

Q Can Lipoplex be used concurrently with statin medication or anti-hypertensives?

A Lipoplex is a combination of Red Yeast Rice, Guggul and chromium that Practitioners often find useful for assisting with cholesterol management. It can be used in conjunction with statin medication, however it is important to inform the patient's doctor so that they can adjust the medication if required. It is also important to remember that statin medication may lower the body's production of coenzyme Q10, therefore it may be appropriate to supplement with BioQ60 or BioQ100, particularly in those who have been on statin medication for some time.

Q My patient is currently taking an SSRI antidepressant and wants to combine it with natural medicine to gain a better result, and hopefully be able to wean off the antidepressant medication. What supplements can you recommend?

A SSRI (Selective Serotonin Reuptake Inhibitor) medication is a fairly common class of antidepressant. We commonly caution the combined use of Proxan with SSRI's because of the potential for serotonin syndrome. Some complementary supplements that may be used with SSRIs are

- High Potency Ultra Pure EPA Liquid – Essential fatty acids are a crucial component of neural membranes.
- CardioX - To provide magnesium and taurine levels, as well as other vitamins which may assist with stress.
- Zinc drink, Metazinc or Meta Zinc with Vitamin C - to restore zinc levels.
- NeuroCalm - Zizyphus and Magnolia to assist with stress or anxiety.
- Brahmi Tone - this combination provides herbs such as Ginkgo and Brahmi as well as folic acid and vitamin B12. It may help maintain normal mood.
- Resist-X - a combination of Panax ginseng, Cinnamon, Caiapo and vitamins and minerals to assist with supporting healthy blood sugar levels.

It is important to monitor the patient when using complementary therapies and encourage the patient to seek advice from their doctor, particularly if they want to reduce the dose of their medication. Once the patient is on a lower dose of the SSRI then you could consider prescribing the Proxan and/or NeuroPro.

Q I have a patient with Insulin resistance, when would I use Resist-X and when would I use Insulex?

A Insulex and Resist-X are both appropriate for supporting normal healthy blood sugar levels, however the first line of treatment should be the Resist-X. Resist-X is a combination of Panax ginseng, Cinnamon, Caiapo as well as zinc, B vitamins, Biotin and Chromium.

Insulex is used for more chronic cases, particularly where there is an inflammatory component to the blood sugar dysregulation. Insulex contains a proprietary blend of Hops and Acacia. In a double-blind placebo-controlled trial Hops and Acacia were demonstrated to reduce inflammation and assist with glucose metabolism.

Quickbytes



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you with an opportunity to do just that. Enter the Metagenics website and click on the building image to take a virtual tour of the new Metagenics facility.

You will see step by step the whole process from the receipt of raw materials to final testing of the finished product. You will see inside the state of the art Manufacturing facility and the role of "Cyclops" in producing your high quality evidence based natural medicines. Take a virtual tour to see exactly how Metagenics is helping you to help your patients live happier, healthier lives.

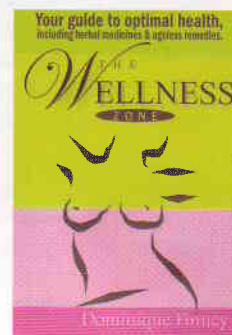


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The Wellness Zone

by Dominique Finney

Self-awareness in a patient can improve treatment outcomes and make your job as a Practitioner so much easier. The Wellness Zone is written for the public by Australian author and Naturopath Dominique Finney. The Wellness Zone is designed to empower people to take an active role in creating and

maintaining their own health and healing. Readers are encouraged to be more self-aware and to view health as a conscious choice. The book is written to help people understand the many environmental and psychological influences on our health and the impact of simple daily lifestyle choices. A range of treatment programs are discussed providing information about the benefits of plans such as low carbohydrate diets and detox programs. The Wellness Zone is an empowering read and a useful tool in promoting patient self-awareness and compliance.