



A Discussion on Supplements

Unfortunately in this day and age, our environment and our food is not as pure and nutritious as in the past. Soils, and therefore our crops, are depleted of important and necessary nutrients. Water and air quality are suffering from waste products and pollutants. Toxic exposure is at its highest.

Due to this environmental state, coupled with our increased understanding of the role that our genetic makeup plays in our biochemistry and individual nutritional deficiencies, as well as the food choices and overall lack of exercise in our country's population, each of us may need nutritional support!

Dr. Clements' first priority is always to increase your nutritional status through food. Good old, wholesome, nutritious food! Preferably nutrient dense vegetables and fruits, healthy proteins, and whole grains. Organic and unprocessed is best. We do not have a deficiency in pesticides, preservatives, hormones or antibiotics and do not need these substances added to our food!

Dr. Clements' second priority is to minimize and individualize the number of supplements you may choose to take. It is my belief that generally it is not healthy to take an overabundance of nutraceutical supplements. Supplements are just that, a supplement to your regular diet, not a substitute. They should be taken for a specific reason individual to you.

Dr. Clements' third priority is that your supplement choices are the best possible quality for your money. Dr. Clements has put many, many hours into researching specific products and formulations. Many of the supplements carried in our office are sold only to licensed, qualified health practitioners. The companies we choose to work with have specific quality control programs in place to ensure the quality of their products. Also, an herb is not an herb is not an herb. Each herb has specific chemical structures which are healing, or in some cases, toxic. Many herbs must be picked at a certain time of the year, or a certain part of the plant must be used, or a specific extraction method may be necessary depending on the herb and the chemical compounds desired. The companies we choose to work with have this knowledge to create the safest, most efficacious product for you.

Dr. Clements' will also choose formulations that are specific to you. Not everyone gets the same multivitamin or bone support formula or Echinacea compound.

We ask you to bring in all your supplements (and medications) to your first consultation in order to review the dosage, ingredients, and quality of what you are ingesting. This is an important aspect of our service to you.

When supplements are recommended, options will be discussed in terms of where and what type to purchase. You are always welcome to attain your supplements from whatever source you would like. Many of the individualized formulas we suggest will be difficult to duplicate elsewhere. Our sincere goal is to assist you in making quality choices that are personalized to your needs and concerns. Please feel free to discuss this at any time with Dr. Clements.