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### Healthy for Life Newsletter

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### Bionutrition

The first book I ever wrote was called ***Bionutrition***, which was first released in 1998. The book was very well received and has sold over 100,000 copies. It has been out of print for the past 5 years. However, I have recently updated and revised this book and it is presently available to you. It is a book that is very easy to read and understand. I feel that it is a must read for anyone who is involved in the health and wellness industry and is promoting nutritional supplements. The subtitle of the book is: ***The Medical Evidence that Demands a Verdict—Should You be taking Nutritional Supplements?***

The greatest defense against chronic degenerative diseases is our own body—NOT the drugs I can prescribe. Common sense tells us we need a strong and healthy immune system, natural antioxidant defense system, along with our natural repair system to protect our health. I have come to realize that nutritional supplementation is the absolute best way to optimize our natural defense systems. This is not in opposition to traditional medicine and all of our pharmaceutical and surgical advances. This is not alternative medicine. This is mainstream medicine. Nutritional supplementation is about health—not disease. This book presents the strong medical evidence that shows that there are

significant health benefits for those who choose to consume high-quality, complete and balanced nutritional supplements. Nutritional supplements added to a healthy diet and a modest consistent exercise program has been shown to give us our best chance of protecting our health or regaining our health if we have already lost it.

Throughout this book I related the medical evidence that demonstrates the effectiveness of nutritional supplements in preventing and/or slowing the progression of chronic degenerative diseases. However, for these supplements to be effective for this purpose they must be taken for a lifetime and they must be safe. Every time physicians prescribe a medication, especially if it is for the treatment of a chronic illness, we explain to the patient the potential danger for the use of that drug. It amazes me how many physicians try to get patients to quit taking their nutritional supplements because they could be dangerous to their health. In my book *Death by Prescription* (Thomas Nelson 2003), I document the fact that adverse drug reactions are the third leading cause of death in the United States and Canada. There are more than 180,000 deaths every year due to adverse drug reactions. This is just behind heart disease and cancer and just ahead of stroke in the list of top ten causes of death in the United States; however, you will never see this listed in any report as a cause of death. According to Dr. Bruce Pomeranz, as reported

in the April 15, 1998 Journal of the American Medical Association, medications that have been properly prescribed cause more than 100,000 deaths a year. There are another 80,000 deaths every year due to improperly prescribed medications, which brings the total of deaths due to medications to 180,000 every year. Dr. Pomeranz also states that another 2.1 million patients have serious complications because of medications.

It bothers me when the media and medical community try to discourage individuals from taking nutritional supplements because they may actually cause harm and increase your risk of death. This even becomes more ironic when the alternative offered by the medical community is to be taking more drugs, instead of supplements. This has to be the height of arrogance, when we know that drugs are the third leading cause of death in this country. There have only been a handful of deaths reported in the last decade due to nutritional supplements. The most commonly reported were the deaths of individuals who were taking very high doses of niacin, which had been prescribed by physicians as a treatment for elevated cholesterol. These individuals took many times the optimal levels recommended in this book in an attempt to create a pharmacological effect.

I have added two new chapters in my revised book that addresses the safety of nutritional supplements. It seems that almost weekly we are seeing the media reporting the inherent dangers of taking nutritional supplements. I am not a conspiracy theorist; however, a recent study has shown that magazines and newspapers with the most advertising from pharmaceutical companies have 5 times the number of negative articles against supplementation. I feel this is going to be the greatest challenge for anyone who is in the business of promoting nutritional supplements. I feel that this book will not only share the positive health benefits of taking nutritional supplements, but also offer you solid

understanding why we are seeing so many negative articles. I have reprinted the Introduction of my book for you to read:

### **Introduction to Bionutrition [Reprint]**

Nothing curls physicians' toes more than when patients come into their office and ask if they should be taking nutritional supplements. I had all of the patented answers: They're snake oil. They just make expensive urine. One can get all the required nutrients by eating the right foods. If my patients persisted, I told them nutritional supplements probably wouldn't hurt them but they should take the cheapest they could find.

Maybe you have heard some of these comments from your physician. For the first 23 years of my clinical practice I simply did not believe in nutritional supplements. During the past thirteen years, however, I have reconsidered my position based on the clinical studies about the health benefits of taking nutritional supplements that have been published in our medical literature.

Should you be taking nutritional supplements? This book is dedicated to open-minded skeptics who are willing to look objectively at medical evidence. If you are a closed-minded skeptic, you might as well put this book down now and save yourself a lot of time. Vitamins are an emotional issue within the medical field. This book presents the medical evidence that demands a verdict — should you be taking nutritional supplements? One hopes logic will prevail and readers will begin to understand what is likely the next major breakthrough in medicine: nutritional medicine.

When I received my M.D. degree from the University of Colorado, I felt like I was a true health care expert. However, after studying and practicing nutritional medicine for the past 13 years, I now realize that I was really a disease-care expert. I knew how to diagnose and how to treat disease. I, like all physicians,

was disease-oriented. We look for disease. We are pharmaceutically trained to treat disease (allopathic medicine). We know our drugs. In medical school, we study pharmacology and learn how each of these drugs is absorbed and when and how they are excreted from the body. We know the chemical pathways they disrupt to create a therapeutic effect. We learn their side-effect profile. We balance the therapeutic benefit of these drugs against their potential danger.

What I called preventive medicine was really just early detection of disease. Think about it: when I did an annual physical on one of my patients, I was looking for that silent high blood pressure or elevated blood sugar or cholesterol. When I ordered a PSA or mammogram I was looking for early cancer. I wasn't really preventing anything. I just wanted to find a disease process early so that I could intervene with my drugs or surgical treatment.

The pharmaceutical industry, along with the FDA, pretty much controlled the medical information I received as a physician. Pharmaceutical representatives try to gain access to our offices to display their goods. I could see as many pharmaceutical reps in my office as patients if I wanted. Pharmaceutical companies are the primary sponsor of all continuing medical education meetings, in the hopes of their speakers promoting their drugs. They highlight the latest double-blind, placebo-controlled clinical trial they believe supports the use of their drug in our patients. They take out full-page ads in national newspapers and magazines encouraging patients to talk to their physicians about their newest drug. You can't watch your favorite TV program without a pharmaceutical company selling its wares. This is the reality of medicine. This is the economics of medicine.

According to Peter Langsjoen, M.D., a biochemist and cardiologist from Tyler, Texas, modern medicine seems to be based on an

“attack strategy,” a philosophy of treatment formed in response to the discovery of antibiotics and the development of surgical/anesthetic techniques. Disease is viewed as something that can be attacked selectively with all sorts of drugs, antibiotics, chemotherapy, or surgery assuming no harm to the host. Even chronic illnesses, such as diabetes and hypertension, yield simple numbers, which can be furiously assaulted with medications. Amidst the miracles and drama of the twentieth century, we may have forgotten the importance of host support, as if time borrowed with medications and surgery were restorative in and of itself. He concludes by saying disease-attacking strategy along with host-supportive treatments would yield much better results in clinical medicine.

The greatest defense against disease is our own body. Common sense tells us we need a strong and healthy immune system to protect our health. I have come to realize that nutritional supplementation is needed to support the host (our bodies) in this battle against chronic disease. This is not in opposition to traditional medicine and all of our pharmaceutical and surgical advances. This is not alternative medicine. This is mainstream medicine. Nutritional supplementation is about health – not disease. This book presents the strong medical evidence that shows that there are significant health benefits for those who choose to consume high-quality, complete and balanced nutritional supplements. Nutritional supplements added to a healthy diet and a modest, consistent exercise program have been shown to significantly improve our health and allow us to be less dependent on medication. Physicians embrace the concept of first-step or first-line therapy, where we encourage patients to make healthy lifestyle changes before we begin treating with medication, especially in diseases like high blood pressure, high cholesterol, early heart disease, or diabetes. Combining all three of these healthy lifestyle choices, which have been shown to provide many different health

benefits in our medical literature, offers our patients the best chance of success.

Most of the medical studies presented in this book are not from abstract medical journals. They are from main-line medical journals, such as the New England Journal of Medicine, Journal of the American Medical Association, the British Medical Association's Lancet, and so forth. Pharmaceutical companies will not take out full-page ads to tell you about the health benefits of nutritional supplements. There isn't any money to be made by promoting natural products. Nutritional supplements cannot be patented via the Food and Drug Administration. It is up to physicians to take an open-minded look at these studies and be advocates for their patients.

I have been in the trenches of a private family practice for more than 30 years. I have seen my share of gimmicks and quackery peddled on my patients. Physicians must be skeptical and protect their patients against any scheme or product that could be harmful to their health. Double-blind, placebo-controlled clinical trials (the standard in clinical medicine) are needed to assess what truly benefits our patients and what does not. This is the type of evidence I present in this book.

In this age of biochemical research, where we are now able to determine what is happening in every part of each cell, the very essence of degenerative diseases is now coming to light. Oxygen necessary to sustain life on this planet also has a "dark side" — oxidative stress. One must understand how this affects the body and how to protect against it. This book is the culmination of over thirteen years of research into oxidative stress and how it relates to health and disease.

Prevention of disease should be the first order of business for any physician. In the early 1970s, I began to recommend moderate exercise. Evidence in the medical literature now shows there is a health benefit with

moderate exercise. I then began recommending that my patients eat the good low-glycemic carbohydrates, the good fats, and the good proteins. This type of diet improves insulin sensitivity and decreases my patient's risk of having a heart attack or developing diabetes. Today I recommend nutritional supplements to all my patients, which I am convinced by the medical literature offers them a definite health benefit. Therefore, I now advocate a triad of healthy lifestyle choices to my patients: a moderate, consistent exercise program, a healthy diet, and high-quality, complete and balanced nutritional supplements.

When we provide the body with all of these micronutrients at optimal levels to the cell (cellular nutrition), the body is able to function at a much higher level. Recommended Dietary Allowances (RDAs) were developed to prevent acute nutritional deficiencies (scurvy, rickets, and pellagra). Bionutrition provides all of these micronutrients at optimal levels or advanced levels, which are those levels that have been shown to provide a health benefit in our medical literature. This allows us to optimize our body's natural immune system, natural repair system, and our natural antioxidant defense system. So let's take a look at this new approach to nutritional medicine and true preventive medicine.

**Consider getting your copy of Bionutrition today. Simply [click here](#) and take advantage of the special pricing available to you [Regular Price is \$14.95 and the Sale Price is \$9.95 plus shipping and handling— if you purchase 4 or more books the price is \$8.95 each plus shipping and handling]. I am also offering to ship this book Internationally to Canada, Mexico, Australia, and New Zealand via Global Priority. Check it out today!!!**