

## PERSONAL VITAMINS: A Doctor's Perspective

By Lisa Beth Freedman, M.D.

**At one time or another we all have been tempted to start taking a vitamin or the new millennium term—a nutritional supplement. Perhaps we have seen a TV commercial touting the latest remedy to cure chronic fatigue and various pains or have read about the miraculous power of a vitamin.**

As a holistic medical doctor, my mission is to treat the whole “you”: mind, body and spirit. I believe in getting to the root of the problem, not treating symptoms. This can be done accurately, based on a person's history and on integrative lab testing. I use two tests: the Functional Intracellular Analysis (FIA) and a neuroscience test. The FIA is explained below.

The neuroscience test scrutinizes brain chemicals in the urine. Brain chemicals determine our moods, sleep, motivation, behavior and thinking. With these indications, I can find the true cause of such ailments as depression, anxiety, insomnia, and headaches.

After I find the cause I can treat them with natural remedies and without side effects, restoring a patient's quality of life.

### Vitamin claims: are they true or false?

In the past decade, we have witnessed an increased growth in the use of vitamin and herbal remedies. What was once considered nontraditional is now becoming mainstream medicine. In a recent article published in the Journal of the American Medical Association, investigators showed the benefits of using antioxidants such as vitamin E for the prevention of dementia. Routinely ophthalmologists recommend their patients take Lutein to prevent macular degeneration, and it is now common for cardiologists to recommend folic acid for patients with heart disease. These are just a few examples of the medical uses of vitamins and herbs.

We now know that looks are deceiving. Even the healthiest looking person can be deficient in nutrients due to genetics, malabsorption, age, lifestyle, and physical differences.

### So how do we know which vitamins and herbs our bodies need?

For years we thought that taking a One-A-Day vitamin was the best method. This contained many

types of vitamins in a convenient daily dosage. The problem with a prepackaged vitamin is that the amount of each nutrient is fixed. Studies have shown that half of all patients taking a multivitamin are functionally deficient in one or more essential nutrients that are vital to long term health.



In 1993, a cutting-edge technology that can accurately measure individual levels of nutrients in your system was developed called Functional Intracellular Analysis (FIA). Utilization of this test may improve the quality and length of your life. This new test offers you the advantage of obtaining your own specific profile of vitamin, mineral, fatty acid, antioxidant, carbohydrate, and amino acid deficiencies. Research shows that these deficiencies suppress the function of the immune system, contributing to diseases such as arthritis, Parkinson's, cancer, diabetes, heart disease, stroke, alcoholism, substance abuse, behavioral disorders, chronic fatigue, multiple sclerosis, and osteoporosis.

This special test measures the intracellular function of essential nutrients within your white blood cells. White blood cells carry a person's nutritional history for four to six months. Other blood tests can only provide someone's nutritional history for one snapshot moment in time and can only detect a few deficiencies. Therefore, this new test is essential for anyone concerned with achieving and maintaining excellent health and wellness.

### Who should get the FIA test?

Ideally everyone! Even people who eat a balanced diet, exercise, and take vitamins can benefit. Specifically, this test combined with the neurotransmitter urine test can uncover the true causes of ADHD, depression, anxiety, headaches, insomnia, fatigue, and chronic pain. In addition, anyone who smokes, drinks alcohol, takes any drugs, or maintains a sedentary lifestyle should be tested.

### Is this FIA test covered by health insurance?

Yes, PPO insurances cover most of the cost of this test. The co-insurance is about \$75.00. For uninsured and HMO patients, the discount rate is about \$275.00. Your blood is drawn in your doctor's office and the results are available in two to three weeks. Your doctor will explain the results to you in detail and order all your necessary vitamins. This is the only test of its kind to uncover your deficient nutrients accurately! So if you are inclined to start a serious vitamin regimen and continue on the road to wellness, we urge you to discuss with your holistic doctor these options available for specifically measuring your blood nutrient levels.

As a doctor with a dedication to holistic medicine, I have found that these tests help me help you prevent disease, and maintain your health and well-being. Isn't that what doctors are supposed to do?



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