7 Life-Saving Supplements
Safe, Natural Solutions for Today’s Most Challenging Ailments
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Introduction

Your body is an amazing machine. But just like any well-run machine, it requires an ongoing supply of high quality fuels to function properly.

Everything you eat provides fuel for your body.

Unfortunately, even if you eat a healthy, well-balanced diet, you probably aren’t getting the nutrients you need.

Over-farming has depleted mineral stores in our growing soil, lowering the levels of important nutrients in today’s produce. In other words, the peppers, tomatoes, and broccoli we eat today have a fraction of the nutrient content of the veggies our parents and grandparents got to eat.

If that weren’t enough, pesticides and herbicides can break down important vitamins, while others are damaged or depleted during transportation, storage, and cooking.

As a result, it’s next to impossible to get the nutrients we need to not only support our bodies but to function optimally and thrive.

Take vitamin E, for example. This powerful antioxidant helps slow aging and promotes heart health and strong circulation.

You can find vitamin E in all kinds of foods. But in order to get effective supplies of vitamin E from food sources alone, you’d need to eat nine tablespoons of olive oil, 75 slices of whole-wheat bread, and 200 peanuts every single day!

In order to truly fuel your body, feel your best, and thrive on a day to day basis, you need to supplement your diet with very high-quality, targeted vitamins.

By simply adding a multivitamin to your daily routine, you can improve everything from markers of aging and heart disease to memory and mood.

In fact, a few years ago, a survey revealed that if all adults simply took one multivitamin each day, Americans could save $1.6 billion in health care costs by reducing the risk of heart disease and improving immune system functions.
Saving money is nice, but you really can’t put a price on good health—that goes for you, your family, and your friends.

I’ve been a practicing physician for more than two decades. In that time I’ve seen surgeries canceled (including a heart transplant), I’ve seen patients reverse heart disease, diabetes, high blood pressure, and an assortment of other ailments simply by improving their diet and fueling their bodies with the right nutrients.

That’s how much difference vitamins and other nutrients can make in your health.

And that’s why I wrote this special report. To ensure that health-minded people like you have a roadmap to optimal nutrition and abundant health.

So without further ado, the seven life-saving supplements you should be taking every day are:

1. **Curcumin**
2. **Omega-3 essential fatty acids (EFAs)**
3. **CoQ10**
4. **Melatonin**
5. **Berberine**
6. **Probiotics**
7. **An antioxidant blend of vitamins: C, D3, E**

As a rule, these supplements are completely safe.
Life-saving supplement #1:
Curcumin: The Spice of Life

What It Is:
Curcumin is the active ingredient in the yellow spice turmeric. A plant related to ginger, turmeric has been used for centuries as both a medicine and a spice, especially in curry dishes.

What It Does:
Curcumin’s powers are backed by literally thousands of studies. It is my number one recommendation, and I think it’s shaping up to be the supplement of the decade.

Research shows that curcumin can:

- Combat cancer stem cells (where cancer begins)
- Reduce and reverse painful inflammation for comfortable, flexible joints
- Slow the effects of aging by neutralizing free radicals
- Protect your heart by lowering LDL (bad) cholesterol
- Improve circulation and reduce “stickiness” between your blood cells, minimizing the likelihood of blood clots
- Protect against Alzheimer’s, Parkinson’s, and other cognitive disorders
- Support healthy kidney and liver function
- Encourage the body’s own detoxification efforts, helping to eliminate heavy metals and other health-damaging contaminants

Research Highlights:
Cancer: A recent meta-analysis of more than 700 clinical trials found curcumin to be as effective as pharmaceutical drugs in treating cancers of the prostate, colon, breast, liver, esophagus, and mouth.

Anti-inflammatory: Studies repeatedly show that curcumin’s anti-inflammatory abilities work as well as nonsteroidal anti-inflammatory drugs (NSAIDs) and the costly, dangerous injectable drugs carrying the FDA’s “black label” warnings.

Not only is curcumin as effective at taming inflammation, but it carries none of the dangerous, worrisome side effects that come with most pharmaceutical painkillers.

Heart Health: Curcumin reduces inflammation—a key factor for avoiding heart disease and a long list of other ailments.
Recent research shows that curcumin’s heart-health benefits extend beyond inflammation, though. An animal study, for example, found that curcumin protects overall heart function and can strengthen the body’s natural repair systems following a heart attack.

Curcumin can also reduce triglycerides and cholesterol, further benefiting the heart and circulatory system.

**Dosage:** Take 500 mg of curcumin up to three times daily. Until recently, curcumin supplements were not well absorbed. Fortunately, scientists have developed new forms that are absorbed much better than conventional products. So keep an eye out for these specialized forms of curcumin supplements with high bioavailability.

**Cautions:** Be aware that curcumin can thin your blood. For most people, that’s a good thing. But if you take blood thinners, including Coumadin (warfarin), Plavix (clopidogrel bisulfate), or Pradaxa (dabigatran), talk with your physician or pharmacist about adding curcumin to your daily regimen.
Life-saving supplement #2
Omega-3 Essential Fatty Acids (EFAs):
Good Fats for Better Health

What It Is:
Omega-3 EFAs are important nutrients that cannot be manufactured in the body and must be obtained from other sources. There are three types of omega-3s, alpha-linolenic acid (ALA), docosahexaenoic acid (DHA), and eicosapentaenoic acid (EPA).

What It Does:
Omega-3s provide protection against a wide range of conditions involving your cardiovascular, immune, and neurological systems.

Adding a steady supply of omega-3s to your daily diet can help:

- Reverse inflammatory conditions, like rheumatoid arthritis and osteoarthritis
- Reduce high blood pressure
- Protect against the hardening of the arteries (atherosclerosis)
- Lower triglycerides (blood fats)
- Regulate heart arrhythmias
- Protect and fortify the immune system
- Protect against certain types of cancer
- Balance insulin resistance (pre-diabetes)
- Reduce the symptoms of asthma and allergies
- Protect against unhealthy blood clots
- Enhance memory, focus, and attention
- Create healthy new cells while repairing old ones

Research Highlights:
Like curcumin, there are thousands of studies demonstrating the power of omega-3s. Here’s just a sampling of the impressive findings:

**Cancer:** A major new study of more than 70,000 individuals, age 50 and above, found that those who had the highest intake of omega-3s were least likely to die from cancer or any other cause for that matter.

**Heart disease:** In a major review of studies, involving more than 16,000 individuals, researchers found that omega-3s helped reduce mortality from cardiac events as well as from all causes.
**Mental function:** In a study of nearly 500 older individuals with ARCD (age-related cognitive decline), supplementing with DHA for six months produced improvements in learning, memory, and even heart health!

**Fatty liver disease:** Researchers at Oregon State University found that not only does DHA reduce the likelihood of developing fatty liver disease, but it also supports healthy vitamin, amino acid, and carbohydrate metabolism in the liver.

**Joint pain:** Omega-3 is a well-documented anti-inflammatory. So when it comes to arthritic joints, omega-3s is key for mobility, flexibility, and movement without pain.

**Dosage:** The key to improving your health with EFAs is not only increasing your daily intake of omega-3s, but getting a properly balanced intake of omega-3s and -6s. That’s something too few people are doing.

The ideal ratio of omega-3s to -6s is about 2:1, but the typical American consumes roughly a ratio of 1:20 or worse!

Many health experts, myself included, believe that today’s most common inflammatory illnesses are the result of a serious EFA imbalance. You can correct that by taking 3,000 mg (i.e. 3 grams) of omega-3 EFAs daily, while cutting back on omega-6s (commonly found in most vegetable oils, cereals, and most nuts).

Doing these two things can help you achieve a healthy balance of these nutrients while reducing inflammation throughout your body.

**Cautions:** Be aware that omega-3 EFAs can thin your blood. For most people, that’s a good thing. But if you take blood thinners, including Coumadin (warfarin), Plavix (clopidogrel bisulfate) or Pradaxa (dabigatran), talk with your physician or pharmacist about adding omega-3 EFAs to your daily regimen.
Life-saving supplement #3
Coenzyme Q10 (CoQ10): A Superhero for the Heart and Brain

What It Is:
CoQ10 is a vitamin-like antioxidant that fuels energy production in every cell in your body—but your brain and heart need it the most. It’s found in some foods and produced in your body, but production slows down after age 30 and food can only supply a small amount. Anyone taking cholesterol-lowering statin drugs runs the risk of CoQ10 deficiency. This is because in the process of limiting the production of cholesterol in your liver, statins also limit the production of CoQ10. So supplementing with CoQ10 is crucial if you are on a statin drug.

What It Does:
CoQ10 has been extensively researched by scientists all over the world. This powerful compound works wonders when it comes to:

• Reducing risk of heart attack and heart disease
• Preventing and reversing congestive heart failure
• Alleviating angina pain
• Lowering high blood pressure
• Preventing migraine headaches
• Lowering cholesterol
• Preventing and treating gum disease (gingivitis)

Research Highlights:
Heart health: CoQ10 works as an antioxidant to protect your heart from harmful free radicals. Studies have shown that CoQ10 helps lower bad cholesterol, improve good cholesterol, and protect the heart during a heart attack. CoQ10 is also a critical ingredient in the production of ATP, the energy used by every cell in your body.

Aging: CoQ10 is a powerful antioxidant, helping to halt and reverse the pro-aging effects of free radical damage. Plus, the combination of CoQ10 with a Mediterranean diet, rich in lean meats, fish and vegetables, reduced blood markers of aging when compared with the Standard American Diet.

Mortality: CoQ10 was declared the “first drug to improve heart failure mortality in over a decade,” by the respected European Heart Journal. This is very exciting news, considering that congestive heart failure (CHF) sends more people, age 65 and older, to the hospital than any other condition.
**High blood pressure (hypertension):** Clinical trials show that taking 100 mg of CoQ10 for at least 10 weeks reduces high blood pressure significantly.

**Brain functions:** CoQ10 is well known for its ability to fire up the body’s tiny energy factories, kicking energy production into high gear. Plus, researchers have found that the energy-producing mitochondria in the brain, weakened by aging, can be revived with a steady supply of CoQ10, actually reversing your brain’s age.

**Dosage:** Take at least 120 mg of highly bioavailable CoQ10 daily.

**Cautions:** There are no known drug or supplement interactions with CoQ10.
Life-saving supplement #4
Melatonin: More Than a Good Night’s Sleep

What It Is:
Melatonin is a hormone and an antioxidant produced by the pineal gland. It is released in response to the daily cycle of light and dark. However, production slows starting around age 40, which is a large part of the reason we begin to suffer from sleep problems as we age.

What It Does:
Deep, restful sleep gives our bodies a chance to recharge, from head to toe, starting at the cellular level. And melatonin plays an important role in that process. Research shows that chronic, insufficient sleep is more harmful to your health than lack of exercise. But while melatonin is the perfect supplement to address chronic sleep problems, there are many other reasons to take it.

Melatonin can be helpful for treating:

- Neurodegenerative diseases, like Alzheimer’s and Parkinson’s
- Heart disease
- Several types of cancer, including breast and prostate
- Type 2 diabetes
- Cluster headaches
- Nighttime hypertension (high blood pressure)
- Jet lag
- Irritable bowel syndrome

Research Highlights:
Cancer: Studies have shown that melatonin reduces the growth and development of various types of tumors, especially in breast cancer.

Neurodegenerative diseases: A recent meta-analysis showed that melatonin is not only a powerful antioxidant, but there is now scientific support for the use of melatonin to prevent and even treat neurodegenerative disorders like multiple sclerosis, Huntington’s, and Alzheimer’s disease.

High blood pressure (hypertension): In an animal study, melatonin significantly reduced blood pressure, improved cardiac function, and prevented injury from damaging free radicals.

Type 2 diabetes: According to a study published in the Journal of the American Medical Association (JAMA), people with low melatonin levels have a higher risk of developing type 2 diabetes.
Irritable bowel syndrome: Patients with irritable bowel syndrome who were treated with 3 mg of melatonin, before bed, reported significant decreases in abdominal pain.

Dosage: Men should take 3 mg about 30 minutes before bedtime, while females should take 2 mg. Melatonin has few, if any, side effects.

Cautions: There are no drug interactions that I’m aware of with melatonin, and side effects are rare.
Life-saving supplement #5
Berberine: Reverses Metabolic Damage

What It Is:
Berberine is a natural plant alkaloid derived from herbs like goldenseal and poppy. These herbs have been used in traditional Chinese medicine and Ayurvedic medicine for thousands of years. Goldenseal was being used by the Cherokee, Catawba, Iroquois, and Kickapoo nations and adopted by European settlers in the 18th century.

What It Does:
Berberine has effects on multiple systems in your body, regulating glucose on multiple fronts, keeping off fat and supporting weight loss, and demonstrating anti-bacterial and anti-cancer effects. Berberine also has benefits for your heart health. It may also have benefits for warding off neurodegenerative disease.

Research Highlights:
Antibiotic: Berberine is a proven infection fighter. In an in vitro study, researchers showed that berberine is 90% effective against the devastating infection MRSA.

Fat-fighter: An animal study showed that berberine not only inhibited the creation of fat cells, but also suppressed appetite and slowed weight gain.

Heart attack fighter: Homocysteine is an indicator as important as cholesterol for evaluating heart health and predicting acute cardiac symptoms. An animal study indicated that just five days of treatment with berberine reduced homocysteine and cholesterol levels, as well as improving liver function.

Blood Sugar Control: Berberine helps insulin do its job more effectively by activating an enzyme, AMPK, responsible for regulating the process by which your cells take in glucose. It also facilitates the synthesis of a substance in the muscles and fat cells in your body called glucose transporter 4, which basically carries glucose from the bloodstream into your cells. A recent clinical trial showed that berberine was as effective as the popular diabetes drug metformin at controlling type II diabetes.

Dosage: 1000 mg daily. This dose may be divided if you experience constipation.

Cautions: Because berberine is unsafe for newborns – it can cause a complication of jaundice
which leads to brain damage – berberine should not be taken by women who are pregnant or breastfeeding.

Berberine should not be taken with cyclosporine or other drugs which are metabolized by the liver. Berberine can slow the rate at which these drugs are broken down, causing dangerous levels to remain in the body.
Life-saving supplement #6
Probiotics: Good Bacteria = Good Health

What It Is:
These friendly intestinal bacteria are a safe, natural way to boost immunity and improve digestion and elimination. Probiotics are especially useful for anyone who leads a stressful life, eats poorly, or has taken steroids or antibiotics, all of which can upset the natural balance of good vs. bad bacteria in the intestinal tract.

What It Does:
These beneficial bacteria are one of the most important elements of balanced health and overall wellness.

Adding a probiotic to your daily regimen can help:

- Promote comfortable digestion and elimination
- Boost overall energy (without jitters or crashes)
- Improve weight loss efforts
- Lower LDL (bad) cholesterol
- Strengthen your immune system
- Reduce incidence of asthma and allergies
- Increase longevity
- Reduce likelihood of cancer
- Improve symptoms of ulcers, irritable bowel syndrome, Crohn’s disease, ulcerative colitis, traveler’s diarrhea, and other conditions involving inflammation of the gut

Research Highlights:

*Protection against cancer:* Scientists found that a popular strain of probiotic (Lactobacillus casei strain Shirota) had shown strong promise as an anti-cancer agent. It was particularly effective against bladder and colorectal cancers.

*Shorten duration of antibiotic-induced diarrhea:* When a group of patients developed diarrhea while taking common antibiotics, researchers discovered that those who took probiotic supplements experienced diarrhea for half as long as those not taking supplements. They also had far fewer episodes of diarrhea overall.

*Improved nutrition in the elderly:* Healthy aging experts at Tufts University report that nutritional deficiencies common among the elderly could be improved with probiotic-rich yogurt. Be
aware, however, that ordinary store-bought yogurt usually contains very little probiotic organisms and a lot of sugar. Plain yogurt without added sugar or sweeteners, either homemade or organic, or probiotic supplements are better choices.

**Dosage:** Take a broad-spectrum product containing at least 10 billion CFUs (colony forming units).

**Cautions:** Probiotics are virtually free of side effects, and there are no known drug interactions.
Life-saving supplement #7
An antioxidant blend of vitamins C, D3, and E

What They Are:
Antioxidants are substances that reduce damage caused by free radicals, thereby slowing the aging process and protecting your body against damage and disease.

What They Do:
Vitamin C: A powerful antioxidant, vitamin C helps support the immune system, and renews collagen for young, supple-looking skin. Since it’s water soluble, vitamin C is not stored in the body, so it should be taken frequently throughout the day.

Vitamin D3: This nutrient is so important to health that being deficient in vitamin D3 actually raises your risk of dying early. It also supports your immune system; keeps your bones, heart, eyes, and lungs strong; combats cancer; plays a role in hormone production; and much more.

Vitamin E: A fat-soluble nutrient, vitamin E protects against heart disease, boosts the immune system, improves your ability to use oxygen, and helps prevent cataracts. Always choose natural vitamin E, with the prefix “d” as d-alpha tocopherol, rather than the synthetic versions which have the prefix “dl” as in dl-alpha tocopherol.

Research Highlights:
Vitamin C and breast cancer: Based on studies with nearly 18,000 breast cancer patients, researchers concluded that vitamin C supplements were linked to a reduced risk of dying from breast cancer or from any cause.

Complications from vitamin C deficiency: Note that vitamin C deficiencies are more common than physicians realize. Symptoms of too little vitamin C include weakness, muscle or joint aches and pains, anemia, loss of teeth, and bleeding gums.

Vitamin D3 reduces brain plaques associated with Alzheimer’s disease: In one mouse study, adding vitamin D back into the feed minimized dangerous brain plaques created by a vitamin D3-deficient diet.

Vitamin D3 protects against cancer: Researchers at Stanford Medical School concluded that a vitamin D deficiency increases the risk of developing cancer, and that supplements are a safe, economical way to prevent or at least reduce risk of the disease.
**Vitamin E protects the brain from lesions:** Lesions in the brain’s white matter mean there is damage to the brain tissue. Researchers found that individuals with existing lesions, who took 200 mg of mixed tocotrienols (a form of vitamin E) twice daily for two years, did not develop new lesions.

**Vitamin E prevents bone loss:** In an animal study, bone loss was reduced significantly, leading the authors to recommend the nutrient to postmenopausal women.

**Dosage:**

**Vitamin C:** I recommend 2,000 to 4,000 mg of vitamin C daily, in divided doses throughout the day. Since vitamin C is water soluble, any excess is flushed out of the body in your urine.

**Vitamin D3:** Take 1,500 to 5,000 IUs of D3 daily.

**Vitamin E:** Take 400 to 800 IUs of vitamin E daily. Look for a product in its natural form, sold as d-alpha-tocopherol, preferably with mixed tocotrienols. Avoid the synthetic form, sold as dl-alpha tocopherol.

**Cautions:** If you are taking prescription medication, discuss these supplements with your physician or pharmacist before adding them to your daily regimen. For some conditions, there could be medication interactions.

**Vitamin C:** High doses can trigger diarrhea in some individuals, so start with small doses and work your way up to the amount your bowels can tolerate. People with a history of kidney stones or kidney failure should consult a physician before supplementing with vitamin C.

**Vitamin D3:** Individuals with hyperparathyroidism should discuss Vitamin D3 with a physician.

**Vitamin E:** If you have heart disease or diabetes, do not take more than 400 IUs of Vitamin E daily. Also, if you are taking blood-thinning medication, like warfarin or daily aspirin, vitamin E could make you more susceptible to bleeding or bruising, so you may want to discuss this supplement with your physician or pharmacist.

**Final Thoughts**

If you’ve been vitamin shopping lately, you know that there are literally dozens of choices for each of these products, as well as a wide range of prices.
Do your homework and buy from companies with a solid reputation. Look for firms that stand behind their supplements and offer money-back guarantees.

And please don’t be disappointed if you don’t see improvement overnight. Remember, nutritional supplements can take four to six weeks to reach therapeutic levels in the body.

Instead of fretting over whether or not the nutrients are working, focus on eating well, staying active, managing stress, reducing acidity, detoxing, and sleeping like a baby. Those changes enhance the benefits you’ll get from supplements, and create a foundation for health free of drugs!