

Dr. Christopher Calapai

**Top Ten Supplements
You Can't Live Without**

**Or How to Protect Your Health
for Life With Just Ten Vital
Body Boosters**



**Top Ten Supplements You Can't Live Without
Or How To Protect Your Health For Life With Just Ten Vital Body
Boosters**

By Christopher Calapai, D.O.

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Introduction: Why You Need This Book

Do you want an excellent, nitty-gritty, right-to-the point book about how just a few important supplements can protect your health and lengthen your life? What you're about to learn is my gift to you—the essence of twenty years of practice and over thirty years of study. My passion for holistic medicine consumed me since I apprenticed to an Osteopath physician back in high school.

Here's the simple truth: half of all Americans take vitamin supplements, and they have the best of intentions. But they don't have a few decades to really study all the scientific literature, to really see as I have which nutrients can turn someone's health around.

- Just this morning I read three new studies on nutrition and health: new research from Tufts University that calcium and Vitamin D protect against Type 2 diabetes, new research from Fox Chase Cancer Center that a diet favoring meats and sweets increase the rate of breast cancer in postmenopausal women, and a new ten year study from the University of

California proving that organic tomatoes contain nearly twice as many flavanoids as commercial tomatoes—and thus are likely to lower the risk of heart disease and stroke.

Literally thousand of studies are being conducted yearly.

There are hundreds of nutritional books and manuals and they are each hundreds of pages long. You don't want to read all that, do you? So most Americans buy their supplements at their favorite drugstore or health food store, squint for a minute at the small type on the label, with its long list of this and that, and hope that this smorgasbord of nutrients will protect them. I'll bet that you don't know that:

- Many commercial supplements don't actually contain the amounts of nutrients advertised on the label.
- Nobody knows if the recommended daily amounts are enough, and most Americans have no idea how those RDA's were established in the first place.
- The very vitamins people think are helping, may be contaminated—for example, one popular women's prenatal supplement was found in 2007 to be

contaminated with lead. Under current law, manufacturers do not need to register their products with FDA or get FDA approval before producing or selling dietary supplements. So how do you even know they're safe? Which brands can you actually trust?

- Most Americans, if they were properly tested, would find they have ongoing deficiencies in key, health-promoting nutrients, vitamins, and minerals.

This book will provide you with the essential information about the most important nutrients to protect you lifelong from the most common diseases. These nutrients range from potent immune-boosting herbs like **Astragalus** to powerful nutrients like **Vitamin D**—which recent studies have shown can provide powerful protection against everything from tuberculosis to cancer to multiple sclerosis. I offer the latest information on the most important nutrient powerhouses—the key herbs, vitamins and minerals—to help prevent the major diseases of our time. Cancer. Heart Disease. Diabetes. Arthritis.

And, because this is an ebook, it is continually updated.

What you read in this book is always fresh.

I began my practice in the late 1980's. The vast majority of my patients were taking all sorts of supplements and didn't seem to be getting much benefit from doing so. In fact, testing showed me that most of my patients still had significant deficiencies! Most doctors do not test their patients for vitamin and mineral deficiencies. Not only do I do that, and review the tests in detail, I then add in the correct supplements and re-test them a month later.

- I've proven to myself and my patients, again and again, that the right supplements really work. The reason I know my supplements work is because I've tested every single patient, put them on my supplements, and re-tested to prove that it worked.

Over the last two decades, these supplements have been tested on thousands of individuals. I don't know of any other doctor, nutritionist, pharmacist or radio personality that can make that claim. There's a huge difference in just making

recommendations, and making them after a medical/nutritional workup and evaluation with blood testing.

We are each as genetically individual as a snowflake. And we each have different requirements for vitamins and minerals for optimal function. In this day and age we can determine through testing exactly what we need. Many of my patients are allergic to average products found in health food stores. They often don't have the amounts of nutrients advertised, and contain significant impurities, fillers, dyes and additives. I recommend a line of products free of irritants and with optimal amounts of each nutrient to meet requirements in patients and try to minimize overall amounts of supplements taken.

Each nutrient I recommend in this ebook is, I believe, key to health. So take a few minutes to change your health and your life.