

Nutritional Protocols

a History by Marilyn Sidwell

What are 'Nutritional Protocols'?

Dr Jones and I have been writing Nutritional protocols since 1994. They began because we kept answering the same question: "How do essential fatty acids, such as GLA, EPA and DHA, work to help Arthritis?" At that time we were introducing doctors and patients to Samolinic. Today that product has evolved into Ultra Omega-Linic and it has been greatly improved. The combination of *preformed* long chain polyunsaturated fatty acids (LCPUFA) is an effective anti inflammatory for persons with Arthritis. It has been proven in clinical practice over and over again since the mid 1990s.

After we had written the Nutritional Protocol for Arthritis Dr Jones had the opportunity to write an article for the Townsend Letter - DHA in Perinatal Nutrition (July 1997, #168). The other protocols 'grew' as doctors and patients requested nutritional recommendations for other health problems, such as Diabetes. To date there are over 35 of them.

While nutrients provide very effective approaches to solving health problems, they should never be used *prior* to covering the basic nutritional needs. Dr Jones wrote "A Basic Protocol" (now called Minimal Recommendations") because most people in the USA today are, by definition, malnourished. By simply covering the nutritional bases with essential fatty acids and a good multi, people respond quickly and feel better. If there are unresolved health problems after ensuring the minimum daily requirements are met, then it is time to consider an extensive health history, examination, and lab testing.

Prevention: a way to cut the cost of health care

In this time of health insurance coverage cost crisis, prevention over treatment is more important than ever.

Prevention as a health care benefit includes the concept of changing the way we eat. As you read and use Dr Jones' protocols (nutritional recommendations) you will find that we have included the Low Carbohydrate lifestyle modification. It is promoted for its weight loss benefits. You should know that modifying your eating habits can help prevent obesity, insulin resistance, type 2 diabetes and/or heart disease. There is some evidence that our 'Western' diet is a contributing factor in Cancer and premature aging.

For over 20 years we have been told how to eat by the 'missionaries' of healthful eating. The problem is that the advice provided by these 'experts' is **wrong**. The *low fat diet* has been contributing to health problems, not the other way around. In exchange for low fat we now eat more foods made with white flour and sugar - and drink lots of liquid high in sugar. In fact, the high fructose corn syrup craze is linked to an increase in non-alcoholic fatty liver disease world wide.

What kind of food was eaten by early Man?

Man did not become man standing in the middle of a wheat field. He did not become man eating any of the foods cultivated for your market today. As a consequence we tend to be over-fed, over-weight and malnourished. In the US we have an additional problem, also the result of our "Western" diet - we lack essential fatty acids (we don't eat much oily fish - or much fish at all) - which is one of the reasons that Ultra Omega-Linic is so effective in solving so many seemingly unrelated problems. It is a fact: we do not eat fish every day. Most of us do not eat fish once a month. This is the likely reason that many degenerative health condition respond well to fish oil supplementation. Black currant seed oil, an ingredient in our product, is a source of GLA. The essential n6 *pre* formed fatty acids in Black Current seed oil os anti inflammatory and enhance the effectiveness of fish oil.

Another consequence of our 'Western' diet is the overabundance of foods high in the essential Arachidonic acid. This omega 6 (or n6) fatty acid is highly inflammatory. It contributes to arthritis and heart disease - and many other problematic health conditions. The unique combination of GLA, EPA and DHA in Ultra Omega-Linic 'normalizes' the effects of Arachidonic acid. As does the low carbohydrate dietary approach.

Ultra Omega-Linic is also recommended for persons with a family history of, or diagnosis of Schizophrenia, Bipolar disorder or severe depression. Ultra Omega-Linic will work for these and other neurologic conditions because of its high EPA content. Dr Horrobin found that EPA quenches the over- activity of an enzyme which neurologic conditions have in common.

The benefits of Nutritional Protocols

Dr Jones' website provides information which can reduce the complexity of your nutritional decisions. Dr Jones helps you decide upon a cost effective course of action for your health concerns. In some instances you may be interested in preserving the health you now enjoy. Or it may be important to choose the nutrients which will produce maximum health benefit or pain relief results in the least amount of time (and cost).

The most important elements in this approach are

1. a good multiple vitamin and mineral supplement; (Bitamins for kids, Ultra Vites for adults)
2. an essential fatty acid supplement which provides GLA, SDA, EPA and GLA; (Ultra Omega-Linic) and
3. a diet low in carbohydrates.

Regardless of your level of training and experience in the nutritional arena, we hope you will find this information of value.



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*These statements have not been evaluated by the Food and Drug Administration
Products are not intended to diagnose, treat, cure, or prevent any disease*