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## **Dr. Pincott's "Foundations For Optimal Health"**

There are a few remedies that most everyone can benefit from. These remedies can be taken life long at least 5 days per week to obtain optimal benefit. They are available in liquid and powder forms for those who do not like to swallow pills. We also provide some taste samples to get you started.

**Fish oil:** Essential fatty acids EPA and DHA are found ONLY in fish oils and adults need a total of 3000mg per day. These not found in any plant oils except in some seaweeds. In your green folder the green trifold handout explains in more detail all the benefits of fish oils for all ages. The benefits, you may notice within one month of taking it, include: healthier skin, regular bowel movements and increased energy. What you will notice over time is improved brain function and immunity. It is recommended in all cases of depression and anxiety. During pregnancy fish oil is critical for brain and eye development of the fetus.

**Vitamin D:** Vitamin D improves calcium absorption and most North Americans need upwards of 4000IU's per day, children need 2000IU's. I measure this in the blood (a finger spot test for children) to confirm dosages are sufficient (120-150nmol/L). In children it prevents diabetes and dental caries, in adults it improves bone density, prevents most cancers and is helpful for depression and the immune system. After taking it regularly you will notice an improvement in sleep, energy and mood. Taking adequate doses of vitamin D during pregnancy prevents type 1 diabetes, asthma, teeth decay and schizophrenia.

**Calcium and magnesium:** I don't recommend a lot of dairy products in the diet due to the many allergy symptoms it may cause. I recommend supplementation for all ages, using liquid form for children with varying dosages depending on your age. In children it greatly helps with sleep, hyperactivity and dental health. In teenagers it helps with sleep, anxiety, headaches and menstrual cramps. In persons 30 years of age or older it helps to maintain bone density, lowers blood pressure, improves energy production in the cell, helps with restless leg syndrome and regulates heart arrhythmias amongst many other benefits.

**Probiotics:** Beneficial bacteria in the form of acidophilus and bifidus provide support for the small and large intestinal tract. These beneficial bacteria help to recolonize the microbiota in the gut crowding out the pathogen bacteria aiding in the immune system and digestive function. Within a month of taking probiotics you may see an improvement in your bowel movements with less gas and bloating. Many skin conditions improve with probiotics and fish oil combined.

**B complex:** B vitamins are utilized daily with the stresses of every day life and need to be replenished. They will also lower homocysteine, a protein in the blood, which when elevated, may contribute to many chronic diseases such as osteoporosis, heart and Alzheimer's Disease. In children you will notice improvement of their taste buds and irritability, in teenagers improvement of PMS and moods, and for 30 years and older, improvement in depression, anxiety and energy.

I have written many articles on each of these topics which can be found on my website including: "The Calcium Controversy" and "Rebuttals to the Media". If you are able to afford only these five "Foundations for Health", you will find over time, multiple benefits for your optimal health!