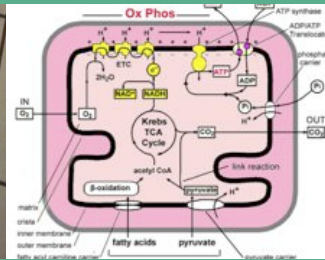
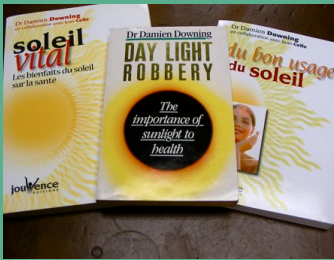


# Nutrition Associates Update



March 2009

## Welcome to our new newsletter!

We are offering this to all our clients to update you on news, events, ideas and advances in nutritional medicine. If you do not wish to receive further emails or newsletters please send an email to [enq@naltd.co.uk](mailto:enq@naltd.co.uk) with Unsubscribe [Your Name] in the subject line.

### Inside:

Vitamin D • Hay fever update • Vitamin C • Special foods update •  
Foods Matter • Food Matters  
Product Insight • Weblinks • Contact us

## Vitamin D in the news yet again.

Research shows it can prevent, and maybe treat, many diseases.



Cancer, multiple sclerosis, chronic fatigue, influenza, leaky gut, autism, Alzheimer's, MS; the list goes on. Vitamin D has been implicated in each of these disorders — deficiency in causing them, supplementation in preventing and/or treating them.

I wrote about this 20 years ago in the book *Daylight Robbery* (image at top). The last few years have seen an explosion of science proving how essential vitamin D is, and of experts saying we should rethink our views on sunlight. *Daylight Robbery* is out of print

now, although it was re-issued in French as *Le Soleil Vital* (the nearest we could get to translating the sense of the original title). It's now been re-named again to *Du Bon Usage du Soleil*, with contributions from my French collaborator, Jean Celle.

But the French have better access to sunshine than we do, and are accustomed to taking advantage of it. What do you do if, living in the UK, you can't manage a second sunshine holiday in winter? Or you have skin that won't tan, just burns? Or if your illness makes it difficult for you to get across town, never mind across the world? Our advice is take a vitamin D supplement every day that you're not in the sun.

Dr Downing; "Personally I take 5000 units of vitamin D every day I'm not in the sun (well almost). It's the one thing we are all deficient in. If you have dark skin, even just Mediterranean dark, it's even more important".

## Hay fever update

**Global warming means unpredictable weather. If you need an EPD booster before your pollen season, don't leave it too late.**

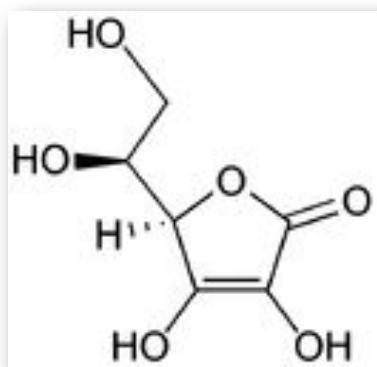
Remember that tree pollens can appear as early as late-February in some years. For proper protection you need a booster at least 3 weeks before it starts. People living in towns can suffer worse hay fever than country-dwellers; new research shows this is linked to environmental pollution. See an article on this on our new website, coming very soon (we'll email you if you consent).



In the countryside rapeseed is an increasing problem, but scientists think that the smell it emits (and the *terpenes* and *aldehydes* that the odour contains) have an irritant effect, rather than being a real allergy. Chemically-sensitive people may experience a cross-reaction to these molecules however.

If you suffer from food intolerances and/or pollen allergy, it's best not to have EPD during your pollen season. Feel free to call us for advice.

If you don't know about EPD, it's Enzyme Potentiated Desensitisation, a technique that has been in regular use since the 1970s, with several properly-conducted trials showing it effective against hay fever and even food intolerances. Check our website for more.



(Ascorbic acid, courtesy Wikipedia)

## Lots of news on Vitamin C – most of it negative.

*Vitamins C and E don't prevent heart disease, for instance. But are you getting the whole picture? Dr Downing is on the Editorial Board of the Orthomolecular Medicine News Service — the OMNS, which seeks to publish the truth about nutritional research;*

<http://orthomolecular.org/resources/omns/index.shtml>

Two recent items explain what is wrong with many studies, and the news reports they generate.

***Vitamins: It's Dose that Does It*** shows how researchers can guarantee a negative result by giving too little vitamin; 500mgs a day of vitamin C in the most recent study, when doses from 15,000mgs upwards are the ones that have been shown to be effective. As the article says; "Any physician, nurse, or parent knows that a dose of antibiotics that is one tenth, or one-hundredth, of the known effective dose will not work... [but] high doses of vitamins are deliberately not used."

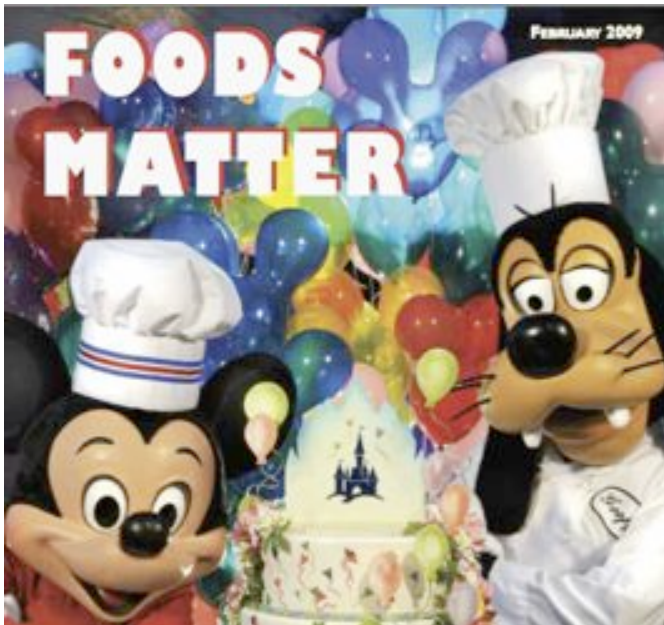
***Pharmaceutical Advertising Biases Journals Against Vitamin Supplements***, another item on the website, highlights a paper showing that the more drug advertising a medical journal carries, the stronger its bias against nutritional supplements. And if medical journals are influenced, what chance newspapers or TV? Who can you rely on for the truth?

Take the common cold. You wouldn't believe it to read the medical journals or the newspapers, but even 500mg a day of vitamin C will reduce the risk of developing colds by  $\frac{2}{3}$ , while doses above 2,000mg daily will help you get over a cold quicker (or flu, or any infection really).

## Special Foods Update

As the number of us with food intolerances grows (past 1/3 now and heading for 1/2) so does demand for reliable food substitutes. Many supermarkets now carry a **Free From** range in response to this, and these are often organic, or at least less chemical-drenched than the ordinary stuff. But don't forget about local suppliers, farm shops and farmers' markets. These last are a remarkable success story; 12 in London now, 14 in Yorkshire, nobody that far away from one. The food is guaranteed local and fresh, usually organic and/or free-range, and generally cheaper than the shop-bought equivalent. You can often find there the unusual foods you need, from Spelt bread to less common vegetables.

Find your nearest market at; [www.farmersmarkets.net](http://www.farmersmarkets.net)



### FOODS MATTER

is an excellent magazine, packed with information and resources for anybody with allergies or sensitivities.

It has been published for some years now by Michelle Berriedale-Johnson, who has been writing about food for even longer. We usually have some back-issues in the waiting room in York. The latest issue has items on feeding allergic kids at Disneyland, on scientific research updates, and on MBJ's recent and sudden-onset electrosensitivity. **Foods Matter** are keen to sign you up as a subscriber; go to

<http://www.foodsmatter.com/>

— and click on Subscriptions.

### FOODMATTERS

on the other hand, is a feature-length documentary film, available on DVD and online.

The "blurb" says; "FOODMATTERS sets about uncovering the trillion dollar worldwide 'Sickness Industry', and exposes a growing body of scientific evidence that nutritional therapy can be more effective, more economical, less harmful and less invasive than most conventional medical treatments."

The "Teachers" are headed by my good friend Andrew Saul M.D., who is also the webmaster for the OMNS — see box above.



You can purchase a one-off online viewing of the film for US\$4.95 at [www.foodmatters.tv](http://www.foodmatters.tv) or the BSEM has a few copies of the DVD available; see website below.

# Product Insight

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## Multivitamins/multiminerals

Over the years we have had to change our first choice for a pure, high-quality, high-ish dose, allergen-free multivitamin and mineral several times, mainly due to technical advances, but also to changes in the marketplace.

Our current top recommendation is **Multi Basics-3** from **Advanced Orthomolecular Research**. AOR is a small, innovative Canada-based supplier set up by Dr Traj Nibber, a UK-trained pharmacist. All their products are free of the common allergens, and have full disclosure of all ingredients.

**Multi Basics-3** has several technical advances, containing;

- mixed carotenoids instead of plain vitamin A or beta-carotene;
- mixed tocopherols and tocotrienols for vitamin E instead of plain alpha-tocopherol;
- citrus bioflavonoids as well as ascorbic acid;
- a total list of 44 active ingredients, including ultra-trace minerals such as Boron and Molybdenum.

**Suggested adult use: up to 3 per day.**

**Cost per month (3 per day): £16**

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## Vitamin D

Our first choice of the “sunshine vitamin” comes in both 5,000iu and 1,000iu capsules, from Allergy Research. Those who have trouble with capsules can choose instead the sesame-oil based Bio-D-Mulsion from Biotics Research at 2,000iu per drop.

**Suggested adult use: 2,000 to 5,000iu per day for health maintenance.**

**10,000iu short-term for specific health recommendations.**

**Cost per month (4,000iu per day): £2**

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## Vitamin C

We all need vitamin C all the time, and especially when under threat from infections etc. Getting enough from diet is not always easy, and urban pollution and other hostile factors increase needs.

**WARNING:** If you take more than your body can absorb, it will result in loose bowel motions. This can either be seen as a minor, reversible side-effect, or as a useful indicator of overdoing it.

**Ascorbic acid 1000mg capsules** Ideal for a regular daily intake; a capsule 2 or 3 times daily, preferably with food, is simple and convenient.

**Cost per month (2,000mg per day): £8.00**

**Ascorbic acid pure crystal powder** Dissolved in water or juice, and taken throughout the day, this is the easiest way to take large amounts of vitamin C.

**Cost per month (2,000mg per day): £6.50**

**Lypospheric Vitamin C 1000mg sachets** Not the tastiest, or the cheapest, but a good way to take an extra dose of C for those with special requirements. Each sachet contains a teaspoonful of oil, which can be mixed into juice or even food, although the macho may want to put it straight on the back of the tongue and swallow!

**Suggested adult use: 1,000 to 4,000iu per day for health maintenance.**

**Up to 10,000mgs short-term for specific health recommendations.**

# Web Links

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BRITISH SOCIETY FOR  
ECOLOGICAL MEDICINE  
allergy environment nutrition

## British Society for Ecological Medicine

[www.ecomed.org.uk](http://www.ecomed.org.uk)

The BSEM “promotes the study and good practice of allergy, environmental and nutritional medicine for the benefit of the public, and supports doctors who use the insights of ecological medicine to help patients.” Dr Downing is the current president.



## Alliance for Natural Health

[www.anhcampaign.org](http://www.anhcampaign.org)

The ANH is working to help promote natural and sustainable healthcare through the use of ‘good science and good law’. Dr Downing is the medical director.



## Orthomolecular Medicine News Service

<http://orthomolecular.org/resources/omns/index.shtml>

OMNS is a wire-service style news feed directed to members of the press, radio and TV news media. The difference is that OMNS tells it like it really is: vitamin therapy saves lives. Dr Downing is on the Editorial Board.



## New Medicine Group

<http://newmedicinegroup.com>

Integrative medical practice in Harley St; Dr Downing’s London practice.

## Contact us

New telephone number: the Nutrition Associates office is now contactable on 0207 099 6003 (a local call from London) as well as 01904 691 591.

Email: [enq@naltd.co.uk](mailto:enq@naltd.co.uk) for all queries, appointments and orders.

New website: for more news, information and articles, in a couple of weeks you will be able to visit our updated and up-to-date website at [www.naltd.co.uk](http://www.naltd.co.uk). There you will find info about most of what we do, updated frequently, plus opinion pieces on current health topics.