

The Yin and Yang of Supplements



Glad You're Here!



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We will cover



Tonics



Qi and Blood
movers



Damp Clearers



Shen Calmers



Food sources



Supplements vs
Herbs



**Your Patients
are taking a
bunch of
supplements**

- Refer?
- Stop taking them?
- Know which ones might be causing problems?

A lot of patients end up wandering the aisles of pharmacies & drug stores looking for supplements

- Tailored advice
- Quality products
- Compatible with other medicines





Most
Common
Supplements



Actions and Mechanisms of Common Supplements





Blood Nourishing



Blood Nourishing



Melatonin



Maca



Iron



Multi Mineral



5-HTP



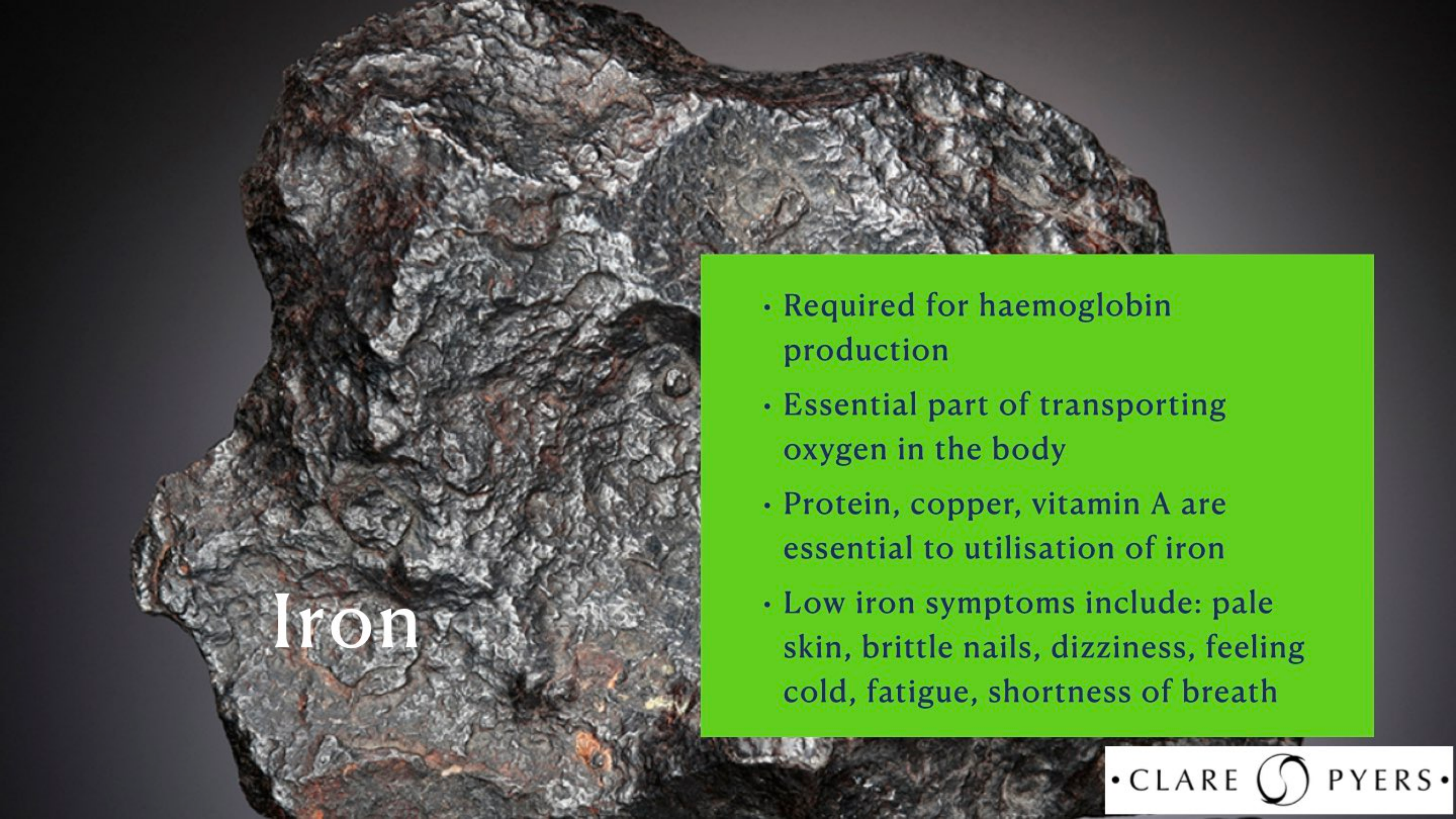
Glutathione



Vitamin A



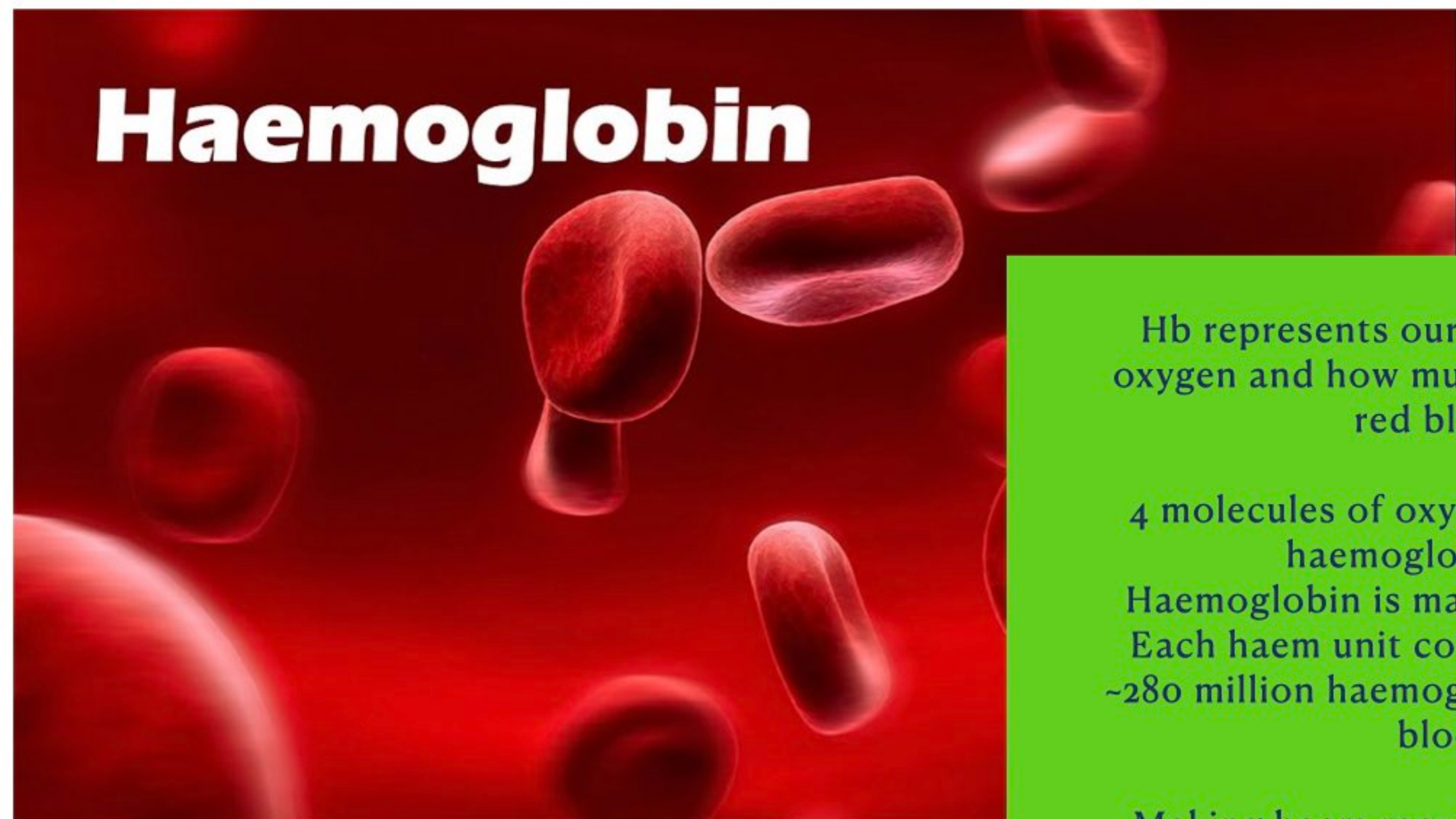
Folinic acid



Iron

- Required for haemoglobin production
- Essential part of transporting oxygen in the body
- Protein, copper, vitamin A are essential to utilisation of iron
- Low iron symptoms include: pale skin, brittle nails, dizziness, feeling cold, fatigue, shortness of breath

Haemoglobin

A microscopic view of several red blood cells, which are biconcave and reddish in color, set against a dark red background.

Hb

Haemoglobin

Hb represents our capacity for carrying oxygen and how much oxygen is within the red blood cells.

4 molecules of oxygen can be carried per haemoglobin molecule.

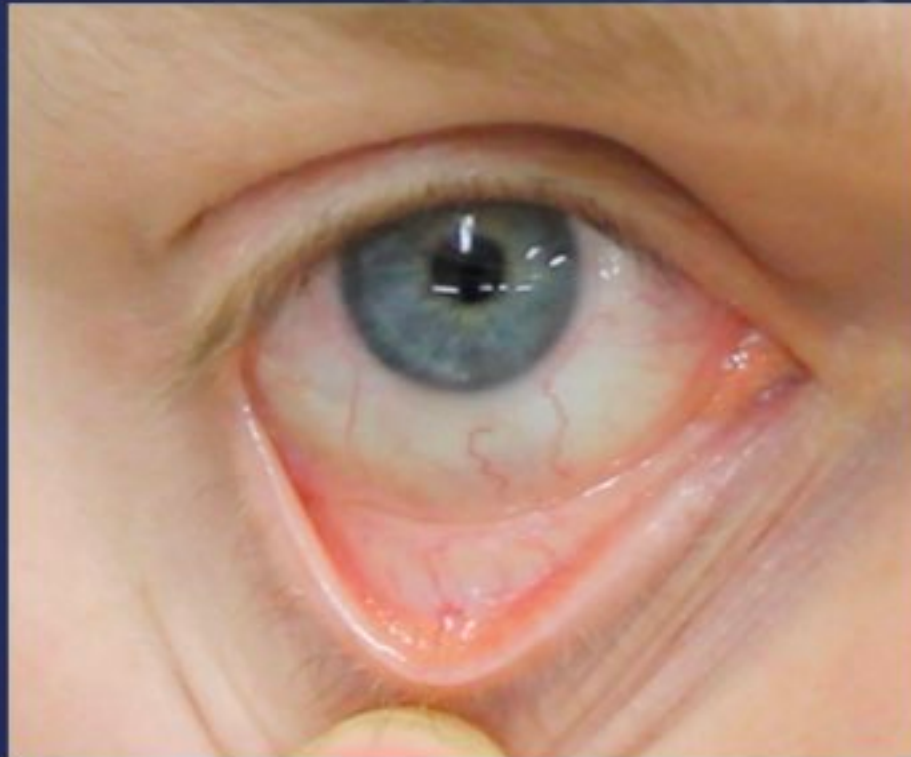
Haemoglobin is made up of 4 haem units.
Each haem unit contains 1 iron molecule.
~280 million haemoglobin are found per red blood cell.

Making haem requires: Zinc, B6, glycine, lipoic acid, biotin, B5, B2.
Copper - use, mobilisation, transport of iron around the body.

Iron absorption issues

- Non-celiac gluten sensitivity
- Adequate protein
- Dietary sources of iron
- Copper
- Vitamin A
- Other gut issues

Iron deficiency symptoms



■ Fatigue

■ Elevated HR

■ Shortness of breath

■ Dizziness

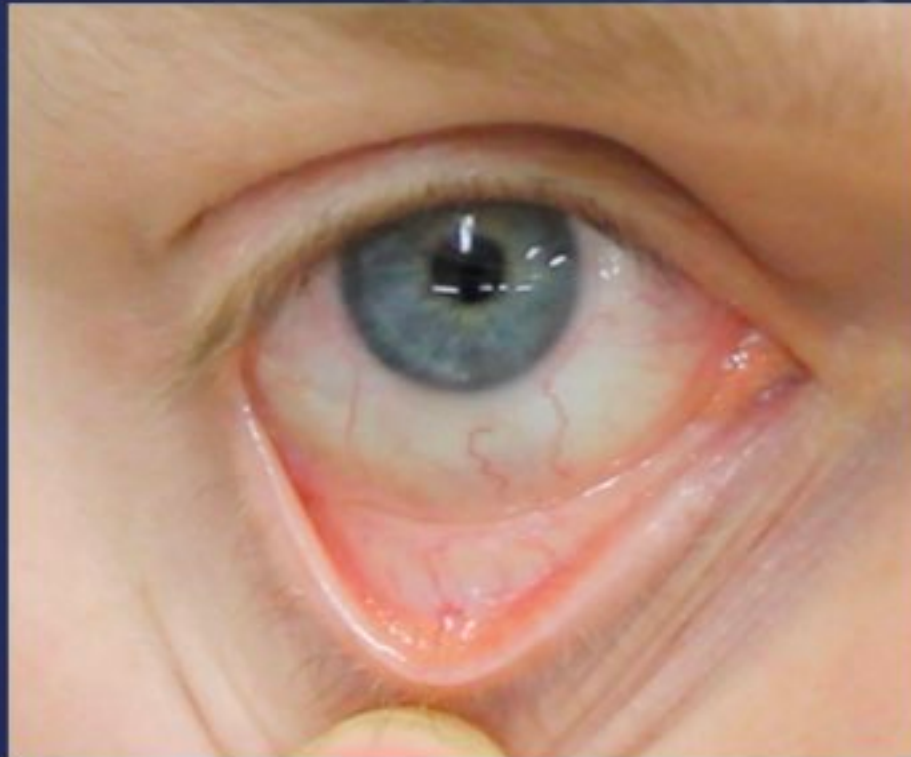
■ Heart palpitations

■ Brittle Nails

■ Pale skin

■ Desire to eat strange things

Iron Food Sources



Fortified Cereals



Oysters



Dried Apricots



Cocoa



Beef



Liver



Spinach



Quinoa



Iron

- Ferrous sulphate
- Ferrous oxide
- Iron bisglycinate
- Iron Picolinate
- Iron polymaltose

A close-up photograph of a woman with dark hair sleeping peacefully. Her eyes are closed, and her hands are clasped together under her chin. She is lying on a white pillow. The background is softly blurred, showing more of the bed and a light-colored wall.

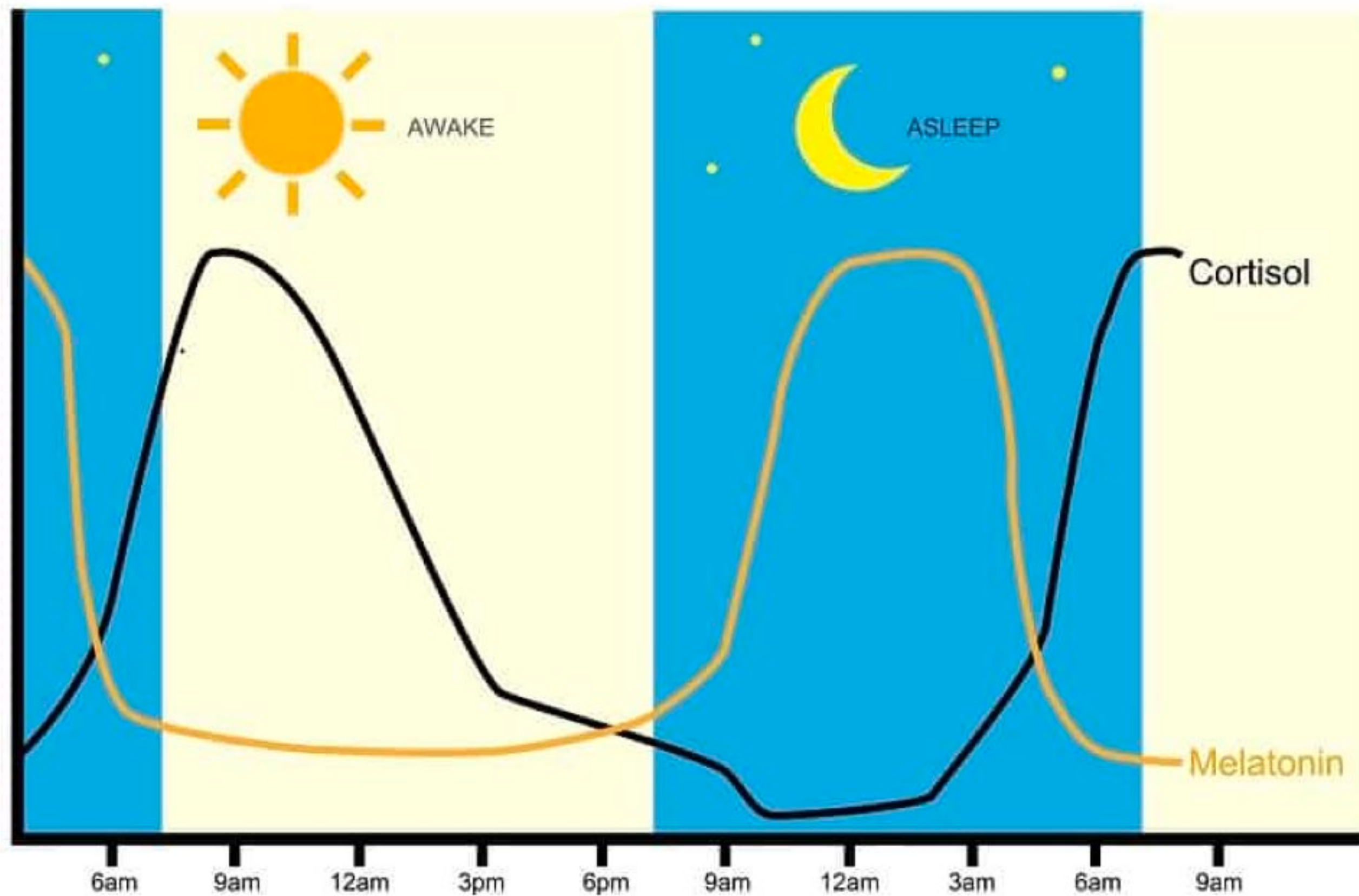
Melatonin

- Helps with sleep initiation
- Made from serotonin
- Antioxidant effects
- Easier on GIT than blood tonic herbs
- Manufactured in mitochondria
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8621753/>

Melatonin

Cortisol







Vitamin A

- Required for DNA replication and genetic/epigenetic expression
- Hair skin and nails
- Nerve health
- Reproductive system
- Teeth

Vit A deficiency symptoms



Dry Skin



Acne



Night blindness



Poor Immunity



Dry eyes



Infertility



Night blindness

Retinol



Betacarotene

Vitamin A Food Sources



Eggs



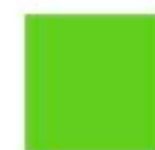
Cheese



Yoghurt



Tuna



Milk



Butter



Liver



Folinic Acid

- Blood nourishing form of folate
- Supports DNA synthesis
- Promotes RBC and WBC production
- Supports cell repair, hair skin & nail production

Folic Acid

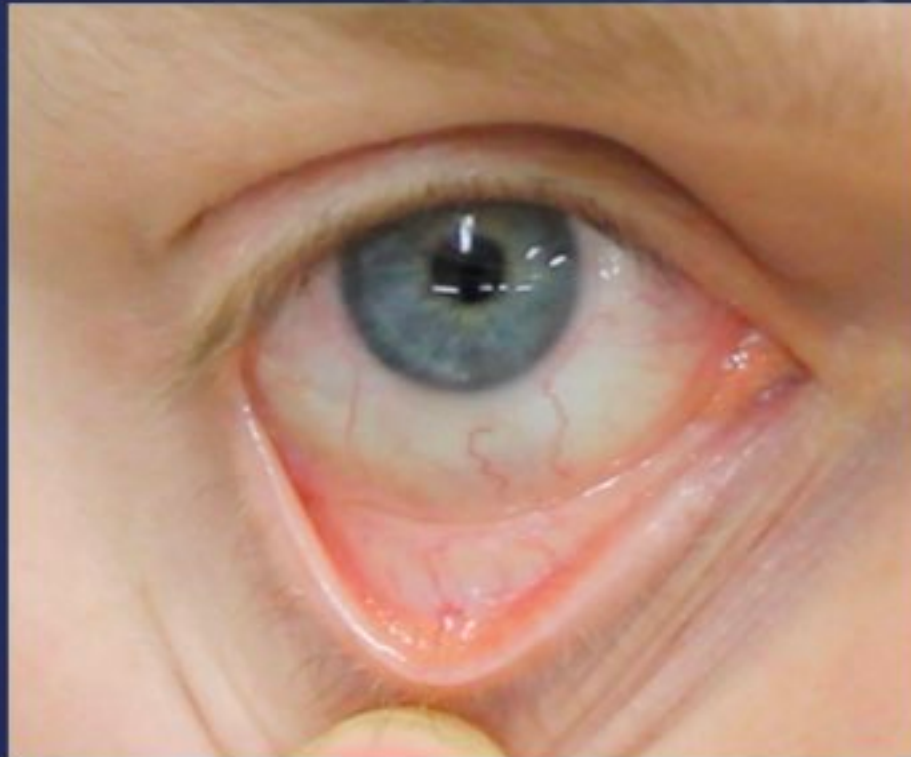


Folate



- **Folate:** umbrella term for vitamin b9 in all its various forms
- **Folinic acid:** form of vitamin B9 that supports DNA synthesis, RBC and WBC production, cell repair, hair skin & nail production etc. It is synthesised by the body from dietary folate, and also available in a supplement form. It nourishes qi and blood in TCM terms.
- **Methylfolate** (5MTHF): form of vitamin B9 that supports methylation, detoxification, breakdown of hormones, neurotransmitters, chemicals etc. It is synthesised by the body from dietary folate, and also available in supplement form. It is a qi/blood mover in TCM terms
- **Folic acid:** the synthetic form of vitamin b9 is metabolised poorly by all people, not just those with MTHFR gene mutations. It blocks the effects of SLC19a1 gene, DHFR gene, and MTHFR gene meaning that it prevents absorption and proper utilisation of folate, and hence blocks proper DNA synthesis and methylation.

Folate Food Sources



Lentils



Avocado



Broccoli



Lettuce



Asparagus



Spinach



Mango



Oranges



Yin Nourishing



Yin Nourishing



Royal Jelly



Zinc



Vitamin C



GABA



Vitamin E



Calcium



Zinc

- Nourishes hair, skin and nails
- Important for neurotransmitter production
- Signs and symptoms include: Acne, eczema, hair loss, infertility, poor appetite, failure to thrive, poor immunity, allergies, poor wound healing



Zinc deficiency symptoms



Acne



Hair loss



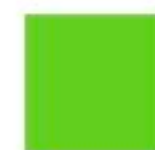
Infertility



Allergies



Mouth sores



Eczema



Poor appetite



Poor immunity

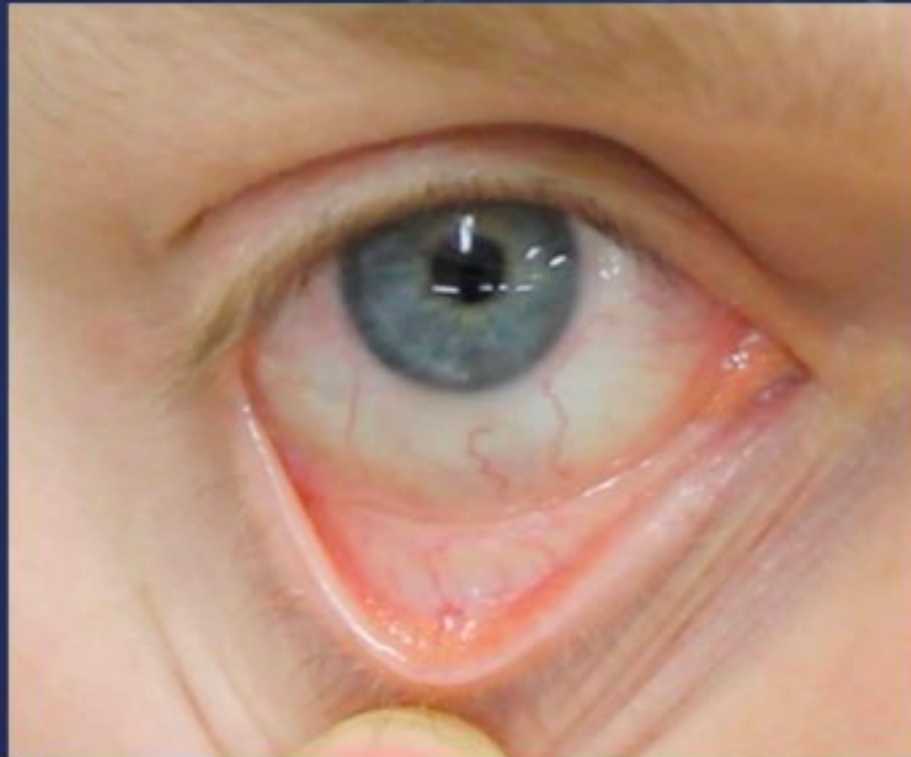


Delayed puberty



Depression,
Anxiety

Zinc Food Sources



Chicken



Beef



Oysters



Pumpkin seeds



Tofu



Lentils



Yoghurt



Oats



Zinc

- amino acid chelate
- carnosine
- bisglycinate
- citrate
- oxide
- Picolinate

All need to be taken with food (nausea)



Vitamin C

- Humans don't make their own vitamin C
 - Prevents scurvy
 - Supports adrenal health
 - Important for wound healing
 - Important for immunity
-
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4959991/>

Ascorbic Acid



Whole Food
Vitamin C



Vitamin C

- High doses intravenous converts to hydrogen peroxide
- Oral high dose, can reach bowel tolerance

Vitamin C Food Sources



Guava



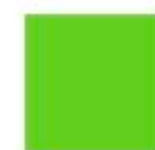
Capsicum/Bell
Pepper



Oranges



Broccoli



Kiwifruit



Strawberries



Papaya



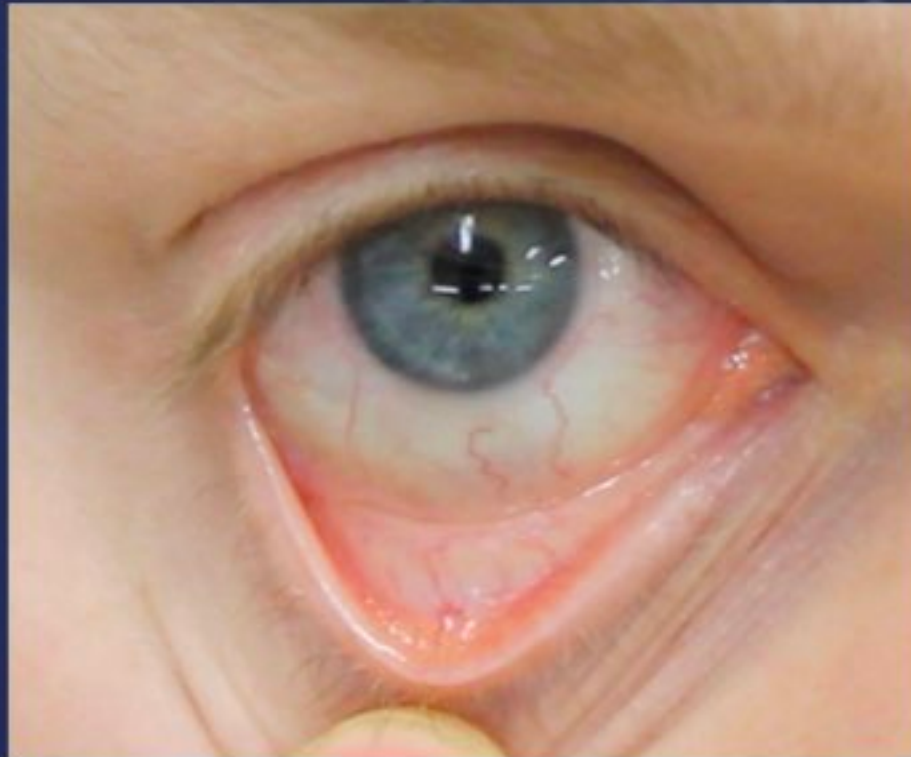
Tomato



Calcium

- Growth and maintenance of teeth and bones
- Nerve signalling
- Muscle contraction
- Parathyroid function

Calcium Food Sources



Tofu



Yoghurt



Spinach



Clams



Milk



Cheese



Okra



Trout



Yang Tonifying



Yang Tonifying



Deer Velvet



Iodine



Vitamin D



Adenosyl B12



Tyrosine



Adrenal Cortex



Digestive Enzymes



Vitamin K2



Iodine

- Necessary for thyroid hormone production
- Promote apoptosis
- Has topical antiseptic properties
- Has narrow therapeutic window
- Need to be careful with accurate dosing
- Topical safer than oral
- Very heating and Yang

Iodine deficiency symptoms



Feeling cold



Fatigue



Hunger



Loss of
appetite



Edema



Cysts



Constipation



Brain fog

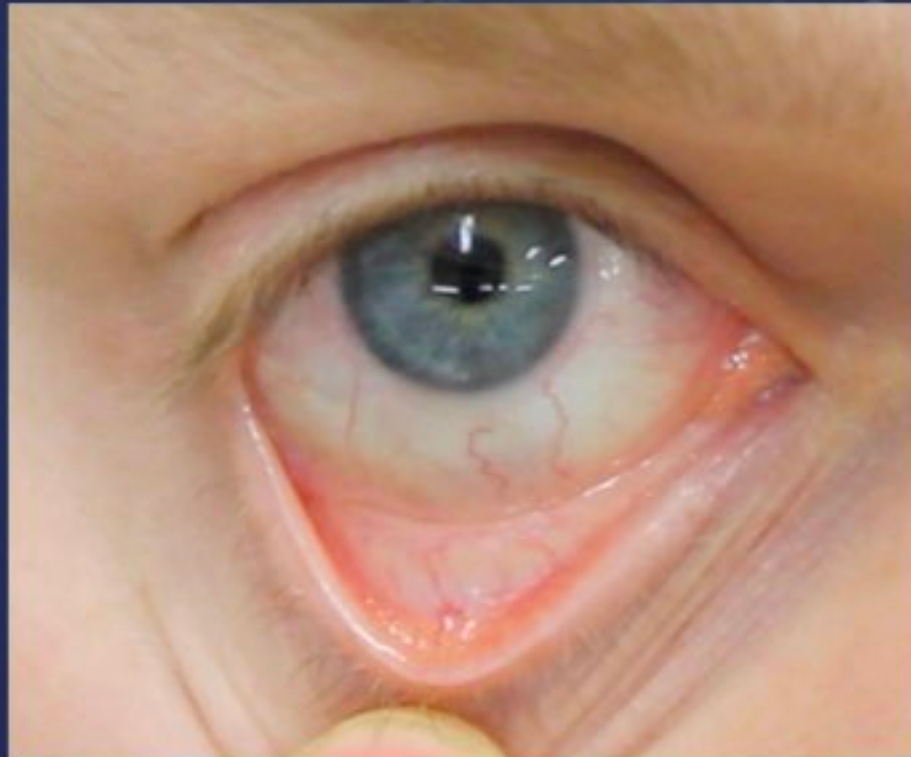


Hair loss



Poor memory

Iodine Food Sources



Seaweed



Salt



Tuna



Cod



Milk



Egg

VITAMIN D



Has mostly hormone-like actions, even though it is called a vitamin.

Crucial to bone formation, alongside vitamin K2, magnesium and calcium.

Is formed in the skin from the conversion of cholesterol by UVB radiation.

Important role in immunity

Vitamin D deficiency symptoms



Bone pain



Depression



Muscle weakness



Hair loss



Ricketts



Autoimmune
disease



Fatigue



Poor immunity



Slow wound
healing



Tyrosine

- Non-essential amino acid formed from phenylalanine
- Precursor to dopamine, noradrenaline, adrenaline
- Precursor to thyroid hormone
- Precursor to melanin

Tyrosine Food Sources



Beef



Salmon



Tofu



Ricotta



Pumpkin
seeds



Pork



Chicken



Milk



White beans



Wild rice



Qi Tonifying



Qi Tonifying



B Complex



**CoQ10
(ubiquinone)**



Hydroxo B12



Medicinal
Mushrooms



Probiotics

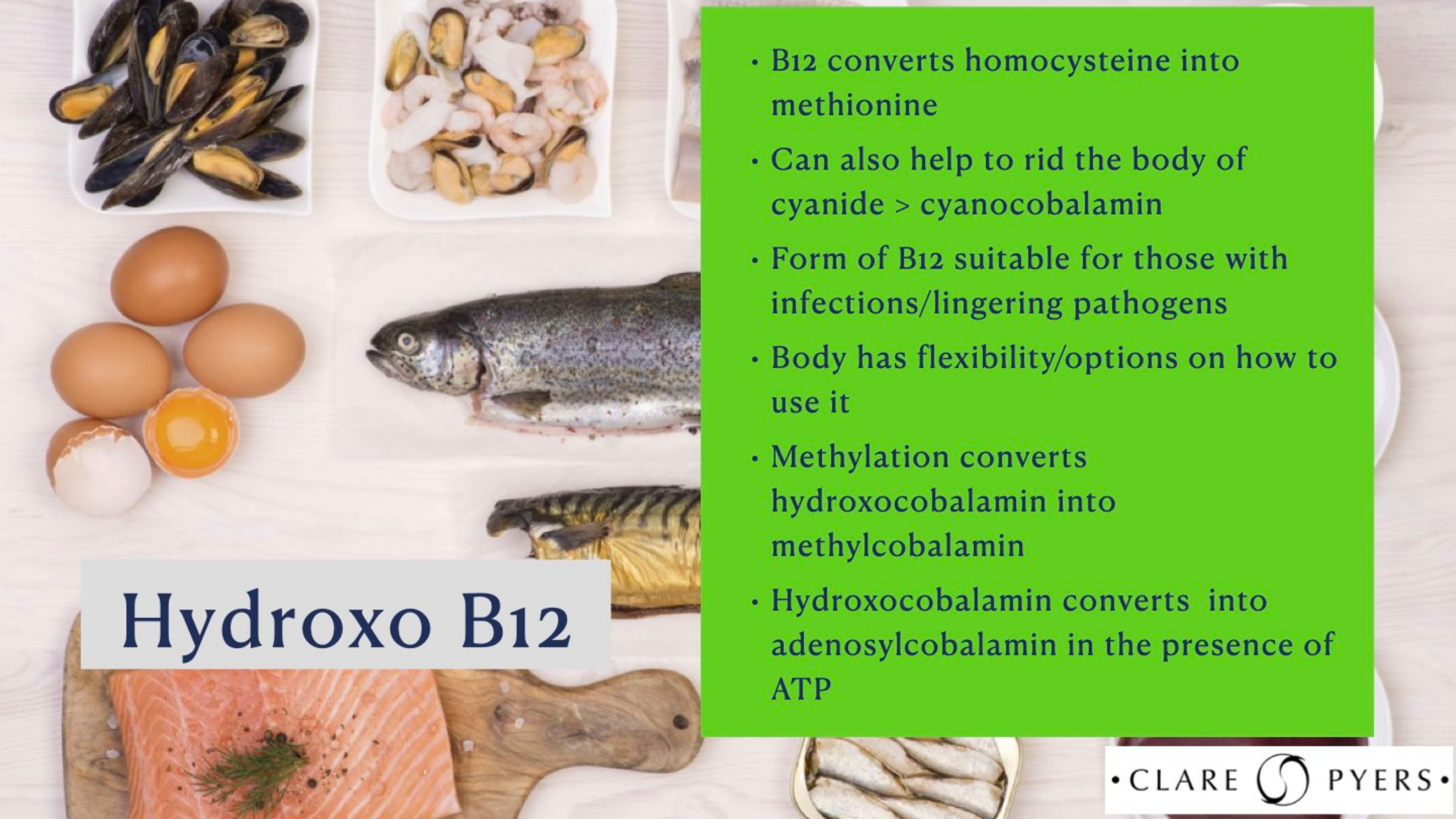


Methyl B12

**CoQ10
Rich Foods**

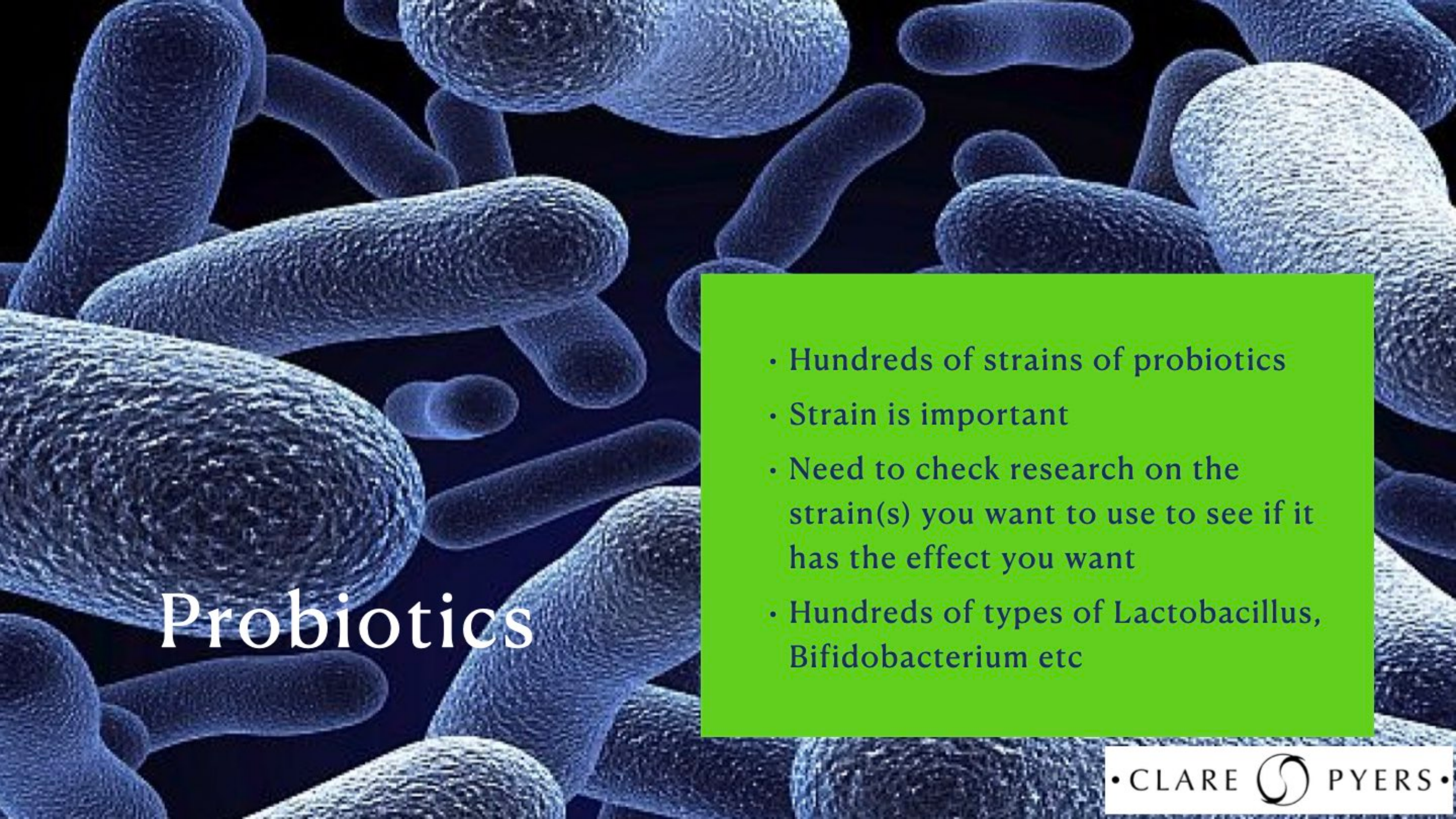
**CoQ10
(ubiquinone)**

- Receives electrons from NADH as part of the electron transport chain (drives ATP synthesis)
- Has an energising effect



Hydroxo B12

- B12 converts homocysteine into methionine
- Can also help to rid the body of cyanide > cyanocobalamin
- Form of B12 suitable for those with infections/lingering pathogens
- Body has flexibility/options on how to use it
- Methylation converts hydroxocobalamin into methylcobalamin
- Hydroxocobalamin converts into adenosylcobalamin in the presence of ATP



Probiotics

- Hundreds of strains of probiotics
- Strain is important
- Need to check research on the strain(s) you want to use to see if it has the effect you want
- Hundreds of types of Lactobacillus, Bifidobacterium etc





Probiotics

- Lactobacillus rhamnosus GR-1 with Lactobacillus reuteri RC-14 for recurrent UTIs
- Lactobacillus rhamnosus LGG for allergy
- Bifidobacterium animalis lactis BB-12 with L.r. LGG to help with maternal glucose regulation in pregnancy
- Lactobacillus plantarum 299V for IBS



B₁₂

Methyl B₁₂

- Methylcobalamin
- Form of B₁₂ with a methyl group
- Important part of methylation cycle
- Recycles homocysteine back to methionine



Qi Moving



Qi Moving



Fish Oil



**CoQ10
(ubiquinol)**



NAC



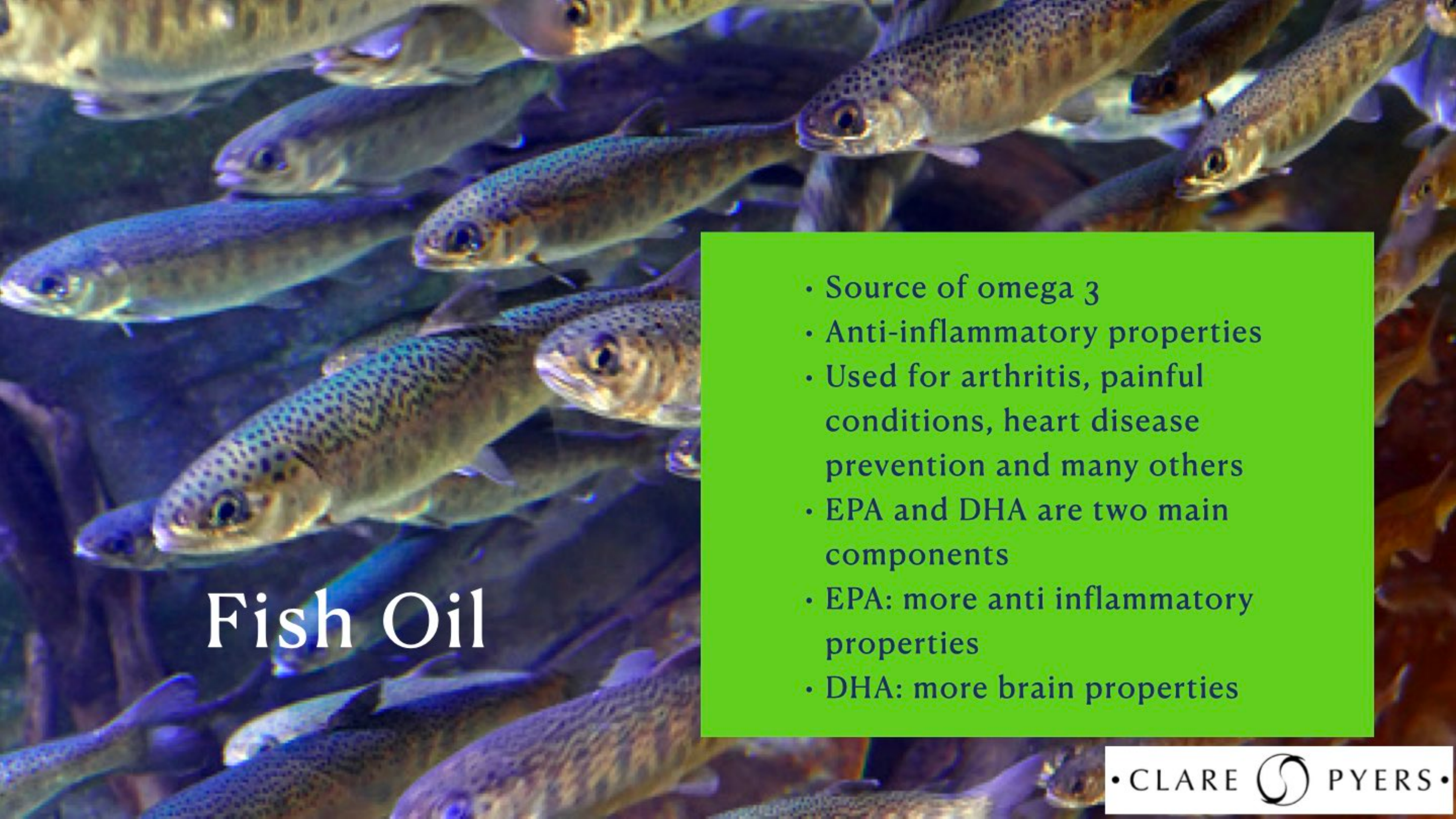
L-Carnitine



Magnesium



Molybdenum

A large school of salmon, likely Atlantic salmon, swimming in clear, shallow water. The fish are silvery with dark spots and are moving in a coordinated pattern. The background is a soft-focus view of the water and some submerged vegetation.

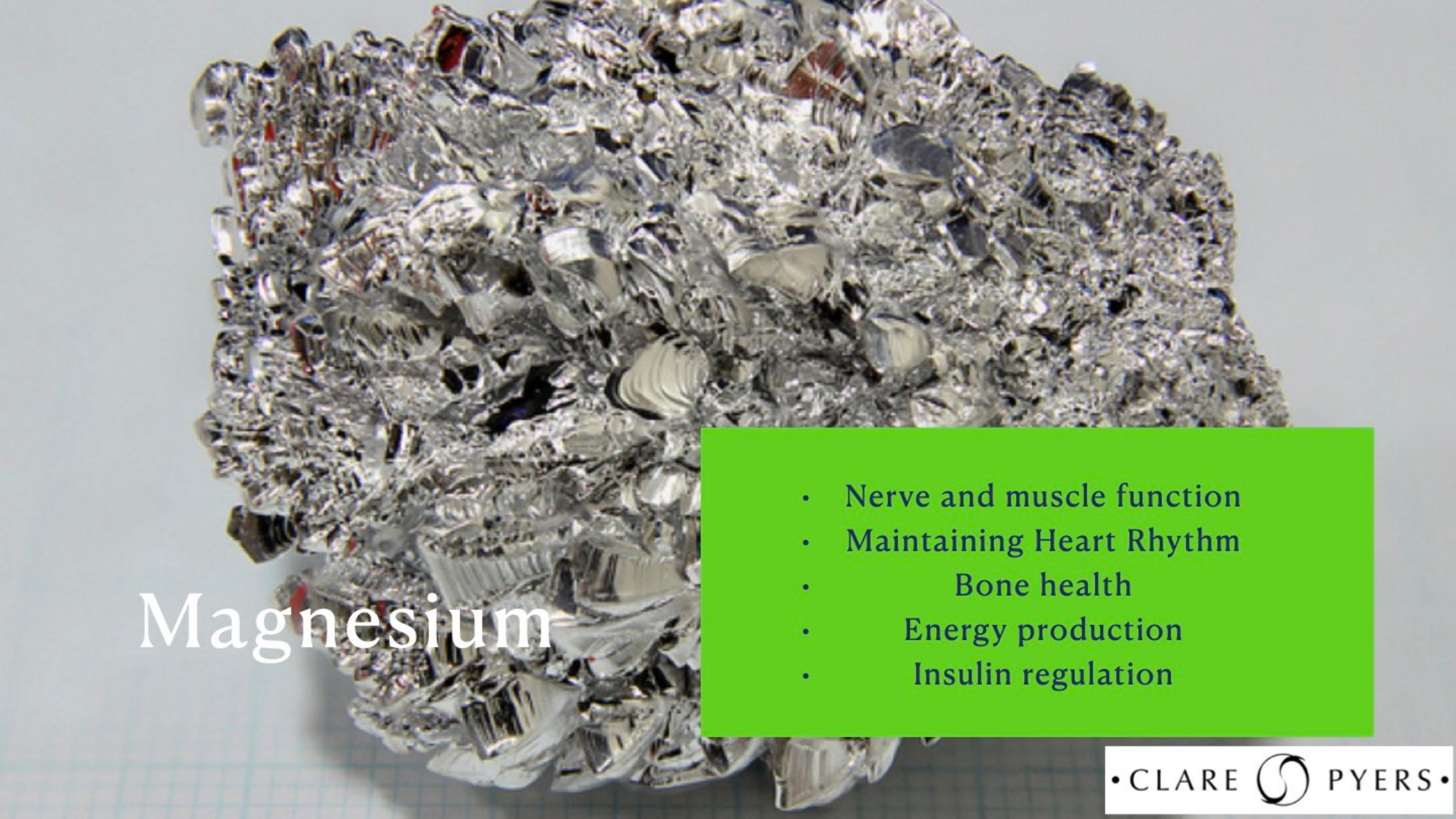
Fish Oil

- Source of omega 3
- Anti-inflammatory properties
- Used for arthritis, painful conditions, heart disease prevention and many others
- EPA and DHA are two main components
- EPA: more anti inflammatory properties
- DHA: more brain properties

**CoQ10
Rich Foods**

**CoQ10
(ubiquinol)**

- Donates electrons to create an antioxidant effect
- Has a moving, slightly cooling effect



Magnesium

- Nerve and muscle function
- Maintaining Heart Rhythm
- Bone health
- Energy production
- Insulin regulation

Magnesium deficiency symptoms



Headaches



Anxiety



PMS



Insomnia



Fatigue



Muscle cramps



Sound and light
sensitivity



Irritability

Magnesium food sources



Spinach



Tuna



Almonds



Yoghurt



Pumpkin seeds



Dark chocolate



Avocados



Bananas



Magnesium

- Oxide
- Glycinate
- Citrate
- Threonate
- Chloride (usually topical)
- Sulphate (epsom salts)
- Malate (with food)



Blood Invigorating



Blood Invigorating



Castor Oil



Evening Primrose



Methylfolate



PEA



Serrapeptase

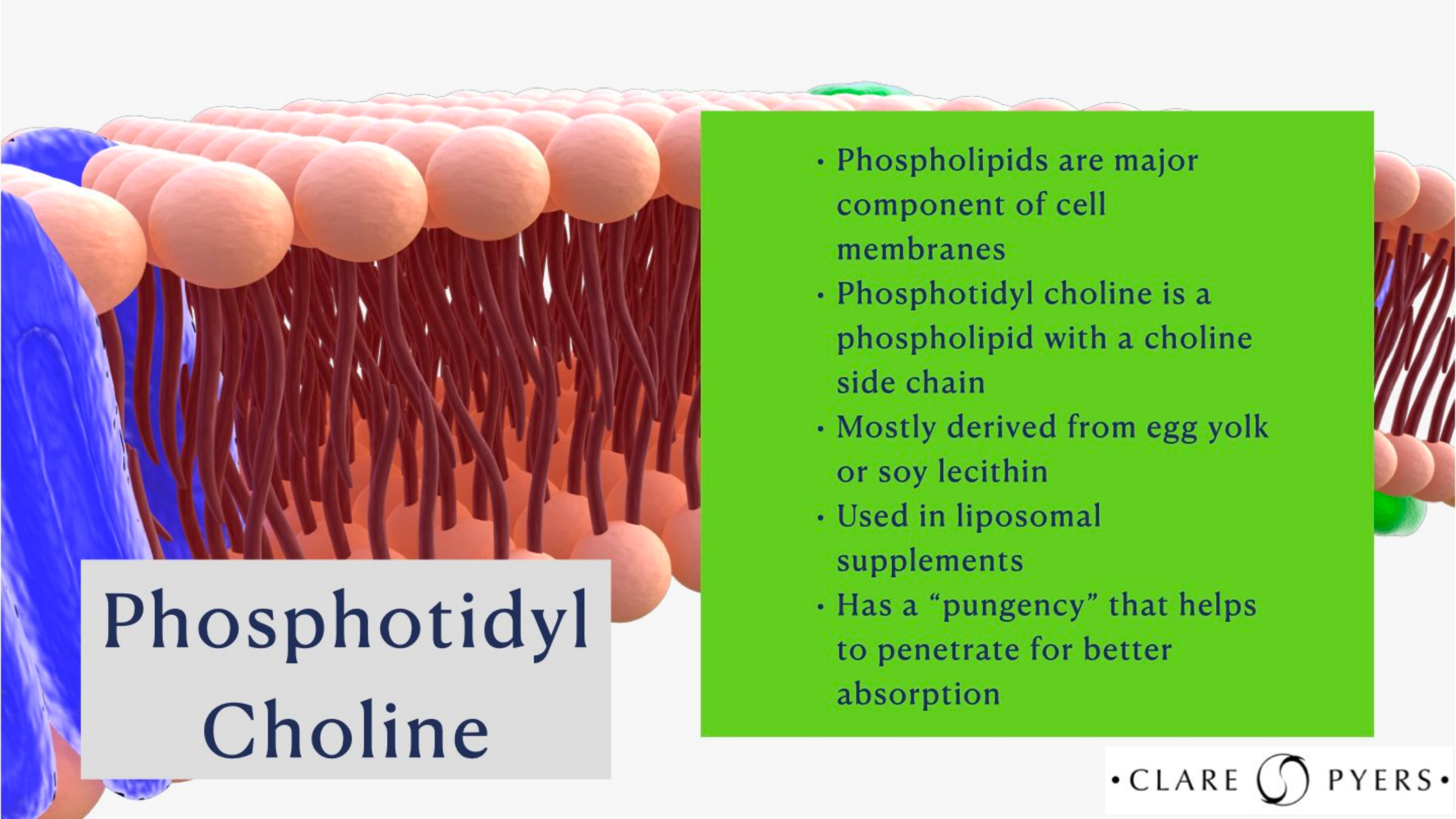


**Phosphotidyl
Choline**



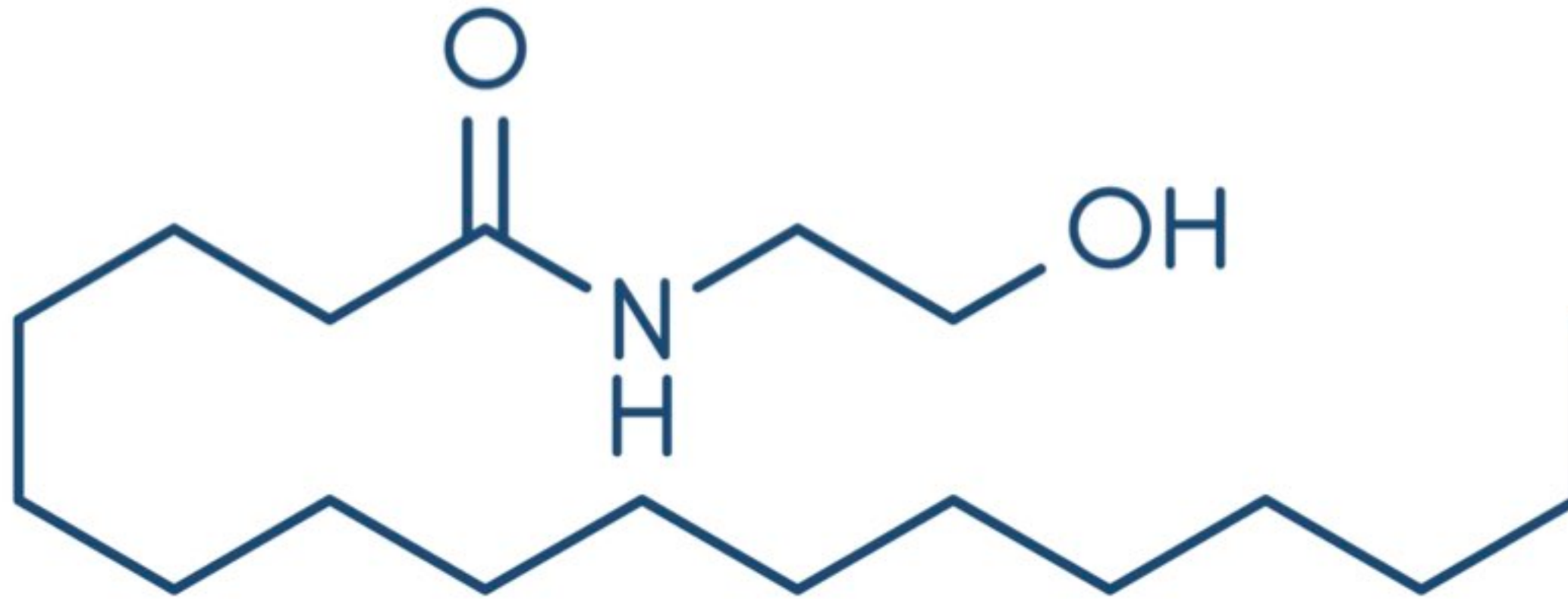
Methyl Folate

- Important for methylation
- Detoxification and breakdown of hormones, neurotransmitters, chemicals
- Qi/blood mover in TCM terms



Phosphotidyl Choline

- Phospholipids are major component of cell membranes
- Phosphotidyl choline is a phospholipid with a choline side chain
- Mostly derived from egg yolk or soy lecithin
- Used in liposomal supplements
- Has a “pungency” that helps to penetrate for better absorption



palmitoylethanolamide

PEA

- Palmitoylethanolamide
- Endocannabinoid molecule for modulating pain
- Anti inflammatory properties
- Has blood moving properties

A close-up photograph of a silkworm on a green leaf. The silkworm is light-colored with darker spots and is shown in the process of spinning its cocoon, with visible silk threads around its head and body. The background is a soft-focus orange and green.

Serrapeptase

- Enzyme from bacteria in silkworms
- Reduce pain and inflammation
- Proteolytic enzyme
- For digesting and dissolving cocoon
- Strong blood busting properties
- Like little pacman that eat up adhesions and massess



Shen Calming



Shen Calming



GABA



L-Theanine



5-HTP

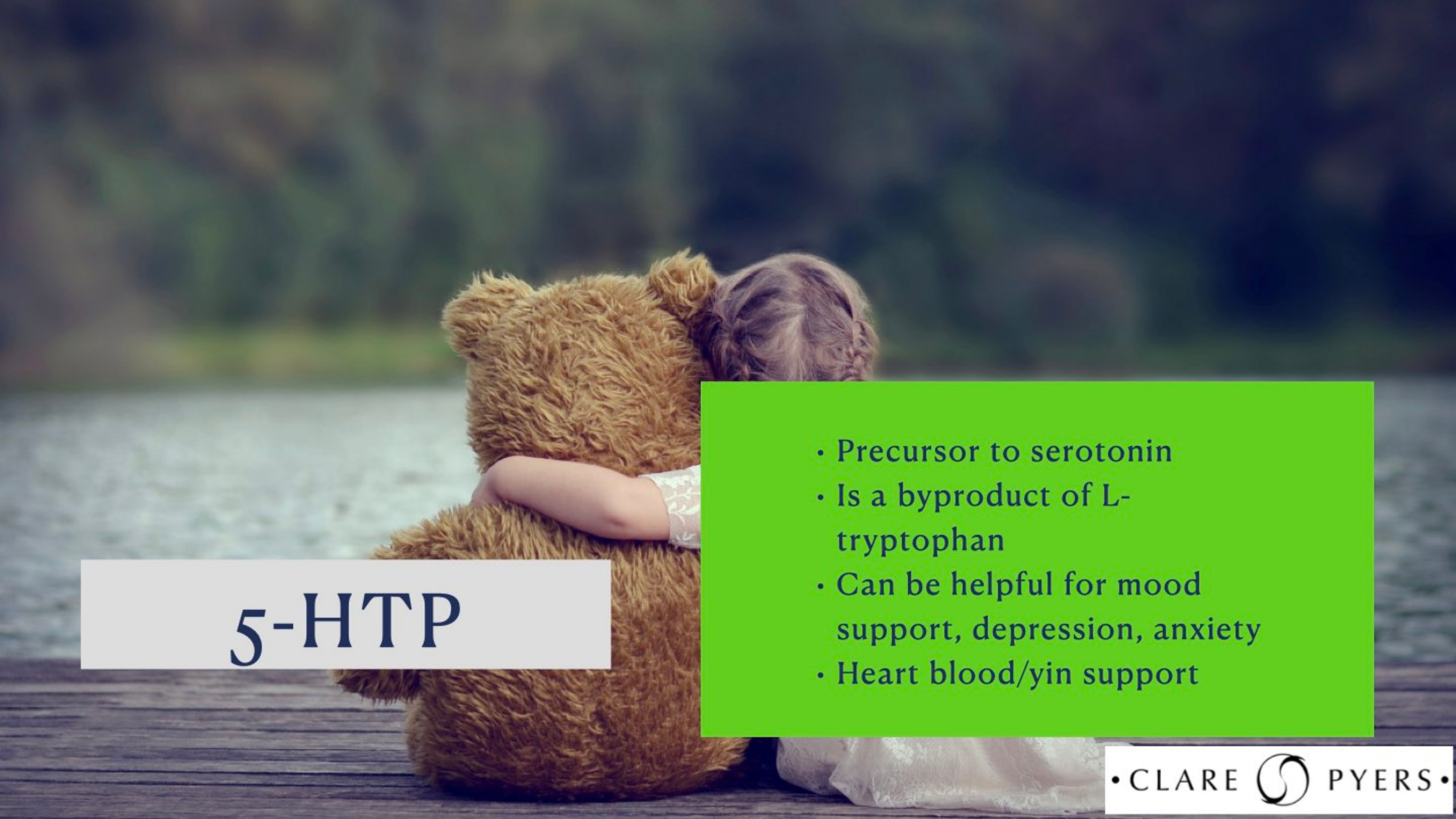


SAMe



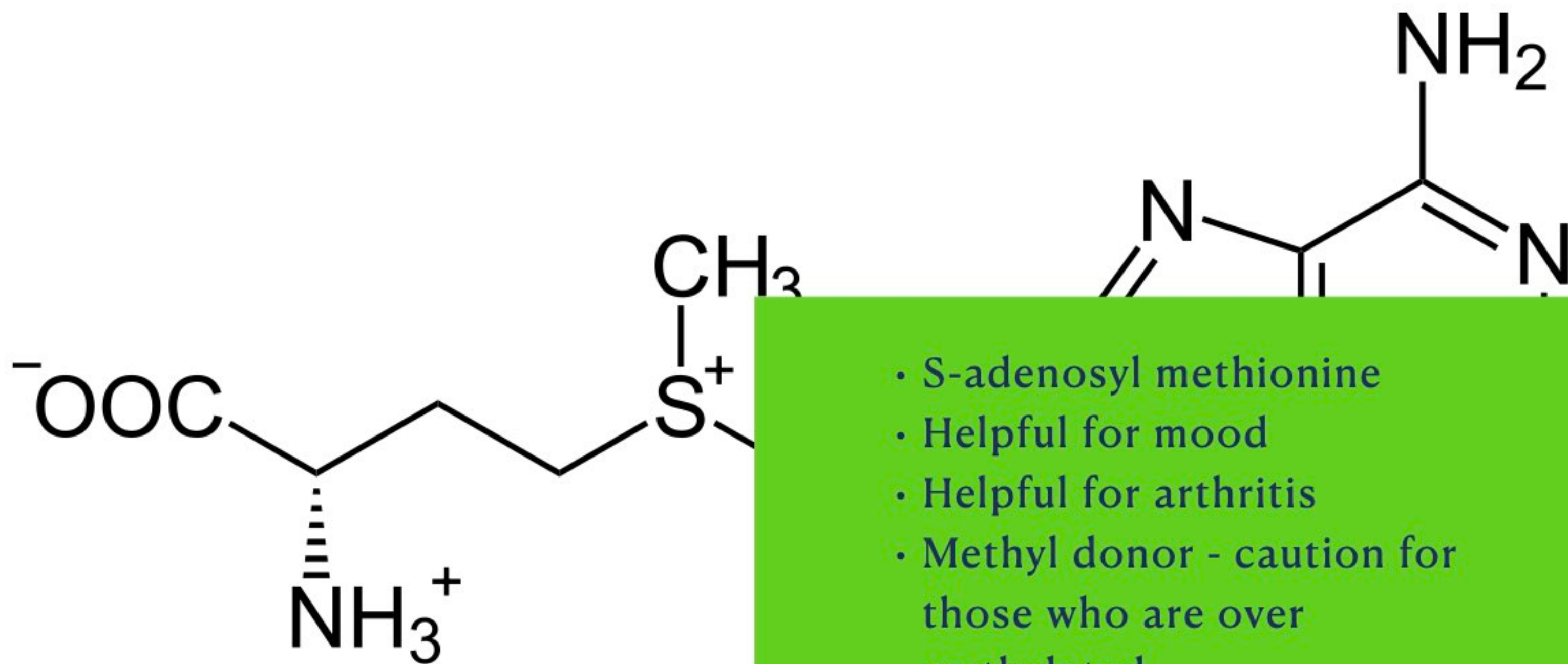
GABA

- Neurotransmitter
- Brain “yin” compared to glutamate
- Amino acid for regulating mood
- Some medications target GABA receptors for Parkinson’s disease, chronic pain, epilepsy



5-HTP

- Precursor to serotonin
- Is a byproduct of L-tryptophan
- Can be helpful for mood support, depression, anxiety
- Heart blood/yin support



SAMe

- S-adenosyl methionine
- Helpful for mood
- Helpful for arthritis
- Methyl donor - caution for those who are over methylated

L-theanine

- Compound from tea
- Calming effects
- Structurally similar to glutamate and GABA and has related effects
- Cognition
- Stress
- Sleep



Stop Bleeding



Stop Bleeding



Vitamin K1



Arnica



Damp Clearing



Damp Clearing



Vitex



NAC



Gynostemma



Chromium



Supplements vs Herbs vs Food





Supplements

Do this NOW!

Little flexibility in
how body can
respond



Herbal Formula

How do you feel
about this
strategy?



Food

Flavours,
cravings, desires,
social and
cultural layers



Dosing and Prescribing Supplements



A serene sunset scene over a vast ocean. The sun is a bright, glowing orb on the horizon, casting a shimmering path of light across the water's surface. The sky transitions from a pale blue at the top to a warm orange and yellow near the horizon. On the right side of the image, a thick, curved arc in green and blue colors frames the text.

Primo nocere



Dosing of
vitamins and
minerals:

[https://
www.eatforheal
th.gov.au/
nutrient-
reference-
values](https://www.eatforhealth.gov.au/nutrient-reference-values)



HELP YOUR PATIENTS REDUCE THE NUMBER OF SUPPLEMENTS

(WITHOUT REDUCING CLINICAL OUTCOMES)



**IDENTIFY SUPPLEMENTS THAT
MIGHT BE MAKING YOUR
PATIENT'S CONDITION WORSE**



Safe Hands

- You know what you're doing
- There's a plan
- You can help them understand what's happening
- You listen
- Acceptance, meeting them where they're at



Safe Prescribing

- Method of action
- Dosage
- With/without food
- Contraindications
- Interactions
- Related conditions

**We are focused on a
holistic approach to
helping our patients, and
we are also an important
second set of eyes.**

CONFIDENCE LEVEL

A thermometer graphic is positioned on the left side of the image. The thermometer has a grey body and a red liquid column. The red liquid level is at the top, near the 'INVINCIBLE' mark. A green curved line starts from the top right and curves down to the bottom right, with a blue line following a similar path below it.

— **INVINCIBLE**

— **STRONG**

— **STEADY**

— **BUILDING**

Poll

Your current
level of
confidence
working with
patients who
are taking
supplements

A black and white photograph of several classical columns, likely made of marble, with a focus on their bases and fluted shafts. The columns are arranged in a row, receding into the background. The text "Strong foundations" is overlaid in a dark blue, bold, serif font across the middle of the image.

Strong foundations

Getting Started....

Clinical Diagnosis is
always the best starting
point

**BEGIN
HERE**



Context is everything



IF A PICTURE IS WORTH
A THOUSAND WORDS,
THEN CONTEXT
IS WORTH A MILLION.

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