

Dietary Supplement Education – Ideas for the Office of Dietary Supplements

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What is Presently Taught

- Medical Nutrition Therapy
 - Used handbook of Herbal-Nutrient Interactions
 - Used handbook of Drug-Nutrition Interactions
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What is Presently Taught

- Basic Nutrition
 - Vitamin-mineral supplements
 - Benefits
 - Interactions
 - Need to teach them more about herbal supplements
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American Dietetic Association

- Expects that nutrition students will now be taught about herbal supplements
 - Expects that nutrition students will comprehend drug-nutrient interactions
 - Vitamin-mineral supplements
 - Herbal supplements
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Some Specific Questions

- Can St. John's Wort and Prozac be taken at the same time?
 - Do Vitamin C and antioxidants interfere with chemotherapy?
 - Which prescriptions deplete key nutrients?
 - Are calcium supplements a risk while taking digoxin?
 - Are herbs safe before surgery?
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Barriers

- Time allotted per semester makes it difficult
 - Need a good book and/or CD that will be easy to use
 - For faculty
 - For students
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The Future of Nutrition

Institute of Integrative Nutrition

We are the only holistic nutrition school in the world integrating all different dietary theories, from the ancient traditions of ayurveda, macrobiotics and Chinese medicine to the most current concepts like raw foods, Atkins diet, blood type diets, the Zone and the USDA Healthy Eating Pyramid.

Institute of Integrative Nutrition

There is no perfect way of eating that works for everybody. We believe in intuitive eating, based on the individual knowing that one person's food is another's poison.

We are creating the future of nutrition... might you like to join us? To find out more about our program, please join us for a free orientation.

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- Office of Dietary Supplements should be in the forefront of providing sound supplement education to the United States
 - Universities
 - Communities
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