

"Dr., I Feel Lousy"

Seven Steps to Creating More Anabolic and Healthier Patients



The following approach provides a means for you to offer most patients a relatively quick, inexpensive and noticeable improvement in their quality of life. Helping your patients to feel better fast is the best route to improved overall treatment compliance and satisfaction. It does not replace functional-medicine based programs or condition-specific approaches!

- **Optimizing muscle mass and amino acid levels**

Muscle strength is a consistent predictor of morbidity and mortality. Preventing or reversing sarcopenia (aging-associated 'normal' muscle wasting) is an essential component of fostering health and reducing the likelihood of age-related disability. Amino acid and protein supplementation therapies stimulate muscular protein synthesis and directly improve energy performance by encouraging an anabolic shift. Data suggests that AA and fish oil supplements help counteract muscle wasting and cellular energy reduction, and may improve cardiac function and muscle performance, thereby enhancing the patient's quality of life.

- **Reducing inflammation**

The recognition that inflammation occurs concurrent with ailments such as cardiovascular disease, obesity, and diabetes has led to major inroads in improving outcomes in patients suffering from these maladies. Even with this knowledge, practitioners often fail to address the role of subclinical inflammation in chronic illness. Inflammation, as a constant systemic stressor (particularly in the chronically ill patient) simply must be kept in check. Dramatic improvement, has been documented in the cachectic patient with supplementation of fish oil and herbs such as curcumin. The benefit to all patients should be evident.

- **Improving insulin sensitivity**

Insulin is the major anabolic hormone. Any effort to restore the anabolic condition, with increases in protein synthesis and ATP production, must incorporate efforts to enhance insulin activity and sensitivity. Efforts to increase muscle mass, which are an integral part of this program, will contribute greatly to the optimization of glucose utilization and insulin sensitivity. This sequence of events can be significantly enhanced through wise use of herbs and nutrients that may help increase insulin sensitivity and glucose utilization.

- **Optimizing pH**

Metabolic acidosis is a factor in the creation of ill health for almost every patient you see each day. With a modern diet that is overwhelmingly acidogenic and a natural tendency toward more acidic status with aging, Americans face a significant challenge to maintaining acid / alkaline homeostasis. Long term low-grade acidosis takes its toll throughout the body in the form of bone loss, as well as a shift toward muscle protein catabolism and proteolysis. The promotion of an anabolic physiology can be assisted through simple dietary changes, plus magnesium glycinate and potassium bicarbonate supplementation. These steps have been demonstrated to reverse the catabolic effects described above.

- **Optimizing dietary carbohydrate / protein ratio**

Diet is the most significant daily influence upon the health of us all. Providing appropriate fuel to the system starts with a diet of ample quality protein sources and moderate consumption of less glycemic carbohydrates and of high quality fats. The optimization of diet helps to create a desired anabolic trend. Judicious supplementation in the form of protein-based drinks and bars is available when we are not in a setting that allows for the convenient sourcing of quality foods.

- **Optimizing gastrointestinal function**

The catabolic nature of chronic illness makes gut mucosal atrophy a frequent occurrence no matter what the chronic illness may be. Furthermore, poor diet and poor lifestyle choices relating to sleep and eating habits can cause further deterioration of gut health. In turn, GI symptoms such as gas, bloating, constipation, and/or diarrhea along with findings of maldigestion and malabsorption often accompany other chronic illness findings. In this situation consider the addition of betaine HCl and digestive enzymes to the supplemental and lifestyle recommendations.

- **Optimizing deficiencies of key micronutrients such as vitamin D, iodine, and zinc**

The catabolic, inflammatory nature of chronic illness can profoundly alter micronutrient metabolism leading to relative deficiencies where insufficient amounts of key micronutrients are available for optimal functioning of intracellular mechanisms that are involved in the creation of optimal anabolic physiology. This detrimental state of affairs can be exacerbated by low dietary intake, which is particularly prevalent with vitamin D, iodine, and zinc. In turn, consider the use of micronutrient supplementation in the form of a quality multivitamin/mineral product with possible addition of increased amounts of vitamin D, iodine, and/or zinc.

Chronic illness is to a large degree a problem of coping with an excessive 'allostatic load.' It is the patients' ability to adapt (and their efficiency in adapting) to the stress of ever-changing psychosocial challenges and adverse environments that will determine the degree and severity in which the stresses of life (and of illness itself) will affect them. Improving the physical capability of patients to adapt will directly benefit their overall well-being.