



The Care Group, P.C.

The Care Group Launches Online Store for Vitamins, Supplements

By Gerard L. Guillory, M.D.

Americans spend more than \$17 billion a year on nutritional supplements, but few of us know whether we're getting the right supplements in the right amounts for our individual health needs.

For the past few years, to ensure that our patients have access to high-quality products at fair prices, we at The Care Group, P.C., have offered supplements at our medical office in Aurora. Our goal has been to create what amounts to a supplement-buying co-op for our patients.

To increase convenience, we have created a Website that allows you to place your order online. Please visit www.shopthecaregroup.com and let us know what you think of the Website and our products.

When I was in medical school in the 1980s, the conventional wisdom was that if you ate a balanced diet, you didn't need supplements. That thinking has changed as researchers have explored the role of nutrition in health. Today, we know that few Americans are getting the full range and amounts of vitamins, minerals and other substances they need.

Research suggests, for example, that America is in the throes of a vitamin D-deficiency epidemic. We also are learning more about the body's need for Omega-3 fatty acids. And medical researchers are finding that people who take particular medications may need to take particular supplements to offset the side-effects; for example, we recommend that patients who take statins (which lower cholesterol levels) also take co-enzyme Q10.

Unfortunately, in the United States, the supplement industry is poorly regulated and consumers aren't sure what they need and don't need. At The Care Group, we can help eliminate some of the guesswork regarding such questions as which supplements to take and which brands to buy.

Before you start taking supplements, you should obtain advice from your doctor or a licensed nutritionist. The kinds and amounts of supplements you take should be based on your particular health needs, which your physician or nutritionist can help you gauge. Your selections also should meet your budgetary requirements. Too often, I encounter patients who are spending large sums on supplements that they simply don't need.

At The Care Group, we can help ensure that you get what you need, in the right amounts, and at prices you can afford. As more of our patients use the products we recommend, we have the advantage of seeing which supplements seem to work and which ones don't. We are constantly searching for the best supplements for the best price. We not only can

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help monitor your progress but we also can help you devise a comprehensive plan—including diet, exercise and stress management—to make your life and health better and brighter.

Gerard L. Guillory, M.D., is board-certified in internal medicine and has been practicing in Aurora, Colo., since July 1985. As an assistant clinical professor of medicine at the University of Colorado Health Sciences Center, Dr. Guillory is actively involved in teaching medical students, resident physicians, and nurse practitioner students. He has lectured extensively on the role of nutrition and disease. Over the years, he has fostered an interest in patient education and has authored three books on digestive troubles. He also has served as medical director of a Colorado-based health plan and as a health consultant to employer groups.