

Healthwatch

by Steven Bailey N.D.



Which vitamins, and how much of each to take, is a common question that I hear in both practice and classroom. While we are individuals, and our personal needs vary accordingly, there are general levels of supplementation that can safely be utilized by the vast majority of people.

The word vitamin stems from the historical yet inaccurate term "vitamine." This term accurately described the still common definition that vitamins are "vital" to maintain health (these substances must be consumed in whole vitamin form as we cannot manufacture these substances out of component parts). We have found that many vitamins are not amino acids (as originally thought) and therefore we have dropped the end of "amine," leaving "amin" for the more accurate term "vitamin."

One of the more confusing concepts of vitamins is the designated R.D.A. or recommended daily allowance. While the RDA will suffice to prevent diseases such as Beri Beri, Pellagra, Scurvey, Ricketts, night blindness, etc., the RDA's fail to consider the multitude of functions that these vitamins have since been shown to perform.

A good example of the RDA's

discrepancy with a more optimum daily allowance (ODA) can be seen regarding vitamin C. While the pioneering work with vitamin C revealed that 65 mg. per day will prevent the development of Scurvey (a disease related to the role of Vitamin C in collagen formation, and characterized by weakness, anemia, bleeding of mucus membranes), this level has no relationship with the body's need for Vitamin C regarding immune function, adrenal functioning, prostaglandin synthesis, conservation of Vitamin E, and no doubt a wide variety of functions yet to be discovered.

If, as in the majority of cases the RDA represents a level of less than optimum intake, how do we decide what is an optimum level. There are a variety of ways that this can happen. In the case of Vitamin C, man, primates, guinea pigs and fish are the only vertebrates that do not manufacture their own Vitamin C, and an optimum level of intake might be arrived at by measuring the daily production and extrapolating to human weight. This, in the case of dogs, would lead to an ODA of 15 grams or over 200 times the RDA! Another way to arrive at an ODA would be to observe the dietary intake of cultures

that maintain a diet that has remained unchanged for many generations. The observation of primitive cultures again reveals a daily intake of approximately 15 grams. While 15 grams of synthetic Vitamin C would cause diarrhea in many individuals (a result of the osmotic properties of Vitamin C) there is an ability to tolerate 1-10 grams in most individuals.

While the RDA of most vitamins is considerably below what would be considered optimum, Vitamin D presents itself as an exception. Actually Vitamin D is not a vitamin at all and more accurately would be considered a pro-vitamin. Vitamin D's role in it's associated deficiency disease "Ricketts," was originally found in children who worked the entire day inside, and therefore were not exposed to ultraviolet light, which enables the human system to manufacture its own vitamin D. So if you have any exposure to sunlight your body can manufacture its own D and as a fat-soluble vitamin the ingestion of additional amounts requires storage, conversion and elimination of the excess. So, while the RDA of 400 IUs is sufficient to prevent rickets in sunlight-deprived individuals, it is not required at all in the majority of indi-

viduals. I consider 400 IUs to be the maximum supplementation for most people, and the ODA would probably be even lower.

Fat soluble vitamins are the ones most commonly associated with toxic potentials (recent work suggests that B-6 may also cause toxic conditions), yet with the exception of Vitamin D the RDAs for these are also far below an optimum level. The following list of vitamins and estimated ODAs may serve as a general guide. Your individual need may vary with these numbers, but the levels outlined below are well within safe limits for adults.

Vitamin	ODA
A.....	25,000 I.U.
D.....	100 I.U.
E.....	2 - 400 I.U.
B-1.....	100 mg.
B-2.....	75 mg.
B-3.....	150 mg.
B-5 (pantothenic acid).....	100 mg.
B-6 (pyridoxine).....	100 mg.
B-12.....	150 mg.
C.....	2 - 4,000 mg. (2-4 grams)
Bioflavonoids.....	300 mg.
Folic Acid.....	5 - 800 mcg.

Next week: Natural vs. synthetic vitamins and minerals.

Tired of Perms, Curls, Rollers - pressing your hair try
The Unique Hairbraiding Shop

Frenchbraids • Cornrows
Box/Spider Braids • Extensions

Any Style
\$35 - \$50

Monday-Sunday, 7 Days a Week

Call → Now!
for your appointment
at

287-6415 or 281-6273

3117 NE Union

Located inside the Gingerbread Bookhouse

Support our
advertisers

Say You Saw
It in The

PORTLAND
OBSERVER

Change drinking habits for health

Most drinkers think that "going on the wagon" is a desperate act, almost a confession of alcoholism. However, one expert suggests that occasional "holidays" from drinking may actually help prevent alcoholism.

Dr. Nicholas A. Pace, assistant professor of clinical medicine at the New York University School of Medicine, says that a respite of a few days to a few weeks can give the liver and brain a chance to bounce back from the daily exposure to alcohol.

Dr. Pace, who has helped many people overcome drinking problems, believes, as do a growing number of researchers, that overexposure to alcohol is as likely a cause of alcoholism as genetic susceptibility, psychological and social factors, brain chemistry and other variables.

"With a lot of drinking and a little neglect, almost anyone can develop the disease we call alcoholism, just as any of us can contract pneumonia by foolishly exposing ourselves to its causes," he says. "While some people are more susceptible than others, it's dangerous for anyone to hope for some kind of built-in immunity. However, people who are alert to the dangers of alcohol can more easily avoid them."

In addition to "taking holidays from drinking," Dr. Pace recommends the following program to guard against "unsafe" drinking:

Analyze your drinking behavior. Review the typical situation in which you drink alcohol. Write down when you drink, what you drink, how much, how often and where. Be alert to ritualistic drinking — two drinks before dinner, for example, or a few beers while watching the ball game on TV.

Pinpoint danger spots. At the same time, don't let drinking rituals become problems. The cocktails-before-dinner crowd sometimes rigidly insists on its evening libation whatever other drinks the day may have brought. For a physiologically susceptible person, years and years of pre-dinner cocktails may be enough to produce the biological damage that contributes to alcoholism.

Rewrite your drinking scenario. Sometimes a normal "safe" drinking pattern may be thrown off by a single element. Changing the scenario can avoid the danger. For example, Dr. Pace once treated a couple who kept getting smashed at cocktail parties. It turned out they had been drinking before the parties, and drinking again when they got there. This was push-

ing them over the edge. By eliminating the pre-party drinks and also moderating what they drank at parties, they no longer had episodes of drunkenness.

Drink less, switch to less potent or non-alcoholic drinks. If your ritual is two cocktails, drink one. Also try switching to something less potent — a wine spritzer or glass of beer, for example. Even better, alternate your drinks. Don't have two alcoholic drinks in a row. At a party, start with a tall, non-alcoholic beverage. This will quench your thirst and postpone the introduction of alcohol into your system. Then, after slowly drinking your first cocktail, return to the non-alcoholic beverage.

Prevent household poisonings

That cupboard under the kitchen sink with all those helpful, useful household cleaning products: Are you aware that many of these are highly poisonous if they are ingested? The Emergency Department at Mount Hood Medical Center reminds you that March 17-23 is National Poison Prevention Week. Check and make sure that all of your potentially dangerous cleaning products are out of your child's reach. If you do have an emergency, call 225-8968, the poison control center.

OHSU offers teeth cleaning

Teeth cleaning at a reduced fee is available for qualifying patients at the Oregon Health Science University.

The School of Dentistry dental hygiene students will treat qualifying patient who have not had their teeth cleaned in at least a year, or who quickly build up tartar on their teeth.

To make an appointment to see if you are eligible for the reduced fee, call the OHSU Dental Hygiene Department, afternoons at 225-8895.

Black Affairs opens show

The Commission on Black Affairs will host a reception at 12 noon, March 4, 1985, following the ribbon-cutting ceremony of the exhibit, "Black Women: Achievement Against the Odds." State Representative Margaret Carter and Mrs. Dolores Atiyeh will perform the ribbon cutting honors for the first exhibit of its kind in the State of Oregon to portray Black women and their contribution to American history, culture and society.

The Commission on Black Affairs co-sponsors this exhibit with the Portland Chapter of the National Association of Black Social Workers, Alpha Kappa Alpha Sorority, Delta Sigma Theta, and the Little and Phillips Family Grant.

IF YOU USE ELECTRICITY LIKE THIS...



YOU CAN PAY FOR IT LIKE THIS...



WITH PACIFIC POWER'S BUDGET BALANCER PROGRAM.

Here's how it works. First, we calculate your annual cost of electricity, based on previous usage. Then, we divide that equally into eleven monthly payments. Twelve

months after you sign up, we either owe you because you used less electricity than your average ...or you owe us because you used more.

How do you enroll? Simply look for the insert inside your current Pacific Power bill. Fill in the application form, and return with your statement. That's all there is to it.



The People at Pacific Power.

Donor cards available now

Last fall, a 24-year-old Washington woman finally received a kidney transplant after being tied to a kidney dialysis machine for nine years. At least 200 people are awaiting kidneys in the Pacific Northwest. The National Kidney Foundation estimates that more than 100,000 people in the U.S. need organ transplants.

But even more dramatic, every year there are 20 to 30 potential heart donors in Washington state alone whose hearts cannot be used because they died without having signed an organ donor card.

The donor card, recognized in all 50 states, is available from hospitals, any state licensing office including the Department of Motor Vehicles, State Medical Auxiliaries and from any donor organization. A signed donor card should be carried with you at all times, and relatives should be informed of your wish to be an organ donor.

Anyone older than 18 can become an organ donor. Parents can approve consent of minor children. Even excellent health is not always necessary.

Craig's Grand Opening

formerly More "4" Less

Mustard Greens..... 3 bunches \$1.00



Ribs \$1.59 lb.

Jumbo Yams, 4bs..... \$1.00
Doragold Ice Cream, 1/2 gal..... \$1.69
Olympia Beer, 12 oz. can..... \$1.99 - 6 pack + dep.
2% Milk, gal..... \$1.49

Prices good thru March 3, 1985

Open 7 Days a Week, 8:00 a.m. - 9:00 p.m.

106 N. Beech