
Starting Your USANA Nutritional Program



Background on Dr Ray Strand - www.DrRayStrand.com

Ray D. Strand, M.D. is quickly becoming one of the world's leading authorities in Nutritional Medicine. Dr. Strand is an international speaker, and consultant on health and preventive medicine as well as the author of many books and several websites on health and nutrition. A graduate of the University of Colorado Medical School, Dr. Strand has been in private family practice for over 30 years. His books and websites are the culmination of many years of dedication to the emerging field of Nutritional Medicine.

Why I Recommend USANA Products

I personally believe USANA Health Sciences has developed and produced the most complete and balanced nutritional products on the market today. In fact, all the clinical case study results documented in my new book, *'What Your Doctor Doesn't Know About Nutritional Medicine May Be Killing You'*, were achieved by using products developed and manufactured by USANA. Based on Dr. Myron Wentz's knowledge of human cell culture technology, USANA has developed the most impressive science-based products available. USANA strictly follows pharmaceutical-grade Good Manufacturing Practices (GMP). This means they not only purchase pharmaceutical-grade raw products, but also manufacture the products according to tough pharmaceutical-quality guidelines. In addition, USANA Health Sciences follows United States Pharmacopeia (USP) guidelines for potency, uniformity, and dissolution of the tablet. In a nutshell, USANA manufactures their products to the strict standards of over-the-counter drugs even though not required to do so—assuring all of their customers and associates that what is on the label is actually in the tablet. I am also duly impressed (as any physician should be) that USANA is one of the only nutritional supplements listed in the Physicians Desk Reference (PDR).

Usana's *'Essentials'* are complete and balanced and provide the cellular nutrition that I strongly recommend in my books. This improves compliance and makes taking these advanced levels of nutritional supplements easier.

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General guidelines for best results:

- spread your USANA nutritionals throughout the day (take them two or even three times a day)
- take your USANA nutritionals **daily and over the long term**
- the USANA nutritionals are potent so they should be **taken with food**
- and for general health, **drink clean water throughout the day**, maintain a **sensible diet** and **exercise regularly**.

Over eighty percent of my patients are able to start the USANA nutritional program with absolutely no set backs while beginning to experience the health benefits of high-quality nutritional supplements immediately. Please keep in mind these supplements are extremely potent and optimal levels of nutrients are being provided that the body has never had before. The body is therefore able to finally rid itself of toxins, which have been accumulating for years (called detoxification). This is especially true in those who are suffering from a serious illness and are taking a significant amount of medication. It is important to understand the possible signs and symptoms of detoxification so that you can deal with them confidently and properly.

Detoxification:

The most common detoxification reaction is muscle aches and/or mild headache. These symptoms will usually pass within a few weeks. If the discomfort is bearable, I simply have my patients continue their program as I have prescribed. However, occasionally there is a more severe reaction. The patient is not in danger, rather, the amounts of nutrients are just too much too fast. In this

case, I have my patients quit their supplements for a few days until the reaction subsides. I will then have them start back on their program but initially at lower doses (approximately one third of the recommended dose). Once they are tolerating this amount of supplementation, I suggest slowly building up to the recommended doses.

Some of my patients actually develop a "detox" skin rash somewhere on their body. As you know, the skin is an important route for ridding the body's toxins. This rash is a dry, red rash that looks almost like a mild sunburn. Some people confuse this with an allergic reaction to the supplements. This is not typically so. I have never seen an allergic reaction to the USANA Essentials and can only recall a couple of patients who reacted to Proflavanol because they were actually allergic to grapes.

Patients may also experience some aspect of loose stools or even diarrhoea. This again is a common "detox" reaction because the GI tract is another prime route for eliminating toxins from the body. This symptom will usually diminish within a couple of weeks. It is an important part of the detoxification and healing process. Therefore, I usually encourage my patients to continue the supplements as recommended unless their bottom gets too sore. I will then again recommend lower doses of the supplements until they feel better and then begin adding the supplements back more slowly until the recommended doses are reached. Diarrhoea can be the result of the magnesium in the Active Calcium or by the Proflavanol. Again, this is usually a mild reaction and will improve over the first week or two. However, some of my patients need to discontinue the Active Calcium and/or the Proflavanol until this settles down. I then have them slowly add back the Proflavanol and eventually the Active Calcium.

Increasing dietary fibre may also increase the amount of intestinal gas and the frequency of bowel movements. This will improve with time as the body adjusts to the higher intake of fibre, but is an important aspect of getting rid of the toxins, which have accumulated in the body.

Natural Relaxation Response:

A small percentage of patients develop a natural relaxation response when minerals are absorbed into their body. This is of great concern to those patients who have just been told that nutritional supplementation will help improve their energy level. They take the supplements as recommended only to find themselves more fatigued and dragging themselves through their day. If you experience this response, I recommend that you take all of your minerals (including the Active Calcium) with a light bedtime snack. This allows you to take advantage of your body's response while getting a good night's sleep.

Stomach Upset:

A small percentage of patients have difficulty tolerating vitamin C. It can cause an upset stomach that will usually become evident a couple days after starting their nutritional program. With USANA's specially combined vitamin C into Poly C, I have seen many people who could not previously tolerate any nutritional supplements do very well with USANA's Mega Antioxidant. However, if nausea is experienced, I suggest taking one Mega Antioxidant with the largest meal. Once this level of supplementation is better tolerated, I suggest slowly adding another Mega Antioxidant to the next largest meal. I anticipate building them up to the recommended level of supplementation, but sometimes this is just not possible. For those extremely sensitive, I advise using '*Body Rox*' (the teenage dose of Antioxidants and Minerals) as the best alternative option.

Taking Your Supplements with Your Medication

I am often asked, "*Can I take my nutritional supplements with my medication?*" To this I respond with this question, "*Can you eat?*" I hope my point is made gently but clearly nutritional supplements simply contain nutrients we should be getting from our foods, but at levels we can no longer obtain from our foods. If you can eat anything, you can also take nutritional supplements. The only exception to this is for those taking the medication, Coumadin (Warfarin), which blocks vitamin K in the body as a way of thinning the blood. If a patient is on Coumadin, I recommend he or she take the Canadian Essentials and Canadian Active Calcium because they contain no vitamin K. Also, patients who are on thyroid medication should take their medication on an empty stomach at least 1 hour prior to meals or prior to taking supplements. Thyroid medication should not be taken with food or with supplements because calcium can block the absorption of the medication.

The information contained in this document is extracted from Dr Strand's website.
If you have any further questions or concerns please consult your qualified medical practitioner.