

How to work out what I need and how much to take.

Many of us have been successfully taking nutritional supplements for quite a while but are we taking the right amount? ... the right dose? Or have our needs changed?

After reviewing Jenny's dose lately and speaking to a few others who had been in, I thought it would be a good idea to re-test the carnitine levels of others regularly using carnitine. The interesting result has been that quite a few people could do with increasing their dose or changing the way they are taking it; **fine-tuning needed**. This applies to other supplements too - not just carnitine.

But first let's look at carnitine.

1. We lose carnitine overnight while we are sleeping, so our **lowest point** is **when we wake up**.
2. As carnitine is **stored in muscle** and polios have less muscle, they have less storage capacity left. So we **need higher blood levels** to re-fuel the muscles quicker.
3. We need our **biggest dose** before we do very much in the **morning**, to top our muscles up for the day.
4. With less muscles to store it though, we may need another **top-up after lunch**, about 2pm, to get us thru the rest of the day.
5. If that doesn't work for you, then try putting your daily **dose into a small bottle of water** (or juice) and having a swig every so often thru the morning or day.
6. If we take **too much** we get **diarrhoea** ie we unload.
7. If we don't take enough, we are **still tired**.
8. We have to find that **happy medium** - which is just below the dose that makes our bowels too loose!
9. If we don't take enough we may never realise how **much better we could** and **should be feeling!**
10. **If we push** ourselves to exercise or keep going when we are tired or our muscles are fatigued - it doesn't build them up - **it damages** and deteriorates them further, like running an engine without oil.
11. Do take a bit of **extra carnitine immediately before** you **start exercising**, or shopping, or playing golf or tennis, or any extra activity that you know tires or exhausts you. It works within 20 minutes of taking.
12. If you are **flagging** or have to go out in the evening, or have an emergency you need to deal with, do **take a bit extra** as a once-off, to help you cope.
13. Often we need to **increase the dose** because we are now **doing more than before**, now that we are feeling better and have the energy to do so.
14. **Don't** try to **take in equal** spaced-out **doses** thru the day, as you won't reach that initial high point we need.
15. **Don't take too close to bedtime** or you won't go to sleep. You can be too energised to settle down.
16. Do **eat more red meat** and/or **avocado** to get more carnitine into your diet - like EVERY DAY!
17. **Red meat** is the **best source** of dietary **carnitine**. The redder the better. Having at least some protein with every meal helps with energy. eg eggs, cheese, fish, pork.
18. **Carnitine helps other protein foods** to give energy.
19. It doesn't give us licence to **paint the town red!**
20. **Make it work for you** - to do things you want to. Work within your own personal limitations. Take it easy.

TO FIND OPTIMAL CARNITINE DOSE

Start with 500mg (1 flat 1ml scoop) in an inch or so of water before breakfast ie when you first get up.

Increase dose by 500mg every 2-3 days so that you know when your bowels are getting a bit loose, before you get diarrhoea.

Then go back by the last increase that makes you loose, to get your optimal dose. You may need half scoops to get it right. Any diarrhoea from carnitine overload is usually gone by afternoon, whereas if from magnesium or Vit C will be on and off all day.

If still tired, then try a bit more after lunch to top-up.

Magnesium, Manganese, Vitamin C

Magnesium allows muscles to relax ie tight or cramped. It is also needed for many other enzyme reactions in the body, over 350. Helps if we are anxious or stressed. Solves problems of constipation. Take enough for the bowels to work nicely and there will be enough for everything else to work too. **Manganese** needed if you are stiff after sitting for a while, twinges around joints or balance is a problem. **Vit C** raises pain threshold.

1. So **take to bowel tolerance** as described above for carnitine - but magnesium, manganese and Vit C will all also give diarrhoea if you take too much.
2. They all **should be taken twice a day not once**; the body only stores enough for about 12 hours max. It is expected that we top up from what we eat thru the day.
3. But **WA soils are low in most minerals** except calcium, so we may have more need for supplemental minerals than some other parts of the world.
4. Without sufficient minerals, **plants can't make vitamins** so we may be short on some of those too.

Our Bodies are Pretty Good at letting us Know if we are Needing Something or Taking Too Much.

I have written 2 small booklets that help you to work out how **your body TALKS to YOU**. These are available at a small cost from our Polio Office.

"Signs and Symptoms - be your own detective" \$6 and **"Putting a Face to Nutritional Deficiencies"** \$8

There have been lots of articles on these topics in my newsletters over the years as well. Most of these are available on our website. You should find it by simply typing in "Poliowa" and maybe my name "Tessa Jupp".

I am available for appointments to help you work out what you might need and how much to take. We usually spend 2-3 hours going over your problems.

Otherwise I am only a phone call (or email) away.

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