

How To Use This Booklet

The author provides the following guidelines that should be adhered to when using this booklet for healthcare consumers and professionals:

HEALTHCARE CONSUMERS

1. Ensure that you currently have a healthcare professional who is well versed in the use of vitamin and mineral therapies. The vast majority of medical doctors know very little about this subject. Therefore, you may have to find one who is willing to work with you in this area of nutritional therapy.
2. Ensure that your medical condition has been properly diagnosed by your healthcare professional. *DO NOT* treat any condition using these therapies until this has been performed.
3. Ensure that you tell your physician that you are wishing to use nutritional therapy to support his/her medical treatment *BEFORE* initiating it.
4. Consult the summary table at the back of this booklet to find the appropriate nutritional therapies that may help your condition and the amount of research support for the use of each one.
5. Read each information sheet *COMPLETELY* before discussing the material with your healthcare professional.
6. Discuss these suggestions with them as well as the appropriate portion sizes or dosages and the frequencies for each one.
7. Ensure that your healthcare professional monitors your progress on a regular basis while using these nutritional therapies.

8. If you think that either the medical or nutritional therapies are making you unwell, consult your healthcare professional immediately.

HEALTHCARE PROFESSIONALS

1. Ensure that you are familiar with the subject of nutritional therapy especially those therapies proposed in this booklet.
2. Keep up-to-date with new nutritional therapies by consulting research journals on the subject.
3. Utilise this booklet as a reference to assist you in using nutritional therapies to support your other treatments.
4. Read each information sheet *COMPLETELY* before implementing the nutritional therapy.
5. When prescription drugs are prescribed, consider the possible nutritional deficiencies that may occur and plan to prevent these deficiencies.
6. Monitor your clients carefully while initiating these therapies on your patients.
7. Teach your clients to use nutritional therapy correctly.
8. If you are referring your clients to a dietician, please ensure that *they* are current with the latest research in nutritional therapy.
9. Encourage your clients to rely more on whole foods as their source of nutrition rather than using vitamin and mineral preparations.
10. Question your clients regularly about the types of treatments they are using that you may not be aware of.
11. Make nutritional therapy as important in your care as drug (or any other) therapy.