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# Nutritional Supplement Support Booklet

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Information in this booklet is part of CNS (central nervous system) research conducted over a four year period. All information contained herein is based on the experience of participants in that research. The information in this booklet is not intended as medical advice; rather, it is a compilation of "our" experience in researching and overcoming the disorders that are included herein.

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**Determining Nutritional Needs**

Body mass and age are not always determining factors in nutritional requirement. The greatest determining factors for need of supplementation are:

**Bowel function** - If you have poor bowel function that includes either constipation or diarrhea, your need will be greater than that of a person with healthy, consistent bowel function. **Read Digestive Problems (page 14)** for more information.

**Previous use of antibiotics** - Persons with a lot of antibiotic use in their history, or those who have just recently used antibiotics usually have a greater need for supplementation. **Please refer to page 15, Antibiotics.**

**"High" metabolism** - Some people have a lowered ability to absorb nutrients, difficulty putting on weight, or a very "high metabolism". These people may need to maintain a higher level of supplementation than others.

**Obesity** - Many people who are extremely overweight require a higher level of supplementation in order to ensure effective maintenance.

**Substance abuse** - Mind altering or body chemistry altering substances will negate the positive effects of a nutrient supplementation program. **Please refer to page 13, Substances to Avoid.**

**Continued use of prescribed medications** - Because most prescribed medications cannot be tolerated for an extended period of time when used in conjunction with a nutrient program, you may have to decrease or eliminate your medications to avoid a problem with Adverse Drug Reaction. **(Work with your doctor to eventually eliminate your medication). Please refer to page 5, Conflicts With Medications.**

## Side Effects

### What side effects are "normal" when using a supplement?

During the first weeks on a supplement program (called the adjustment period), it is normal to experience one or more of the following symptoms:

1. Some "bad days" with a recurrence of side effects from old medications; help alleviate this symptom by drinking large amounts of purcwater.

3. Mild headache

5. Increase in gas or loose bowel movements, NOT Diarrhea. If you have extreme diarrhea, refer to page 14, Digestive Problems.

## Conflicts With Medications

**99** Please note: *If you are taking a prescribed medication from your medical practitioner, we encourage you to consult with him/her in order to determine your course of action concerning the medication.*

We encourage you to be well educated about the side effects and characteristics of the medications that you are taking.

Persons taking a supplement will usually come to a point within the first few weeks where they can no longer tolerate the medications they are taking. We refer to this state as an Adverse Drug Reaction. It is important to know that minerals and vitamins are "food" and when taken in recommended levels, do not cause "drug" like side effects. Insomnia, extreme highs or lows, major anxiety or a desperate need to sleep may be the results of an interaction with medications that are not required at the levels that they were first prescribed.

Generally, at the first sign of a positive response, we recommend that the participant, with the help of his/her medical practitioner, begin a systematic reduction of prescribed medications. In the past, those who have waited and tried to maintain the medication levels along with a supplement have experienced an increase in medication side effects and terrible complications within one to two weeks of the initial positive response to a supplement program. This problem is so common that it has come to be known in our research as the "third week blip". When the symptoms are charted, those participants who have not made significant reduction in medication will show a sudden increase in negative symptoms. Again, we ask you to be cautious. Avoid a painful withdrawal. Many medications cannot be reduced quickly and must be "weaned" off. Do not "dump" your medication when you start supplementation. **Consult your doctor, pharmacist and educate yourself about your particular medication(s) to ensure that you are aware of the safest way to deal with them.**

## Adverse Drug Reaction

An Adverse Drug Reaction (ADR) happens when two treatments collide to produce a negative effect. Your signs of a reaction may differ from that of another participant based on how quickly you respond to a supplement and what medications you are or have been taking.

The average time before people start to notice an ADR is 1-2 weeks after starting a supplement. Some people notice a reaction within days and others are able to comfortably maintain both a supplement and medication for a number of weeks. (Although the latter is very rare.)

Most ADRs include one or more of the following:

1. A manifestation of new or unfamiliar side effects from medications. You must take the time to become familiar with every possible side effect of your medications. During an ADR you may experience side effects that you have not previously had, but which are typical of the medication you are taking. Ask your doctor, a pharmacist, or seek out answers in detail on the following internet web sites:

<http://www.mentalhealth.com>  
(look under medications)  
<http://www.rxlist.com>

2. Headache or general feeling of malaise.
3. Fatigue or increased irritability/anxiety.
4. Shakiness or a feeling of being "over medicated".
5. A sharp increase in the typical side effects of the medication shortly after you have taken a dosage of your medication.

ADRs usually start to happen shortly after the first positive response to the supplement is noted. Most people will have two or three "good days" where they feel an initial drop in the symptoms of their illness, and then, if the medications are not reduced, will have a sharp increase in symptoms and will **cease to improve. Talk to your medical practitioner about how to safely deal with your medications.**

**Question: I have not been on any medication for several months, yet I seem to be showing the signs of an ADR. . is this possible?**

In some cases, people who have been off medication for a long time, even years, will suddenly start to show signs of an adverse drug reaction. Many have experienced drug "flash backs" that mimic exactly the symptom or side effect of a previous drug or medication they have taken. We suggest that in these cases, the body may be releasing stored toxins and/or medications back into the blood stream. This can often be connected to the beginning of supplementation, beginning of weight loss, sudden change in diet, or an increase in physical activity. For help, **please refer to page 4, Side Effects.**

## Drug Flash Backs

Some participants complain about a recurrence of medication side effects after they have exercised. Many have seen this effect long after they have discontinued their medications. Although the medications are not found in the blood, they may be stored in fat and liver cells. When the drug re-enters the system - due to weight loss, sustained exercise, or the body's natural cleansing process, we refer to this as a drug flashback. Symptoms often include typical side effects of the drug, feelings of fatigue, headache and a general feeling of illness. One may begin to recognize a pattern of flashbacks after participating in certain activities. The most effective ways that we have found to remedy this problem are:

1. Drink a lot of pure water to flush the drug from the system.
2. Continue a regular exercise program.
3. Undergo a "cleanse" for the liver. Most of these cleanses require a very basic diet and some include homeopathic "drops" for the liver. The cleanse process is not very comfortable, but it is well worth the increased health and feeling of strength once it is done.

## Withdrawal

Some people have experienced severe problems with withdrawal from their medications. Some of the most dramatic withdrawal problems that we have encountered have happened when people decide to "cold turkey" a medication against the advice of the prescribing physician and against common sense. We encourage you to be educated on the effects of overmedicating, sudden withdrawal and all related information about the medication that you or your loved one is taking. **Consult with your doctor about safely removing the medication so the person taking nutritional supplements avoids an ADR.**

Depending on the medication being taken, people will normally experience a wide variety of symptoms during the time of withdrawal. Symptoms that are **not normal or safe** include extreme panic or fear, total inability to sleep, pain, swelling, boils or other rashes, dramatic or extreme decrease in appetite, etc. If you are experiencing extreme symptoms of withdrawal or a major increase in symptoms that the medication was being used to control, then you must seek medical attention.

In rare cases where an individual has not been able to get support from a medical practitioner, success has been found by doing the following:

1. Drastically lower the supplementation that is being taken (this will help to avoid complicating the situation with an ADR).
2. Continue to use the drug that was being withdrawn until the symptoms are stable again.
3. Slowly add more supplement and reduce the drug over an extended period of time. Slow reduction of the drug means SLOW. Some people have resorted to shaving off 1/4 of a tablet at a time or asking the pharmacist to break down the dosages into smaller increments.

Although this is not typically the way nutritional supplementation is introduced, this "gas and clutch" method can help a person who is taking a highly addictive medication to reduce it safely and eventually see the benefits of full supplementation.

## Response Time

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**Question: How long will it take before I respond favorably to a supplement?**

Some disorders respond far quicker to supplementation than others. Response to a program of supplementation is largely determined by physical factors apart from the illness affecting the person. A complete list of these factors can be found on **page 3, Determining Nutritional Needs.**

Although each person will vary in "response time", we have determined that the following general guidelines (for persons without additional complications) are typical:

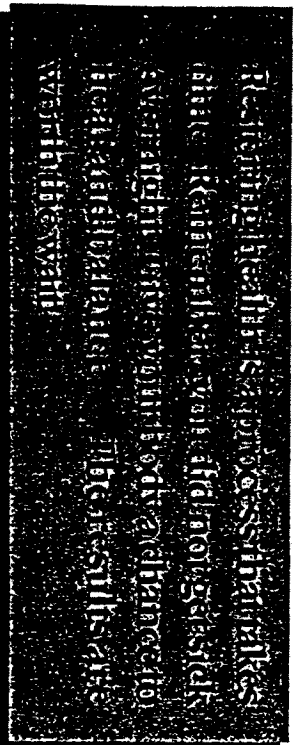
**PMS or general health concerns** - Many people choose to take supplements based on a desire for increased health and prevention of potential problems. You can expect to notice a difference in the way you "feel" within one to two weeks depending on the dosage you choose and the symptoms you may have had previous to the supplements being taken. Many people report better sleep and an improvement in energy levels; a strengthened immune system, and a general feeling of well being. Many women note a significant relief of PMS symptoms within the first or second cycle while on supplementation.

**Bipolar Affective Disorder** - most people with true Bipolar (typical highs and lows, rapid cycles or otherwise) show an initial positive response within the first two weeks. Many start to show improvement in symptoms within a few days. Generally, these people are able to safely reduce and eliminate their medications in a matter of a few weeks without having great difficulty with recurring symptoms or ADR.

If you have been diagnosed as Bipolar, but are predominantly depressed, you may not fit into this category. We believe that in "quick" response cases of Bipolar, the body may already be producing sufficient neuro-transmitters for the brain to function, but it lacks the control function to maintain stability. Resolution occurs when this control function is restored and balance is maintained.

**Depression** - When you are depressed, your body is not producing enough of the specific neuro-chemicals required by your brain. This lack of production inhibits normal function and leaves you feeling low, dark, and heavy. The response time for supplements varies dramatically for the depressed person. Some people notice positive changes within days and others do not see an improvement for many weeks. When you start taking supplements, be sure to stay on your antidepressant medication until you feel a significant change in the pattern of your depression. Staying on the medication for too long can cause problems with an ADR (often mimicking symptoms of depression or anxiety). Getting off your medication too quickly may not give your body enough time to respond to supplementation and you may be left without relief for several weeks. **Be sure to discuss this information with your doctor. Make informed decisions about your health!**

**Fibro-myalgia** - Persons with fibro-myalgia have been known to vary dramatically in response time to nutritional supplementation. Some notice positive changes within a few days, while others may wait up to thirty days before the initial positive response. If your medication includes only painkillers that are taken as needed, then you are not likely to suffer an ADR, although you may experience some of the other symptoms listed on **page 4**. **Side Effects**. If your medications include anti-depressants or anti-anxiety medications, then you ought to **read page 6, Adverse Drug Reaction** and expect a similar response. Your medication will need to be handled carefully to avoid an ADR or severe withdrawal reaction.



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**Schizophrenia** - In the open trials that have been conducted since 1996, we have noted that there are two predominant types of Schizophrenia and both respond in a very different manner to a supplement program.

Persons suffering with schizophrenia as an extension of an extreme mood disorder will generally have an initial positive response within the first thirty days of supplementation. Some have been known to respond within a few days. Medications must be dealt with carefully in order to avoid an ADR or severe withdrawal. Some of the worst cases of mood disorder related schizophrenia have taken up to three months before the person is functioning drug free and with good stability.

Persons suffering with schizophrenia as a sudden onset with resistance to medication respond to supplementation over a much longer period of time. These persons will see a positive response initially within the average time of two to three weeks and then will experience extreme vacillations between good and bad days for an extended period of weeks and even months. Eventually the good days outweigh the bad. Although, the road to resolution can seem long.

**Thyroid Problems** - When we have worked with people who are suffering with thyroid problems, it is because they are seeking help for other symptoms more closely related to our CNS research. One woman was in generally good health until her first pregnancy. During postpartum, she developed serious depression and an under-active thyroid. Her doctor prescribed Synthroid and an anti-depressant. When she started taking a nutritional supplement, she was able to eliminate her anti-depressant and then slowly reduce the levels of her Synthroid. Her doctor conducted regular blood tests and watched her symptoms. Eventually, the thyroid problem was "resolved". Perhaps the thyroid problem was an extension of the same problem that caused her initial depression.

Other people have not been able to eliminate the use of thyroid medications by using a nutritional supplement, but many report being able to lower the level of medication significantly.

## Pregnancy

The decision to become pregnant is a very personal one. We recommend that women wishing to become pregnant while on a supplement program first establish an understanding of how they maintain best on a supplement. Allow your body to get used to the supplement in order to avoid an upset stomach or nausea at having to swallow several capsules!

One woman was told during the term of her severe Bipolar illness that she would never be able to become pregnant again. The anti-psychotic medications that she was required to take were considered lethal to an unborn child and her doctor suggested that sterilization might be wise in this case. The woman and her husband had hope that at some point her condition might improve, so she refused sterilization. Against all odds and after three years of mental stability using a nutritional supplement program, she became pregnant and enjoyed a healthy and better than normal pregnancy.

Many of the women using supplements report dramatic differences in their pregnancies as compared to "pre-supplement" pregnancies. Common observations are: less food cravings, less "morning sickness," better energy levels, less water retention and in the end a calmer and more contented baby.

For more information on the benefits of our nutritional supplement program, please contact us at 1-800-877-8777 or visit our website at [www.nutritionalrecommendations.com](http://www.nutritionalrecommendations.com).

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## Nutritional Recommendations

Making changes in your diet is often difficult. It is not necessary to meet all of the recommendations before a supplement will start to make a difference for you. As you feel capable, start to work on meeting these recommendations and you will find that your recovery will be faster and your maintenance will be far less complicated.

Try to eat a variety of foods including fresh fruits and vegetables in your daily diet.

Eat ample amounts of fiber and whole grain foods daily to keep your bowels functioning properly.

Ensure that your diet includes protein from a variety of sources including lentils and beans, light and dark meat. Meat needs to be taken sparingly as excessive protein in the diet will cause an imbalance in specific minerals. One individual decided to go on a popular high protein diet for weight loss purposes. Within the first month on the diet, she started experiencing an increase in symptoms of a CNS disorder. By the time the source of the imbalance was discovered, she had regressed to a severe state of Bipolar.

Whole grain foods contain a significantly higher percentage of mineral than white or refined foods. We recommend choosing whole grain breads and pastas over the refined or white versions whenever possible.

## Substances to Avoid

Substances that serve to stimulate (e.g.: caffeine), sedate (e.g.: tobacco) or in any way artificially alter the chemistry of the brain (e.g.: street drugs, alcohol) are not recommended as a part of this program. Persons who refrain from the use of these substances are known to heal faster and maintain far better on this program than those who choose to continue "self medicating" with these substances. Never take coffee or tea with your supplements as both are known to decrease the absorption of minerals in the intestinal wall.

## PMS

Although most women report a dramatic decrease in the symptoms of premenstrual syndrome within the first couple of cycles on supplements, the time previous to menstruation can still be a sensitive time for maintenance. As you come up to your normal PMS time, choose your food carefully. Avoid calcium-leeching foods like sweets and soda pop. Ensure your protein intake is moderate and increase your supplementation as needed. Many women choose a slightly higher level of supplement from the time of ovulation through the beginning of menstruation.

## Digestive Problems

Digestive and bowel problems can often lower the effectiveness of supplements. Persons known to suffer with these problems will require higher levels of supplementation for longer periods of time.

Persons who have suffered perforated bowels or other like trauma will generally have a slower response to a supplementation program.

If you have regular bouts of constipation or diarrhea, you will probably require increased supplementation and a longer period of time to get your first positive response. Seek natural means to resolve minor digestive problems and to increase your intestinal ability to absorb the nutrients.

**Note:** Some people with problems such as chronic diarrhea or certain food allergies have found resolution for their digestive problems simply by using the proper supplement. We do not yet understand fully the reasons for the initial problems or why a supplement worked well for these problems; however, we do believe that disorders related to the absence of specific nutrients will respond positively to the introduction of a proper supplement.

## Illness

Anytime you are ill, whether it be the flu, a cold or other virus, you should expect to have to increase your supplementation in order to maintain your "balance". This is especially true when you have symptoms that include indigestion, diarrhea, vomiting or lack of appetite.

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If you have an infection and require the use of antibiotics, your need for antibiotics will dramatically increase.

## Antibiotics

One common side effect of most antibiotics is loose stool or diarrhea. This is due to the fact that antibiotics do not differentiate between "good" and "bad" bacteria. When the medication kills off the bad bacteria that is causing the infection, it also wipes out good bacteria in the digestive tract. This results in the lowered ability to digest food normally and a decreased ability to absorb nutrients properly. The proper nutrient program is based first and foremost on supplementing the already lacking nutrient. If you do not absorb it through the intestinal wall, then you will not respond well to supplementation. We recommend that you be cautious about an overuse of antibiotics. These are important medications that can save lives when absolutely necessary. However, they should not be used without careful consideration of the risk of relapse of other symptoms. **Discuss this information with your doctor.**

## Effective Maintenance

Effective Maintenance happens when you make being physically healthy a part of your daily lifestyle. Remember that everything you ingest affects your body chemistry in one way or another. Seek to find balance and moderation in the things you eat and the activities you participate in. Listen to your "gut instinct" about what you should and shouldn't eat. You'll find that with practice, you will be able to establish a great routine of health and wellness in your life. Lifestyle changes don't often occur overnight, but as you heal, you will find ways to improve your health along the way.

## Required Nutrition Supplements

Elemental

MAINTENANCE SUPPLEMENT

MAINTENANCE SUPPLEMENT

MAINTENANCE SUPPLEMENT