine.org/>)

Dr William Walsh - excellent research on website

(<http://www.biobalance.org.au/>)

Dr Daniel Amen - excellent research on website

(<https://www.amenclinics.com/>)

Gut & Psychology Syndrome - Dr Natasha Campbell-McBride

Available from local library to borrow, or purchase from (<http://www.bookdepository.com/> / <http://www.betterworldbooks.com/>)

Dr Joseph Mercola - excellent research on website

(<http://www.mercola.com/>)

Dr Ed Kane PhD - excellent research on website

(<http://www.bodybio.com/>)

Dr Mark Hyman - excellent research on website

(<http://drhyman.com/>)

Health Information

Water (filtered) – 1 litre winter & 2 litres in summer

Exercise – ½ to 1 hour a day of walking. (With sunlight & grounding below)

Vit. D – ½ to 1 hour a day of sunlight daily (10am – 2pm)

Grounding – Walking barefoot on earth. Dr Stephen Sinatra discovered that electrons are transferred from the earth into your body, and this grounding effect is one of the most potent antioxidants we know of.

Bonus – (Antioxidants – Olive Leaf Extract / Spirulina / Aloe Vera Juice)

Sleep – 6 to 9 hrs a day. Circadian rhythm. (sleeping on side better)

Balanced Diet - Nutrition (quality supplements only to support good diet):

Omega 3 – Krill Oil (eg Swisse)

Probiotics – Colony Forming Units (CFU) (eg Wagner – 11 strains CFU)

Or Sauerkraut and Organic yoghurt 4 times a week (not processed dessert)

Multivitamins – Vital Greens – 76 nutrients (by Martin & Pleasance)

Clinical evidence has demonstrated the above effective for treating many physical & mental health conditions.

Integrative-Holistic doctors include:

Dr Greg Emerson (07) 3339 7910 (Logan) - <http://www.drgregemerson.com>

Dr Paul Payton (07) 5562 2088 (Robina) - <http://www.drjaasmedicalhealth.com/doctors-profiles/dr-paul-payton/>

Dr Jane Chapman 07 5527-5316 (Bundall) - <http://www.drjanechapman.com.au>

Dr Corne Mare (07) 5593 1266 (Robina) - <https://healthengine.com.au/doctor/qld/robina/dr-corne-mare/p74056?location=62366>

Dr Cris Beer (07) 5564 5013 (Benowa) - <http://drcris.com.au/>

Dr Dzung Price (07) 5522 8902 (Robina / Ashgrove) - <http://dzungprice.com/>

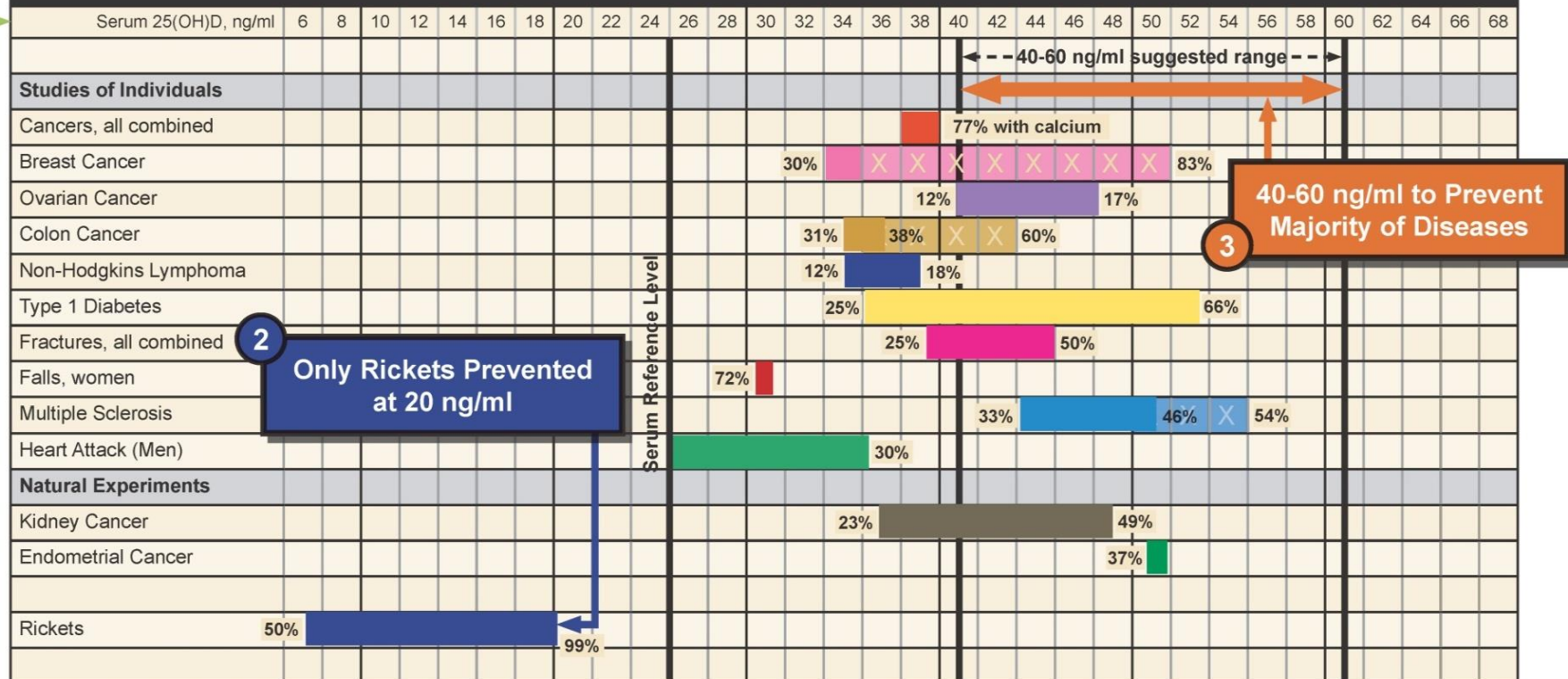
Dr Richard Stuckey 07 5536 8811 (Tweed Heads) - <http://drstuckey.com.au/>

Vitamin D

Serum Level

1

Disease Incidence Prevention by Serum 25(OH)D Level



Legend:

All percentages reference a common baseline of 25 ng/ml as shown on the chart.

%'s reflect the disease prevention % at the beginning and ending of available data. Example: Breast cancer incidence is reduced by 30% when the serum level is 34 ng/ml vs the baseline of 25 ng/ml. There is an 83% reduction in incidence when the serum level is 50 ng/ml vs the baseline of 25 ng/ml.

The x's in the bars indicate 'reasonable extrapolations' from the data but are beyond existing data.

References:

All Cancers: Lappe JM, et al. Am J Clin Nutr. 2007;85:1586-91. Breast: Garland CF, Gorham ED, Mohr SB, Grant WB, Garland FC. Breast cancer risk according to serum 25-Hydroxyvitamin D: Meta-analysis of Dose-Response (abstract). American Association for Cancer Research Annual Meeting, 2008. Reference serum 25(OH)D was 5 ng/ml. Garland, CF, et al. Amer Assoc Cancer Research Annual Mtg, April 2008,. Colon: Gorham ED, et al. Am J Prev Med. 2007;32:210-6. Diabetes: Hyppönen E, et al. Lancet 2001;358:1500-3. Endometrium: Mohr SB, et al. Prev Med. 2007;45:323-4. Falls: Broe KE, et al. J Am Geriatr Soc. 2007;55:234-9. Fractures: Bischoff-Ferrari HA, et al. JAMA. 2005;293:2257-64. Heart Attack: Giovannucci et al. Arch Intern Med/Vol 168 (No 11) June 9, 2008. Multiple Sclerosis: Munger KL, et al. JAMA. 2006;296:2832-8. Non-Hodgkin's Lymphoma: Purdue MP, et al. Cancer Causes Control. 2007;18:989-99. Ovary: Tworoger SS, et al. Cancer Epidemiol Biomarkers Prev. 2007;16:783-8. Renal: Mohr SB, et al. Int J Cancer. 2006;119:2705-9. Rickets: Arnaud SB, et al. Pediatrics. 1976 Feb;57(2):221-5.