

MedBalance App proprietary information regarding nutrient deficiency for medications. If we look at packaged food and nutrition labels, the system may not be perfect, but it is better than no system at all. Frequently, Vitamins and minerals are based on population norms to effectively give twice the amount needed to avoid disease. However, the absence of disease is not the same as achieving optimum health for an individual. There are many reasons for nutrient deficiencies including less minerals in the soil, processed food can remove the nutrients as does cooking food. 25 of the more common medications prescribed will also cause nutrient deficiencies that need to be accounted for through the MedBalance App. Individual and optional data are entered into the MedBalance App, in addition, to selecting 25 of the most common medications. By giving the body and brain essential nutrients, including minerals and vitamins, we aim to balance individual needs than population norms for optimal health. Proteins are made up of amino acids and it is the essential amino acids plus key minerals and vitamins that allow the proper structure and function of the brain and body to occur towards optimal health.

How do we know the replacement of essential minerals and vitamins from the MedBalance App is working? Ultimately, we need to follow clinical indicators or outcomes for which the MedBalance App can make the following more likely to occur. Here are a few clinical outcomes to follow: brain function and cognitive ability, memory, movement and coordination, vision and hearing, skin elasticity, muscle integrity and lean to fat tissue ratio to name a few. With the help of proper nutrients, exercise and a balanced diet of carbohydrates, protein, healthy fats and water intake we can achieve a better quality of life and perhaps even an increased longevity of life. Simply stated, a lack of knowledge of what are body and brain needs to function properly often greatly contributes to becoming out of balance and if left unchecked long enough then disease or illness.

The nutrient recommendations resulting from medication causing nutrient deficiencies is multifactorial incorporating information from mechanism of drug action and function, possible side effects and keeping in mind that nutritional advice is not just against an illness or disease, but from the individual person with the illness or disease. What may be good for an organ, may not be good for the whole body and brain. Remember it is not just what food or supplements that you consume, but ultimately the body has to absorb the nutrients, transport and assimilate into the end organ or cell as not all nutrients including minerals and vitamins are distributed evenly throughout the body and brain. Some nutrients are fat soluble, while others are water soluble as fat soluble nutrients can accumulate, where as most water soluble nutrients need to be replaced daily. It cannot be over emphasized that need to stay well hydrated either by drinking water or consuming fruits and vegetables that can contain as much as 90% water. The kidney and skin require a liter of water a day and the lungs and gastrointestinal system require about half a liter of water for health so taking between 2-3 liters of water a day is important. You can live a long time without food but only days without water.

The MedBalance App is designed to help you develop your own personalized nutritional program that must address nutritional deficiencies created by the more common medications you may be on. All individuals should take an active role in the maintenance of their health, prevention of disease but the treatment of disease with the guidance of a health care professional. The summary of nutrient deficiency for medications is a composite of over 25 years direct observation and patterns and a life time study accumulated through the lens of allopathic medicine, but then combining additional areas of interest and experience as an author incorporating research and work through cell biology, biochemistry and nutrition applications to improving brain and body health. Here is the proprietary accumulation of knowledge or "wellness" as opposed to ignorance that can lead to disease or illness-Paraphrase from Socrates. Please consider proprietary list of nutrient deficiency from medications to be incorporated in MedBalance App as a patent to protect intellectual property.

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