Nutraceuticals and Your Health: Part I

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Objective:

- Understand the importance of a comprehensive nutraceutical regimen for optimal health and wellness.
- Identify clinical manifestations and/or chronic disease states associated with nutritional deficiencies.
- Discuss the functions of various nutrients in the body.
- Identify common prescription drugs that cause nutrient depletions in the body.

Key Points:

- Nutraceuticals- chemicals found as a natural component of foods or other ingestible forms that have been determined to be beneficial to the human body in preventing or treating one or more diseases or improving physiological performance.
- The absence of disease does not guarantee the presence of health.
- The gut is one of the most important organs in the body and maintaining proper gut function is crucial to everyday health.
- Adrenal glands are extremely important to the body during times of stress. Several nutraceuticals help normalize cortisol preventing adrenal dysfunction that can lead to various disease states.
- Many drugs cause significant nutrient depletions in the body. Knowing these interactions and supplementing the correct nutrients will lead to optimal health and wellness for your patients.


69. Richards, Karen Lee. "With nearly 40 years of medical research showing its importance in managing a wide range of serious illnesses, it's not surprising that CoQ10 has at times been described as “The Miracle Vitamin” and “The New Fountain of Youth.”."

70. Roberfroid, Marcel B. "Prebiotics and probiotics: are they functional foods?." *The American journal of clinical nutrition* 71.6 (2000): 1682s-1687s.


