

As Seen On



2014

How To Know If Your Nutritional Supplements Are Working



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www.MinneapolisNutritionist.com

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How Do You Know If Your Nutritional Supplements Are Working?

If don't read anything else in this report, read just this page.

Your nutritional supplement is supposed to do two (2) things...

- 1) Supply the nutrients that cells need to operate (biochemistry)*
- 2) Supply nutrients and phytochemicals that protect cells against free radical damage (cell aging)*

If you think of your body as an automobile, it's like giving your body enough fuel (gasoline) AND protecting your body from wear and tear (oil).

Without gasoline you don't go anywhere. Your body needs fuel. (Protein, fat and carbohydrates are macronutrients. Vitamins and minerals are micronutrients. For the purpose of this analogy, you can think of both macronutrients and micronutrients as "fuel").

Without oil your engine burns up. It is damaged and grinds to a halt. Your body has it's own oil that protects cells and organs from damage when burning fuel. It is called antioxidants. Antioxidants protect your cells and organs from free radicals that can tear them apart. Antioxidants include both nutrients and phytochemicals (from plants).

How do you know if your supplements are doing 1) and 2) ?

For 1) If your supplement is working your macronutrients and micronutrient levels should be in the optimal range. To test macro and micronutrient levels you can see a doctor / nutritionist like me. I'll send your blood and urine to a lab where it is tested for numerous nutrient levels. It is good testing and I recommend it for someone who has a serious illness. But it costs upwards of \$900. Plus you have to get stabbed by a needle for the blood sample and give a urine specimen too.

For 2) If your supplement is working you should have a high antioxidant level. Testing your antioxidant level used to require you to give a blood or urine sample. But now there is a state-of-the-art laser scan that measures your antioxidant level in 90 seconds by shining a special laser beam on the skin of your palm. Dr. Oz made this test popular last year on his show. It's called the biophotonic antioxidant scan (Pharmanex).

I said that "Antioxidants include both nutrients and phytochemicals" above. Because that's true, when you measure your antioxidant level with the biophotonic antioxidant scanner, you're also indirectly measuring nutrient level's too. That means you're getting some information about 1) above, too. You're getting two birds with one stone.

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Are You Getting Enough Antioxidants To Protect You?

Why Are Antioxidants Important?

To start you may (wisely) ask “Is this real?” and...

“Is it worth my trouble to be concerned about my antioxidant level?” or...

“Can I really change/improve my health by increasing my body’s antioxidant level?”

The answer to these questions is a clear YES! Antioxidants are extremely important for your health. If you are deficient in antioxidants your risk for many diseases rises proportionately. All diseases are directly or indirectly related to the cell damage that occurs in the absence of antioxidants. Cancer, heart disease, diabetes, rheumatoid arthritis, neurodegenerative diseases (Alzheimer’s, Parkinson’s) and macular degeneration are just a few.

In the skin free-radical damage causes collagen and other vital skin functions to break down, causing wrinkles.

Consider the astounding proclamation by Dr. Richard Cutler former director of the National Institute On Aging at the National Institutes of Health in Washington, DC:

"The amount of antioxidants that you maintain in your body is directly related to how long you will live."

Another antioxidant researcher (author of The Antioxidant Miracle) Dr. Lester Packer put it this way:

"There is overwhelming scientific evidence demonstrating that those of us who eat a diet rich in antioxidants and take antioxidant supplements will live longer, healthier lives."

What Are Antioxidants?

Let’s take a step back and ask the question “What are antioxidants and why are they so important?”

Antioxidants protect cells and molecules in our body from damage. On a cell level the major cause of cell damage are molecules called free radicals. Free radicals are created by the millions and billions every second of every day we live.

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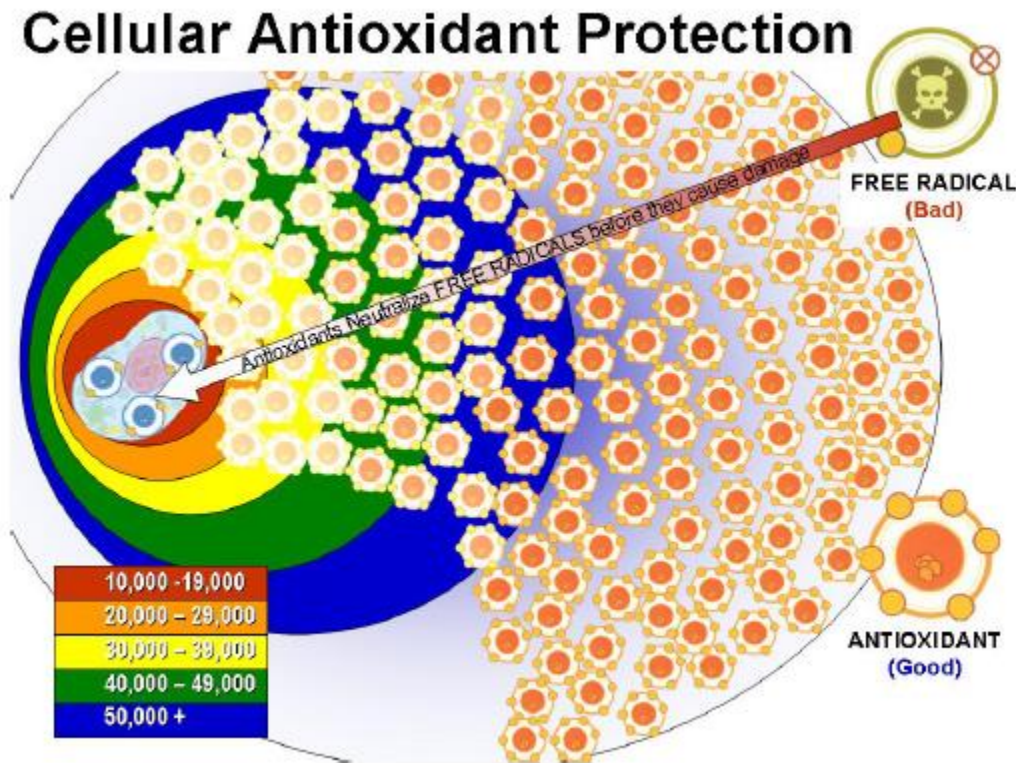
Our body has evolved a system (antioxidants) to protect against free radical damage. This system is fueled by nutrients in our diet. When our diet is deficient in antioxidants our body's defense system against free radicals is weakened. As a result our cells suffer more damage.

As the damage to cell after cell after cell increases the function of our tissues and organs is affected. Eventually this creates the disease states we know as cancer, heart disease, diabetes, rheumatoid arthritis, Alzheimer's, Parkinson's, macular degeneration and so forth. In fact scientists now believe that one of the main reasons we don't live forever is due to free radical damage to our body's cells over a lifetime.

Now Dr. Cutler's statement "The amount of antioxidants that you maintain in your body is directly related to how long you will live" makes more sense, doesn't it?

Antioxidants Protect Against Free Radical Damage

The picture below illustrates a cell being bombarded by free radicals and protected by antioxidants.



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In the drawing above a free radical is shown with the skull and cross-bones on the top right. Note that the free radical is missing an electron (the “x”). This free radical can damage the cell shown in light blue on the far left. It does so when it tears an electron off of structures within the cell. Our cells are being bombarded by millions of free radicals every second.

The only protection that the cell has are the antioxidants in and around the cell. These antioxidants are depicted as the orange colored circles each containing 6 yellow electrons. Antioxidants prevent free radical damage by neutralizing free radicals when they give them electrons.

The higher the level of antioxidants in your body tissues, the less likely it is that free radicals will cause critical cell damage. The drawing shows five levels of antioxidant protection as circles of protection around the cell. The **largest blue circle** represents excellent cell protection. The **smallest red circle** represents poor cell protection.

You can measure your level of antioxidant protection to see if your cells and tissues are being damaged by free radicals and are aging rapidly. Your body antioxidant level can be expressed as a score ranging from a low of 10,000 to a high of 100,000. This range of scores is divided into five subcategories which are rated (lowest to highest) F, D, C, B and A. (Just like in school).

Understanding Antioxidant Scores

When your antioxidants are measured with the Pharmanex biophotonic antioxidant scanner you get a score that can range from 10,000 to 100,000. To give a general sense of the significance of these different measurements in terms of your health and antioxidant protection level, the following rating scale is used. It gives a grade from A to F, just like you get in school.

Most Americans and 80% of the audience of the Dr. Oz Show (when measured on an episode of the show in 2012) score in the D and F range.

A	50,000 to 100,000+ =	Optimal
B	40,000 to 49,000 =	Good
C	30,000 to 39,000 =	Moderate
D	20,000 to 29,000 =	Weak
F	10,000 to 19,000+ =	Poor

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Your score reflects your diet and lifestyle. Each score category can be interpreted generally as follows:

Score:	10,000-29,000 (F &D)	30,000-39,000 (C)	40,000-60,000+ (B & A)
Dietary Habits	Low consumption of fruits and vegetables	Moderate consumption of fruits and vegetables	High consumption of fruits and vegetables
Supplementation	Irregular or no supplementation	Regular supplementation	Optimal supplementation
Lifestyle Choices	<ul style="list-style-type: none"> • High BMI (>28) • High Stress • High sun and pollution exposure • Smoker (including 2nd hand smoke) 	<ul style="list-style-type: none"> • Medium BMI (24-27) • Moderate stress • Moderate sun and pollution exposure 	<ul style="list-style-type: none"> • BMI in the ideal range (19-23) • Low stress • Low sun and pollution exposure

My Shocking Antioxidant Score

My name is Dr. Harlan Mittag. I have practiced natural medicine as an acupuncturist, chiropractor and nutritionist in the Minneapolis area for 28 years. In addition to studying nutrition in college and post-graduate professional school, I have taken countless hours of seminars on clinical nutrition over the course of my 28 years in practice.

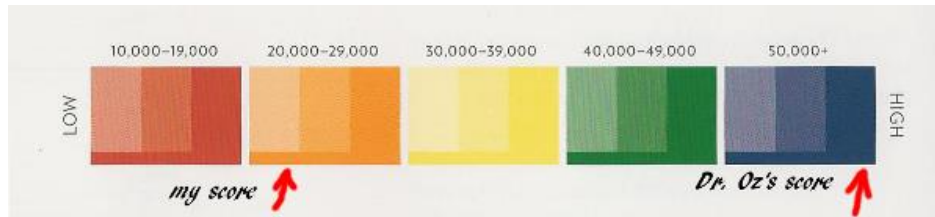
From my professional studies of clinical nutrition I knew the importance of antioxidants, understood the biochemistry of free radicals and how they damage our body. So naturally I made it a point to take supplements that were supposed to boost my antioxidant levels. And of course, as best I could I ate a diet that contained antioxidants. Looking at the chart above I clearly fit into the “B” and maybe the “A” category. Doing all that I was doing, I believed that my antioxidant levels were high and my cells were being protected.

That’s when I saw the Dr. Oz Show where Dr. Oz introduced a device that measures your body’s antioxidant levels. Intrigued, I got the device – the Pharmanex biophoton antioxidant scanner – and measured my antioxidant level.

I was shocked.

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I had been taking what were supposed to be some of the best nutritional supplements available in the United States. And I was eating a fairly decent diet. Before I took the test I had assumed that I would test in the A or B range. But I scored 22,000 – a low “D”.



My score was the same as that of most Americans. For instance, when the audience of the Dr. Oz Show was tested using the Pharmanex biophoton antioxidant scanner roughly 80% of them got F's and D's. Just 15% got C's and only 5% got a B or an A. As I mentioned previously, Dr. Oz himself got an A+++ with a score of 75,000.

What I Learned and Why It's Important For You Too

I'm a clinician and my job is to help people heal and/or stay healthy. There's the saying "Physician, heal thyself" and I take it seriously.

So getting such a low antioxidant score was both a personal and professional issue for me. Here I was telling patients how to eat and what supplements to take, and yet my own results were nothing to be proud of. I had to figure out why I scored so low so that I could change it—not only for my own sake, but also for the sake of my patients.

Lesson #1, Don't assume that your supplements are working for you. I had been taking the same supplements that I recommended to my patients. These were supplements that are only available through health professionals. Such supplements are regarded as the best on the market anywhere because the manufacturers know that they can't pull the wool over the eyes of professionals who are well educated in nutrition, biochemistry and human biology. (And for the most part nutritional supplements available through health professionals are higher quality than those found in grocery stores, drug stores or online.) And yet, my supplements weren't keeping my antioxidant levels up where they needed to be.

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Lesson #2, Always test to make sure that you are getting the results you want. Frankly, I already knew this one. I'd been offering nutritional testing to my patients for years. The problem was that testing antioxidant levels previously required a blood sample. Before the Pharmanex biophoton antioxidant scanner there wasn't an easy way to test for antioxidant levels. I didn't learn about the Pharmanex biophoton antioxidant scanner until I saw it on the Dr. Oz Show.



Dr. Oz has his antioxidant level tested.

How To Get Your Antioxidant Levels Tested

Now it's easy to test your antioxidant levels. With the Pharmanex biophotonic antioxidant scanner it's as simple as placing your hand in a beam of light and waiting 90 seconds. Antioxidants absorb the light photons and reflect them back at a different wavelength. The more antioxidants in you, the more altered light is reflected back into the scanner. In 90 seconds you have a score that tells you one of the most important numbers you'll ever get with regard to your health and your health risk.



the Pharmanex biophotonic antioxidant scanner

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What Does Your Antioxidant Score Mean?

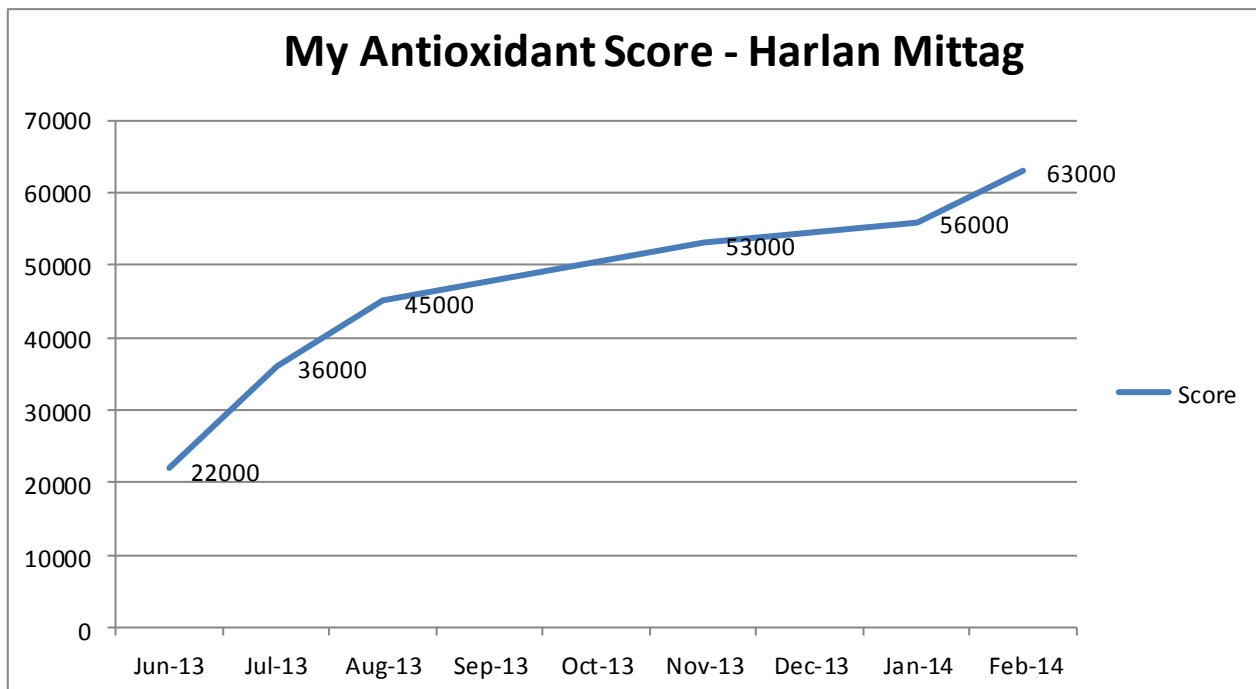
Your antioxidant score tells you where you lie on a scale of antioxidant levels. It reflects how well your diet and nutritional supplements are working to protect you on a cellular level.

Your doctor or whoever performs your scan will give you a detailed interpretation of your score and show you how your score compares to most Americans.

Best of all your doctor or scanner will tell you what you can do to raise your score up to a level insures that your cells are being protected from free radical damage.

How I Raised My Antioxidant Levels and How You Can Too

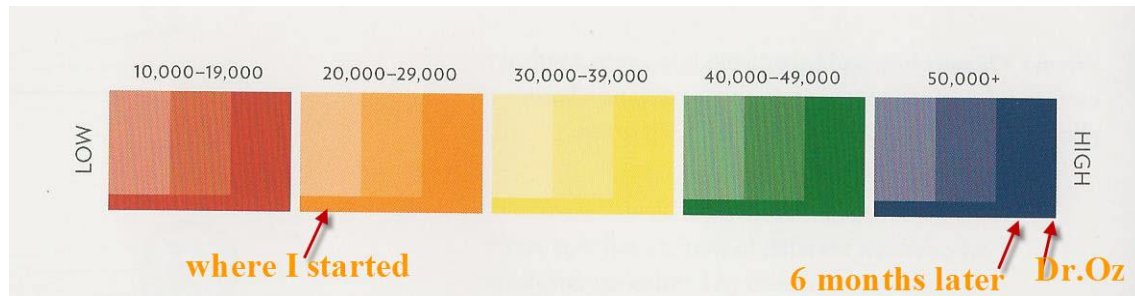
When I got my "D" score (22,000) I was determined to raise it. Fortunately I had the tools to do so. I started taking a nutritional supplement that is guaranteed to raise your antioxidant levels within two months or your money back. I also started focusing on eating even more vegetables and fruit. That's all I did and look at what happened. (I charted these results in real time on a chart in my clinic's waiting room for all my patients to see).



The chart above shows how I was able to raise my antioxidant score from a D level (where my cells were undergoing significant free radical damage) to my current A level (where my cells are much, much better protected and my risks for cancer, heart disease, neurodegenerative disease, macular degeneration and more are greatly reduced).

Using the color bar of antioxidant scores, here's how I progressed in just 7 months.

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Antioxidant Containing Foods

One of the main reasons you hear doctors and nutritionist saying to eat lots and lots of fruits and vegetables (the latest recommendation is 13 servings per day) is that they are high in antioxidants. Which foods contain the highest levels of antioxidants? See the list below to see which foods are really concentrated in antioxidants. It's important to point out though, that different foods contain different types of antioxidants. And you need to get a wide variety of them to get the most benefit. So don't just eat one or two of the foods on this chart. Eat lots of all of them.

- Blackberries
- Strawberries
- Walnuts
- Coffee
- Artichokes
- Cranberries
- Raspberries
- Pecans
- Blueberries
- Broccoli
- Cloves
- Peaches
- Sumac bran
- Acai fruit
- Cocoa
- Elderberries
- Pistachio nuts
- Garlic

Your Next Step Towards Better Health

Now's the time to take your next step towards better health. Take a moment and consider that, according to Dr. Lester Packer (author of The Antioxidant Miracle) **"The number of oxidative hits daily to DNA per human cell is about 10,000. Now multiply that by the trillions of cells in the body."** And add to that...

"Scientists now believe that free radicals are causal factors in nearly every known disease, from heart disease to arthritis to cancer to cataracts. In fact, radicals are a major culprit in the aging process itself."

You need to know if your cells are protected or not.

And now it's easy to get your antioxidant level tested with the Pharmanex biophotonic antioxidant scanner.

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Pharmanex biophotonic antioxidant scan *As Seen On*



A Limited Time Offer
Normally ~~\$50~~
now reduced to \$20
Call 952-345-8245 to schedule
Scan location: St. Louis Park

I want to thank you for taking the time to read this report. I hope that it has been worth your time, but even more so I hope that you will take action, get scanned, find out what your score is and then (if necessary) do something about it. If your score is low I can show you what to do. I've gotten my scores up from a "D" to an "A" in just about one half of a year. When you think of what that means with regard to my health for the rest of my life, that's an amazing achievement. If I did it, you can too.

So again, I hope you'll act now and do something to benefit your health and lower your risk for disease. The old saying "A stitch in time saves nine" applies big time when it comes to health.

I hope to see you soon. In the mean time, eat your fruits and vegetables :>)

Sincerely,

Dr. Harlan Mittag

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