

Isy Isington: Current Supplements | 2017

▲	Name	Brand, contents	Prior	Current	Effect	Notes w/winter addenda
	Basic support					
↑ 50%	MVI	<i>Garden of Life's RAW VitaminCode Women 50+</i>	1-2 QAM	2 QAM, 1 QPM	System support, vitamin antioxidants.	Basic nutritional spread. <i>Molybdenum needed per Dr Chen. Need more MVI in winter.</i>
new	Vitamin C	<i>Ester-C 500 mg</i>		1 BID	refreshes other antioxidants.	<i>Serum level was very low. Added this in early Nov.</i>
↓ 80%	5-MTHFolate	<i>Thorne Research 1 mg</i>	1 QAM	<i>Protocol brand 400 mcg QOD</i>	Everything	Methylated. Watch for irritability; skip dose PRN. <i>Too easy to be edgy.</i>
↓ 50%	Methylcobalamin	<i>Protocol for Life Balance 5,000 mcg</i>	1 SL QAM	<i>1 QOD (incorp. w/ methylfolate)</i>	Brain	Getting a pure B12 to use QD.
↓ 50%	Trimethylglycine	<i>Allergy Research Group 750 mg</i>	1 AC BID	1 QHS	Homocysteine metabolism, DMG production.	<i>↓ because serum homocysteine level slightly high.</i>
new	N-Acetyl Cysteine	<i>Jarrow Formulas 500 mg</i>		1 QPM	Glutathione precursor, among other things.	<i>Just increased to QD from QOD. Started this after Nov round of blood tests.</i>
↓ 50%	Co-Q 10	<i>Jarrow 100 mg</i>	1 QAM	<i>1 QOD ? synergy w/ caffeine vs. predispose</i>	Intracellular antioxidant	<i>Use more caffeine d/t <u>dreadful</u> weariness; ↑tachycardia.</i>

new	Probiotics	<i>Garden of Life, high-yield lines</i>		<i>100-200 Billion of >37 species</i>	Stabilize gut activity. Repopulate stripped colon d/t Nystatin x 2 mo.	<i>Have long had symptoms that match paucity of gut species. Have hx for it too: multiple rounds of heavy antibiotics, steroids, etc.</i>
Δ	Structural support					
↓ 50%	L-Glutamine	<i>NOW or PURE</i> 3 g	1 AC BID	1 QHS	Leaky gut. Also, neurotransmitter precursor.	<i>↓ because irritable. Better @ HS.</i>
↑ 13%	D3	<i>variable</i> 5,000 IU	BID (10k IU daily)	<i>+ extra doses</i> 2x/wk	Prevents bone resorption & demineralization, improves skin and tissue integrity.	<i>Double dose twice weekly for 80,000 iu weekly combined dose. Levels ok.</i>
	Calcium: algal	<i>RAW Vitamin Code</i> Ca 756 mg D3, K, Mg, Bo, Silica	2 caps BID	<i>=same=</i>	Prevent demineralization, teeth crumbling, fractures.	Great stuff. <i>Teeth crumbly anyway.</i>
	Magnesium chelate blend	<i>LifeExtension</i> 500 mg citrate, oxide, succinate, lysyl glycinate	1 BID	<i>=same=</i>	Pain, spasms	This works particularly well for spasms.
	Hyaluronic acid	<i>Doctor's Best</i> 50 mg	1 BID	<i>=same=</i>	Tissue integrity. <u>Much</u> less tearing.	Good to be active without risking muscle & connective tissue so badly.

▲	Neurotransmitter support These ↑ benefit from my meds and mitigate/minimize side effects.					
↑ 33%	5-HTP	<i>Dr's Best</i> 200 mg	1 BID 1 QD w/ <i>antiox</i> <i>reorg:</i> ↓50%	100 mg QAM 200 mg QPM w/ B6 15mg @ pm dose	Helps with pain, mood, digestion. Higher dose: sleep and extra stress/higher pain.	Serotonin precursor. Suppresses pain at dorsal root. <i>Pain was getting too intrusive. 300 mg better.</i>
↑ 50%	D, L phenylalanine	<i>Twinlab or any good lab brand</i> 500 mg	1 BID 1 QD @ <i>Nov:</i> ↓50%	<i>Back to BID.</i>	Dopamine/Norepinephrine precursor. Helps with pain, mental function, bruxism.	Suppresses pain at dorsal root. Reduces jaw clenching to almost 0.
↑ ~15%	St Johns wort	<i>Gaia Herbs</i> 2.7 mg hypericins	≤1 BID	1 BID <i>(full caps)</i>	Smooths out Ψ meds ⇒ better effect with ↓cog deficits & serotoxicity.	In summer, I bite the capsule and shake out 1 big drop and 1 small one, d/t sun & memory issues.
▲	PRN and topicals As needed for local manifestations.					
new	Hot tub & sauna	<i>nearby spa</i>	Essential for winter's multiplications of pain and weariness. Aim for twice monthly. Usually gives a partial break from peripheral and visceral pain, circulatory issues, and swelling.		<i>I'd give anything to have my own. Make do with vitamin C and Epsom salt baths.</i>	
	Emu oil w/ essential oils	<i>Anything AEA certified.</i>	GREAT for pain within a couple inches of the surface. Penetrates extremely well.		Great carrier oil, too. Add clove oil or orange oil for ↑pain relief. Orange oil for allodynia & inflamm, clove for everything.	
	Magnesium lotion	<i>Life-Flo</i> From Lichhtenstein.	GREAT for spasms, even piriformis syndrome.		Best with topcoat of emu oil.	

	Lemon balm extract	<i>Gaia Herbs</i>	Trigeminal neuralgia, pain flares, HSV outbreaks. GREAT for nerve inflammation.	My cohorts agree. Best kept secret for nerve inflammation.
	Homeopathic pills	<i>Usually Boiron</i>	Arnica for trauma, Magnesium phosphorica for spasms, Ignatia amara for adrenal upregulation/emotional instability/panic.	Topical homeopathics don't help me. Internals are usually excellent.

Method: These are the result of a combination of conventional science research (Google Scholar and PubMed, primarily) and empirical experiments on myself. Everything gets tested several times before becoming part of the regime. Everything gets retested at least twice a year. Thus, the supplement regime remains appropriate, concise, and current.

January note:

I'm impressed by how much was improved by managing antioxidants in light of the November blood tests.

January through March is simply hellacious. Not a good time to make changes, except tweaking to support function & survival.

In summer, I'm always happy to experiment in light of good information.