



The Spinal Column

Part 2: Multivitamins: There are better ones

By Dr. Alfin Mitha, Hons. B.Sc., D.C.

If you believe that you can receive some sort of nutrient insurance from cheap, synthetic multivitamins, you are seriously mistaken. When it comes to *synthetic* multivitamins, boatloads of research exist -- research that details how your body can only absorb a small percentage of the nutrients (and potentially use even less). It's very clear that **your body will absorb greater amounts of nutrients if the multivitamin comes in a non-synthetic natural whole food form**. With that in mind let's take a look at the different types of vitamins and then the different kinds of multivitamins in the market.

By the 1930's, 13 vitamins were found to have been in existence and divided into two classes. Those that dissolved in fat also known as fat-soluble vitamins. This type includes Vitamin A, D, E and K. Since fat-soluble vitamins can be stored in the fat cells of your body then everyone keeps a supply of these available for use when required. The downside of fat-soluble vitamins is that toxic levels can build in the body if you ingest too much of them leading to potentially severe side effects. Liver disease can result from excessive Vitamin A. Although difficult deficiencies in this type of vitamin can occur with poor or unhealthy diets. For those of you that lean toward a fat-free diet these vitamins cannot be well absorbed without the fat found in regular food.

The second class known as water-soluble vitamins were grouped as Vitamin C and a group of molecules referred to as the vitamin B-complex. These included B1, B2, Biotin, and folic acid. Water-soluble vitamins are stored in the body in small amounts. That means if you take in too much your body gets rid of it right away, which explains why you have a bright yellow glow in your urine within an hour of swallowing a good Multivitamin, Vitamin C or a B-complex, especially when you are not lacking in these vitamins.

The issue with Vitamins is that they cannot be absorbed on their own. They require a complex set of supporters called co-factors that occur naturally in foods Mother Nature has had a role in making. Without these; reactions cannot occur. A slew of biochemists got together in their white coats, peered through microscopes and figured out ways to synthetically or imitate naturally occurring vitamins. They forgot about all of the other great stuff; the vital cofactors that occur naturally in food.

For example, Beta-carotene is sold as a co-factor but when it was isolated it was missing alpha, beta, gamma, and delta carotenes; not mentioning the dozen's of others needed for reactions beta-carotene is sold for. These missing parts cause Non-absorption of vitamins and minerals and yet the process to add beta-carotene makes the

bottle of multivitamins you buy more expensive. So you are paying more and getting even less.

There are five major types of Multivitamins listed below from the worst to the best.

- A) A Synthetic Multivitamin is made from isolated vitamins and minerals. This type are not well absorbed because they lack cofactors found in natural food. How do you know if your multivitamin is synthetic? Look at the back label. If it's synthetic you'll see ascorbic acid, natural or artificial orange flavour, sucralose, and/or yellow 6 lake. Another tipoff would be if the ingredients have DL in front of a vitamin. If you see a D, then it's natural. If they have a lot of chemical names for the same thing. I.e. pyroxine monochloride, thiamine mononitrate or cholecalciferol it's definitely synthetic. These are the worst of the bunch.
- B) Isolated vitamins made with food powders: in this case, the synthetically produced vitamins become mirror images of their natural counter parts. Like hands in a mirror. Similar but different, like wearing a left handed glove on a right hand. Here the body doesn't know how to react to or interact with the vitamin so it doesn't. These types are also ineffective. Most people by these vitamins. Because you can purchase 500 tabs of vitamin C (1000 mg) for \$9.99. For some reason the general public is infatuated with buying vitamins as cheap as possible, without educating themselves about what's in the bottle. If you are not getting anything of value cheap, it is still expensive. This multivitamin contains ascorbic acid, a synthetic version of vitamin C. So.... good deal, but very poor product.
- C) Isolated vitamins with food concentrate: GREEN FOOD SUPPLEMENTS: This is the product In GoodHands sells and is very proud of. It is a Blend of barley, wheat, oat, alfalfa grasses that have been dehydrated, and concentrated into a powder. The Nutritional quality of these is fantastic and cannot be replicated in a synthetic form with our current state of technology. We can't replicate these cereal products because of all the co-factors nature makes to ensure its proper absorption into our bodies. The nutritional content in a good quality green food multi vitamin is high in vitamin A, riboflavin, folic acid, calcium and magnesium. It's richer than spinach, broccoli, eggs, and chicken in virtually all categories including protein. It's packed with growth factors, antioxidants, immune boosters, and natural cofactors. Now having said this, a Green food supplement is still processed and contains inorganic substances. For the price it seems to be the best bang for your buck. However there are more superior products on the market. **Some of the benefits include:**

- Kale -- provides healthy prostate support
- Spinach -- helps support your cardiovascular and immune systems
- Carrot -- assists optimal vision and cholesterol level
- Radish -- supports your digestive, respiratory, and nervous systems
- Celery -- provides you with skeletal and nervous system support
- Apricot -- promotes your respiratory and immune systems
- Blackberry -- helps support your digestive and immune systems
- Cranberry -- supports your urinary tract and cardiovascular system
- Grape -- promotes healthy circulation and cholesterol level
- Pineapple -- provides healthy respiratory and digestive support

D) Fermented or cultured vitamins: Whole food Vitamins. When a living probiotic culture is added to food concentrated vitamins and minerals, the resulting conversion of one ingredient to another with complete structural change is called a whole food vitamin. This type starts with unprocessed, unrefined or as little process as possible. The Process is called probiotic fermentation: creating a living food/supplement. Examples are Yoghurt; where inorganic substances are broken down into organic substances.

The advantage of Whole food multivitamins are they introduce good bacteria into the body called Probiotics. Probiotics are living direct-fed microbials that promote the growth of beneficial bacteria in your intestine.

E) Raw food created nutrients: Finally the crème de la crème of all Multivitamins. These are as close to real food as possible. This type of multivitamin converts inorganic material into vitamin bound protein complexes with co-factors needed to digest food and absorb more of the vitamin content than any of the others. It mimics the process of life in the way the plant uses sun to make food for humans. Papain (derived from Papaya) is used to stop growth once its ready for ingestion. There are no high temperatures, no fillers, binders, or external agents. The vitamin must be refrigerated and is quite expensive. It is the gold standard of Multivitamins.

For the longest time, I firmly believed that it was ideal to receive all your nutrition from whole, unprocessed organic foods. So, in recommending a high-quality multivitamin, please remember that these nutritional supplements complement the food you eat. They do not take the place of a healthful diet of unprocessed organic foods, which I believe is still the best physical factor for you to achieve optimal nutrition.

About the Author:



As a life-long resident of Brampton (34 years), Dr. Alfin Mitha endeavors to provide this city with reliable, informative Chiropractic care. He lives here with his 2 kids, Aura and Zen, and his wife Rupi. Having completed his Bachelor of Science degree in both Biology and Pharmacology at McMaster University, Dr. Mitha had the opportunity to work with Eli Lilly pharmaceuticals in their Research and Development of Non-Small Cell Lung Cancer and Prozac. Deciding that the private sector in medicine was not for him, Dr. Mitha then took one year off to work in Ixtapa, Mexico as a land sports G.O for Club Med. Having considered Chiropractic in the past, it was only confirmed while having the chance to meet many Chiropractors during his time in Ixtapa.

The next part of his journey took him to the Canadian Memorial Chiropractic College in Toronto, Ontario. During his education, he still maintained an active physical lifestyle while working as a personal trainer. His internship year provided him the opportunity to work at 2 very different and unique places. The first part of his internship was at Anishnawbe Health and Native

Wellness Center which serviced much of Toronto's aboriginal and homeless community. The second part of his internship allowed him the chance to treat players of the Canadian National Soccer Team, and other elite Canadian athletes. Both of these placements allowed Dr. Mitha to understand many aspects of illness, injury and health. A focus which remains in his clinic; In GoodHands.

Having returned back to Brampton (a resident of 34 years, he has since become an active member of the Rotary Club, Brampton Tennis Club, Brampton Volleyball League, Yoga instructor and more recently the Health Practitioner Advisory Committee for the city. Dr. Mitha wishes to become a more integral part of Brampton's community. "It is imperative that we take care of our body and mind, it is our most valuable asset. The first step is education and if anything else, we provide that for our patients".

Main and Franchise Clinics:



In GoodHands Rehabilitation & Wellness Centre
 Bramalea City Centre – Inside GoodLife Fitness
 Unit 50A - 25 Peel Centre Drive, Brampton, ON L6T 3R5
Phone: (905) 453-5858 **Fax:** (905) 453-8995
Email: info@ingoodhandswellness.com

Services:

- Acupuncture
- Chiropractic Care
- Massage Therapy
- Naturopathic Medicine
- Orthotics
- Physiotherapy

Products:

- Athletic Braces & Splints
- Compression Stockings
- Memory Foam Pillows
- Custom Made Orthotics
- Health Supplements

Clinic Hours:

Mon. and Wed.: 9:30 am - 8:30 pm
 Tues. and Thurs.: 10:00 am - 9:00 pm
 Fri.: 9:30 am - 7:00 pm
 Sat.: 9:30 am - 2:30 pm
 Sun.: Closed

In GreatHands Chiropractic & Wellness Centre

Inside Oshawa Centre Mall
 C/O Goodlife, 419 King Street West, Oshawa, ON L1J 2K5
Phone: (905) 433-9520 **Fax:** (905) 433-8144
Email: oshawa@ingreathands.com

Services:

- Chiropractic Care
- Dry Blood Analysis
- Hair Analysis
- Irridology
- Massage Therapy
- Nutritional Urinalysis
- Orthotics
- Psychology
- Reflexology
- Rehabilitation
- X-Rays

Products:

- Custom Made Orthotics
- Health Supplements

Clinic Hours:

Mon. - Thurs.: 9:00 am - 7:30 pm
 Fri.: 9:00 am - 7:00 pm
 Sat.: 9:00 am - 5:00 pm
 Sun.: Closed