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The information contained herein includes both psychological and non psychological interventions. The delivery of psychological services requires a medical referral whilst non psychological services do not.

Each person is an individual and has a unique psychological profile, biochemistry, developmental and social history. As such, advice will not be given over the internet and recommendations and interventions within this website cannot be taken as a substitute for a thorough medical or allied health professional assessment or diagnosis.

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Dietary Supplements

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WHY DO WE NEED FOOD SUPPLEMENTS?

Food is one of our most basic needs. However, in our modern society fresh food is a thing of the past. The so called fresh fruits and vegetables we buy today have little nutritional value because they are grown in nutrient-deficient soil, picked before they ripen naturally, gassed, irradiated, artificially ripened and stored for days before we eat it. Therefore, our diets lack the essential building blocks of functional foods vital to our health and well being.

WHAT HAPPENS IF WE DON'T GET THESE FUNCTIONAL FOODS?

Without functional foods the body cannot continue the miracle of healing itself as these foods provide the raw materials needed to assist in this healing process thus giving the body fuel to perform at optimum levels. Without sufficient functional foods the following four problems exist for most people:

- **Starvation:** Since most of our food is nutritionally starved;
- **Toxicity:** Many food products including raw fruits and vegetables contain toxins not to mention the air we breathe and the water we drink which actually work against our body's natural healing process;
- **Stress:** As a result of malnutrition and high levels of toxicity;
- **Degenerative Disease:** Which can be symptomatic of nutritional deficiency and as a result of stress on the body.

WHAT ARE THESE FUNCTIONAL FOODS?

Functional foods or Nutraceuticals are "foods that are thought to prevent disease" (Harvard Health Letter April 1995). The building blocks of functional foods are called phytochemicals (plant chemicals) These phytochemicals (carbohydrates) are naturally occurring bioactive substances that prevent diseases by interacting with the body's innate healing process to maintain vibrant health and energy.

WHAT IS THE SOURCE OF THESE PHYTOCHEMICALS?

Of the 200 simple sugars (**glyconutrients**) occurring in plants, only eight are known to be essential for cell-to-cell communication. These are only found in food that is ripened on the vine / tree and remain active for 48 hours after being picked. However, only two of these, glucose and galactose are found in modern diets. The body can convert these two into the six missing sugars, but this enzymatic process is long (up to 20 steps), unreliable and error-prone. Thus we need to supplement our diets with these missing sugars.

WHY ARE THESE GLYCONUTRIENTS SO IMPORTANT?

All cell surface receptors, binding and signaling components are glycoproteins (proteins and sugar). They essentially act as the language between cells in our body. The glycoproteins are like the letters and words of a language. If the correct sugar (carbohydrate) is not placed in the proper location, or is missing, the glycoprotein is not formed correctly and will not be able to carry out its function in the cell membrane. Only effective cell membrane communication can make the proper cells for our organs.

The functional components of glyconutrients appear to boost the production or activity of enzymes that act as:

1. **Blocking Agents:** Detoxifying carcinogens or keeping them from reaching or penetrating cells;
2. **Suppressing Agents:** Restraining malignant changes in cells that have been exposed to carcinogens.

WHO CAN BENEFIT FROM THESE FOOD SUPPLEMENTS?

There are four basic reasons why people get sick. These are:

1. Decreased function of the immune system
2. Increased oxidative stress
3. Diminished / faulty neurotransmitter function
4. Poor / faulty cellular repair / regeneration

Therefore anyone with the following diseases will benefit from glyconutritional supplementation:

- **Brain:** ADHD, Alzheimer's, seizures, dementias, stroke, aneurism, migraines, brain tumours, Cerebral Palsy, Down's syndrome, hydrocephalus, autism, a wide variety of psychoses.
- **Eyes:** Macular degeneration, glaucoma, cataracts, retinopathy, retinitis, detached retina
- **Ears:** Tinnitus, various forms of deafness
- **Nose:** Sinus infections, hay fever
- **Mouth:** Mouth ulcers, gum disease
- **Thyroid:** Goitre, hypothyroidism, Grave's disease
- **Heart:** Myocardial infarction (heart attack), clogged arteries, aneurism, tachycardia, arrhythmia, and mitral valve problem

- **Liver:** Hepatitis C, A, & B, cirrhosis
- **Colon:** Ulcerative colitis
- **Underactive Immune System:** Chronic Fatigue Syndrome, viral infection, flu, cold, cancer, AIDS
- **Overactive Immune System:** Lupus, rheumatoid arthritis, and allergies
- **Pancreas:** Diabetes, hypoglycaemia
- **Joints:** Osteoarthritis
- **Muscles:** Fibromyalgia, muscular dystrophy, various cramps and pains
- **Cartilage:** Deteriorated, Carpal tunnel syndrome
- **Nervous System:** MS, ALS, Parkinson's, ALD Bell's Palsy, other degenerative disorders
- **Lungs:** Asthma, emphysema, cystic fibrosis
- **Skin:** Eczema, psoriasis and scleroderma
- **Cravings:** Alcoholism, sugar, caffeine

WHAT SUPPLEMENTS ARE AVAILABLE?

There are four particular supplements available from [Mannatech™ Incorporated](#), made from all natural sources which combine the eight essential glyconutrients for cellular communication. These are designed to:

1. Support cellular communication and maintain general well being, assist with tissue repair & healing of wounds, aid in convalescence and recovery, help restore health, promote and increases endurance, provide stamina, increase oxygen intake capacity and reduce blood lactate levels which allows for peak performance.
2. Provide the building blocks to make hormones thus supporting the natural production and balance of hormones in the endocrine system. The endocrine system regulates our metabolism including our moods and mental states, the clarity and acuity our mental functioning, our libido, the amount of energy available to think. act and enjoy life, the production of anti-inflammatory natural sterols and with the burning and storing of fat.
3. Support various defence mechanisms in the body by providing antioxidants (free radical scavengers) and phytochemicals from a proprietary blend of flash freeze-dried fruits and vegetables. These raw fruits and vegetables are vine-ripened (not artificially ripened) and therefore contain vitamins and minerals in addition to the phytochemicals. Free radicals are highly reactive substances which may occur in the body and can be generated by lifestyle factors such as excess dietary fats, cigarette smoke, alcohol, pollutants or stress. Antioxidants have been shown to enable the body to stop, prevent, and reverse cancer.
4. Dissolve immediately in the stomach, support athletic performance by supplying nutrients to support the body's natural physiology prior to a work-out or athletic event, assist in the recovery process after the event and to provide temporary relief of the pain of arthritis, muscular spasms and cramps and helps provide stamina and endurance.

WHEN WERE THESE DISCOVERIES MADE?

The discovery of the importance of glycoproteins was awarded the "Biochemical Discovery of the Year" in 1996 by the **American Naturopathic Medical Association (ANMA)**. The ANMA further released the statement "The most significant discovery of the century". "Almost without exception where ever two or more living cells interact in a specific way, cell surface carbohydrates will be involved " (Bio/Technology, John Hodgson 1990). Major studies have recently indicated exciting revelations regarding the significance of glycoproteins in our development, out-growth, and in the formation of disease.

WHO CAN USE THESE SUPPLEMENTS?

Scientists are suggesting that glyconutrients may provide the missing link in the body's amazing capacity to heal itself and sustain health. Thus anyone who eats, drinks or breathes in today's world is likely to benefit from these supplements. These products were selected by the American and Canadian Track and Field teams as supplements for athletes preparing for the 2000 Olympics. [Mannatech™ Incorporated](#), the supplier, has the only international patent filed on a supplemental blend of the known necessary carbohydrates.

In addition to glyconutrient support, research suggests that supplementation with essential fatty acids (EFA's) are also beneficial in ameliorating the symptoms of dyslexia, dyspraxia and ADHD.

FURTHER READING SUGGESTIONS

- The Palaeolithic Diet
- Essential Fatty Acids Research – Linking Nutrition and Children's Behavioural Disorders

For more information or to make an appointment please contact us on (02) 9637 9998 during business hours.