

## **Dietary Supplements**

Dietary Supplement seminars have started with a case study.

A 33-year-old female wants to lose weight and has been on a low-fat diet, with a family history of diabetes. Taking centrum-multivitamin.

Her labs: TGs are elevated, LDL is normal, decreased HDL, metabolic obesity.

Is this patient insulin-resistant?

25% of people have insulin resistance without being obese.

60 to 70% has carbs in her diet.

Treatment plan: what would it be?

The lecturer analyzed the diet recall, and she found that pt has 60 to 70% carbs in her diet.

Protein was 17% which is low.

High mono fat

Future indications: Diabetes type 2

The lecturer asks what supplement would be good.

She recommends chromium because chromium enhances insulin activity.

Her serotonin is low, so increasing the serotonin would be a good strategy. Tryptophan is a precursor for serotonin. So, increasing food containing tryptophan would help this patient.

- Salmon
- Poultry
- Eggs
- Spinach
- Seeds
- Milk
- Soy products
- Nuts.

### **Trends in dietary supplements:**

Traditional medicine is normal in many societies. Many patients are not comfortable talking with their doctors about supplements, and 725 people would not tell their doctors about them taking supplements. Therefore, knowing RDNs is a great opportunity to know and learn about supplements. Additionally, educating patients about dietary supplements would help to combat many chronic diseases.

In 1990, a survey was done among 1600 people about treatment options for their disease. 34% answered willing to choose an alternative treatment, including supplements, functional food, herbs, vitamins, and metabolites.

Popular Botanicals that are used to treat common chronic and acute diseases. The lecturer talked about some supplements and what they are good for. I am interested in supplements and learning more. So I found basic information about these supplements for my own informed needs.

After graduating, I have an interest in learning more about supplements, and herbs and using them in my practice to help patients better manage their medical conditions. I would like to learn their safety, ethical, and dosage parameters.

Black cohosh -Black cohosh has a long history of use. Native Americans used it, for example, to **treat musculoskeletal pain, fever, cough, pneumonia, sluggish labor, and menstrual irregularities**

Hawthorn-Hawthorn is used to **help protect against heart disease and help control high blood pressure and high cholesterol.**

- Dong quai is an herb used in traditional Chinese medicine to treat menstrual (monthly period) cramps and menopausal (permanent end to your menstrual cycle) symptoms such as hot flashes.

Kava kava helps **elevate mood, well-being, and contentment, and produce a feeling of relaxation.**

Echinacea-**improving skin health, reducing anxiety, and reducing inflammation**

Licorice-anti-inflammatory, antioxidant, antiviral, anticancer, hepatoprotective (protects the liver), and neuroprotective (prevents nerve cell death) properties.

Fenugreek- **lowers blood sugar and cholesterol, alleviates menstrual cramps, and boosts breastmilk production.**

Mik thist-**protect the liver from toxins**

Feverfew treats **and prevents headaches.**

Red clover- red clover was used for asthma, whooping cough, cancer, and gout. Today, extracts from red clover are most often promoted for menopause symptoms, high cholesterol levels, or osteoporosis.

Garlic-*garlic* is most commonly promoted as a dietary supplement for conditions related to the heart and blood vessels, including high blood cholesterol

Saw palmetto-promoted as a dietary supplement for urinary symptoms associated with an enlarged prostate gland (also called benign prostatic hyperplasia or BPH), as well as for chronic pelvic pain, migraine, hair loss, and other conditions.

**Ginger-help treat arthritis, colic, diarrhea, and heart conditions**

St John's Wort -promoted for depression, menopausal symptoms, attention-deficit hyperactivity disorder (ADHD), somatic symptom disorder (a condition in which a person feels extreme, exaggerated anxiety about physical symptoms), obsessive-compulsive disorder, and other conditions.

**Ginkgo- memory and thought problems, anxiety, vision problems, and many other conditions**

**Ginseng is an herbal supplement that has been used for centuries in Chinese medicine.**

Valerian-Valerian has been used as a traditional medicine dating back to ancient Greek and Roman times. People commonly use valerian for sleep disorders, especially insomnia.

Gymnema-Gymnema contains chemicals that reduce how much sugar the stomach absorbs. It might also increase the amount of insulin in the body and increase the growth of cells in the pancreas, which is where the body makes insulin

Vitex helps **raise your progesterone levels and lower your prolactin levels.**

Further, the seminar provides great legal and ethics points. Also, drug-nutrient interaction. The seminar stated that RDNs or health professionals should not push clients to purchase supplements. If they recommend then a full disclosure should be provided for patients.

RDNs should not misrepresent, and no biased suggestion.

They provided basic guidelines for recommendation of supplements or botanicals.

This is a great seminar for learning about supplements, functional foods, herbs, phytonutrients, herbs, vitamins, and minerals.