

JUST JESS on HEALTH:



Supplements

Dietary supplements can consist of vitamins, minerals, enzymes, herbs, probiotics or amino acids. Supplements are used to replace deficiencies or restore balance on a physiological level i.e. regulate hormones, reduce inflammation, assist with modulating stress, act as anti-microbial agent, reduce cholesterol etc. These can be safely used alongside specific homeopathic medicines to assist with the healing process. We should receive most of our vitamins and minerals through a diet filled with nutritional variety, however, supplementation may be necessary if this is not being fulfilled; or if there is a specific physiological process one is trying to target.

Quality:

- It is important to note that not all supplements are created equally (Depending on the quality of your supplement, the absorbability may be reduced. This means that the amount of the actual mg strength of the supplement retained after it has been processed by the liver is very little and, therefore, has little therapeutic effect).
- It's not necessary to take every vitamin under the sun (a supplement protocol should be created according to your specific needs and should be monitored, as long-term/chronic use may not always be necessary).
- Certain supplements need to be taken at specific times of the day, or away from other medications/ supplements. This is why it is always important to chat to your healthcare provider about the supplements you are taking to ensure that it is necessary for your health and there are no contraindications.
- Dosages should always be adhered to unless otherwise specified by your healthcare provider.

If you have questions about your current supplement regime let's book an appointment to go through them together.

Do you have questions? Drop me some topics you would like discussed in my upcoming articles.

Kind regards
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