

Like clockwork

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The Super Six

When you visit my office for your initial check up, one of the first things I do is hand you a vitamin list. I'm big on vitamins. They're like an inexpensive health insurance policy in pill form. Of course, you have to personalize your supplement routine based on your particular lifestyle but I think there are six that every woman should be taking on a regular basis. Here they are:

Vitamin D3

Recent research suggests that vitamin D protects against osteoporosis, in part because it enhances calcium absorption. D cuts your chances of developing diseases like multiple sclerosis, type 1 diabetes and heart disease. We also know that it's a very powerful cancer fighter: According to a new Johns Hopkins study, women with breast cancer who have a vitamin D deficiency at the time of diagnosis are more likely to have a recurrence or to die from their disease. Only 24% of women get adequate levels of D from their diet which is why I think it's so important to supplement this one. Check the label before you buy. I prefer brands that contain D3 – the kind that's produced by the skin and enhanced by time spent in direct sunlight – versus D2, which comes from plants.

Magnesium

This mineral is used in over 300 biochemical processes within your body so it's no wonder a deficiency can lead to body aches, fatigue, migraines, muscle twitches, leg cramps, PMS and more seriously, life-threatening conditions such as heart disease, hypertension, stroke, type 2 diabetes and osteoporosis. If you have trouble sleeping, try Calm Magnesium Powder; I'm a big fan. And if you're prone to constipation trust me, magnesium works like a charm.

Calcium

Calcium has been badmouthed in the news recently for increasing risk of postmenopausal heart disease but I say, even if you have a family history of heart problems, you should consider this information carefully since studies are far from conclusive. I believe calcium is essential for maintaining bone health in woman of all ages so the majority of us should be taking it. There's also growing evidence it may have cancer protective powers as well: Last year, Harvard scientists found that pre-menopausal women who took a daily calcium and vitamin D supplement, slashed their risk of breast cancer by nearly a third.

Vitamin C

Often referred to as the "wonder worker" for its potent ability to fight free radicals and bolster the immune system, vitamin C helps heal wounds and broken bones as well as repair damaged blood vessels. Evidence suggests it may help prevent and minimize the effects of cancer, heart disease and inflammatory conditions such as arthritis as well. However, there isn't much evidence that popping a daily C helps prevent the common cold unless you're under extreme emotional and physical stress -- in which case it's been shown to reduce your chances of getting sick by 50%!

CoQ10

Even though it's found in virtually every cell in the body, many of my patients tell me they've never heard of CoQ10. In fact, its alternate name, ubiquinone, comes from the word ubiquitous, which means "found everywhere." Some investigations have shown it can help reduce the symptoms of heart failure by increasing the strength of the heart's pumping action and may play a role in preventing Parkinson's and other serious conditions. There's still more research needed on CoQ10's health benefits but I think taking it is a good bet.

Fish Oil

Fish oil supplements have demonstrated a remarkable ability to lower triglycerides, slow hardening of the arteries and cut the risk of death, heart attack, dangerous abnormal heart rhythms, and Strokes in people with known heart disease. The Mayo Clinic gives them an "A" for helping to lower blood pressure and a solid "B" for relieving the aches and pains of rheumatoid arthritis.



Take your vitamins at the same time everyday.

Take Calcium, Magnesium and D3 in the afternoon or evening with a meal; take all others with breakfast.



Dr. Corio's Recommended Daily Dose

Vitamin D3	800-1200 IU
Magnesium	310-360 mg
Calcium	1,000-1300 mg
Vitamin C	75 mg
CoQ10	30-60 mg
Fish Oil	No more than 3 grams