

# Neurological Conditions

From A to Z

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Note: to have optimal response, all recommendations begin with **Ultra Vites** and **Ultra Omega-Linic**.

*This information is intended for the use of health care professionals. It has not been evaluated by the FDA and is not intended to diagnose, treat, cure or prevent any disease. You should consult a qualified health care provider for advice before beginning any new health care program.*

Nutrient	Product	Quan
A good Multi Vitamin Mineral Formula without Iron	Ultra Vites*	2
Essential Fatty Acids	Ultra Omega-Linic	4-12
Vitamin D3	Vitamin D3 5000 IU or	1
	Vitamins D+K	
Calcium and Magnesium 2:1 or 1:1 ratio	Calcium D chelate	3-4
	Ultra-Magnesium chelate (250 mg)	1-2
Vitamin E (mixed tocopherols)	Vitamin E-400	1
<i>Consider lipid anti oxidant protection:</i>		
Alpha Lipoic Acid, Cinnamon, GTF Chromium	Ultra DM Complex	2
Coenzyme Q10	Ultra CoQ10-100	1
Vitamin C, 2 to 10 grams	Vitamin C-500	2-6
	Ultra C-1000	

\* use a multi without Iron unless there is a known need for Iron.

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There is a long list of Neurologic disorders: from A (Alzheimer's) to Z (Zellweger syndrome). The list includes mental and behavioral disorders.

The specific ones that I address are Simple Depression, Schizophrenia, including Bipolar and Severe Depression, Dementia, Alzheimer's and SAD, Seasonal Affective Disorder.

So often nutritional deficiencies from poor diet can aggravate any of the neurological problems.

Many neurological problems will improve with just **Ultra Vites** and **Ultra Omega-Linic**.

Vitamin B12 and Folic Acid are nutrients that are often deficient in the diet. Adding them has been shown to helpful - as have all the B Vitamins. B12 deficiency is very common in vegetarians and older persons; and can occur in anyone. Almost all multi-vitamins contain at least 400 mcg of Folic

Acid. This can mask the hematological symptoms of B12 deficiency. but not the neurological symptoms. The very high level of all the B vitamins in Ultra Vites will supply all of an individuals' needs, and meet the needs in most pathological conditions.

Vitamin D is another nutrient that is very important in patients with neurological symptoms. It is often deficient in the winter for those living in the northern latitudes, those who use sunscreen or lack exposure to the sun for whatever reason. Older skin is less apt to convert the sun's rays to Vitamin D.

There is 1000 IU of vitamin D3 in Ultra Vites. If there is reason to suspect low vitamin D levels, consider adding **Vitamin D3 5000** or **Vitamins D + K**. With this much Vitamin D, **Calcium D chelate**, an amino acid complex, should be supplemented at 3 or 4 tablets per day. Use more

Calcium (Ca) if a different Ca salt is supplemented. Neurotransmission (among many other things) is dependant on adequate magnesium (Mg) and zinc (Zn), which are very often deficient. There is 250 mg of chelated Mg and 10 mg of Chelated Zn in Ultra Vites, in addition to many other important trace minerals, and they are all chelated. **Ultra Magnesium chelate** can be used if more magnesium is needed. It is well tolerated by the GI tract.

Note: Vitamin K should not be used by those taking anti coagulant drugs with out medical supervision.

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### Essential Fatty Acid Terms:

EFA - Essential Fatty Acids

ALA - Alpha Linoleic Acid

AA - Arachidonic Acid

(LC) PUFA - Long Chain ,

Polyunsaturated Fatty Acids

GLA - Gamma Linolenic Acid

EPA - Eicosapentaenoic Acid

DHA - Docosahexaenoic Acid

SDA - Stearidonic Acid

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The importance of preformed, long chain, poly unsaturated fatty acids for health is well documented. Ongoing studies have proven the effectiveness of high EPA in Schizophrenia, Bipolar and sever depression. Other studies suggest that the same high level of EPA is effective for senile dementia, and that it may delay the onset of Alzheimer's Disease. There are also decreased levels of DHA in these two conditions, so a high EPA supplement with significant DHA is also important. DHA is an important component in the structure of neurological tissue, while EPA is Important for function.

It is necessary to supplement with *preformed*, LCPUFA, such as in Ultra Omega-Linic. Supplementing with just ALA, as in Flax Seed Oil, will not raise the level of EPA in the red blood cell. Supplementing with EPA *will* raise the level of EPA. The use of GLA from Black Current seed oil is helpful because it is a precursor to the pg1 prostaglandin series. Pg1s are anti inflammatory

Studies have shown that SDA, an omega 3 PUFA found in Black Current Seed oil, will raise the level of EPA in red blood cells. The only way to raise the levels of DHA is to supplement DHA. If the emphasis is on preserving or promoting brain structure, then supplement with *preformed* DHA.

In my experience the response is improved when *preformed* GLA, EPA and DHA are used together.

In any neurological problem, I supplement with at least 8 capsules of Ultra Omega-Linic. In many cases this may completely reverse the symptoms of Schizophrenia, Bipolar and severe Depression. In some cases this will take months, but impressive results may be seen in weeks. With this much EFA it is necessary to use 400 IU of mixed tocopherols (**Vitamin E-400**) to protect the lipids at the cellular level.

### ANTIOXIDANT PROTECTION

Certain neurological conditions are more prone to peroxidation at the cellular level. Vitamin E, Alpha Lipoic Acid, Vitamin C, and Coenzyme Q10 are the major antioxidants that protect the essential fatty acids at the cellular level. Consider their use if the patient is not responding as well as you would like.

Vitamin C-500 and Ultra C-1000 can be used if higher levels of vitamin are desired.

**Ultra DM Complex** may be useful in stabilizing blood sugar, as well as offering large amounts of anti oxidant protection.

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