

Healthy Nutrition – What You Might Be Lacking in Your Diet

It's important to consider the nutrients, vitamins and metabolic needs we need to fuel our bodies and stay healthy. Many times we are just not aware of what we need to consume to keep on a healthy track, so I intend to educate you about *nutrition, vitamins and minerals* needed for optimal health.

Vitamins are small molecules that your body requires in order to carry out different reactions. Your body needs some assistance in the productions of vitamins, which is why we have to get them from external sources.

Vitamins are organic compounds that are required by your body in very small amounts. There have been a lot of reports coming out saying that a lot of people are deficient in certain vitamins, which can cause a myriad of health problems.

Minerals keep your bones, heart and nerves healthy. If you are lacking in minerals, you may suffer from weak bones, cholesterol problems, high blood pressure, osteoporosis, muscle spasms and a host of other ailments.

Our food supply today contains a lot less minerals than it used to. The main reason is because farmers are using all sorts of chemicals and pesticides in growing their crops. This is damaging the soil, where a lot of the minerals come from.

1. In order to keep our bodies strong, have energy and healthy weight we need an assortment of B Vitamins. Vitamin B can actually help us in weight reduction as it helps to give our bodies the needed sources of energy.

A. Vitamin B9 contributes to the building blocks of our genes. It contributes to mitochondrial proteins.

B. Vitamin B5 plays a role in cell division. It helps the production of the coenzyme that helps to generate energy from our food.

C. Vitamins B6 and B12 assists our bodies to synthesize glutathione, a molecular anti-oxidant which can affect our energy levels and strength.

B Vitamins help us to feel energetic and strong. Many times women will complain of fatigue and lack of energy and it can be due to inadequate levels of Vitamin B. The B Vitamins help us to have hormonal balance, PH balance, immune response, insulin sensitivity among some of the major things.

2. Vitamin D has many benefits for our bodies. Vitamin D can affect our metabolism and weight There have been studies to show that women who are overweight have lower levels of Vitamin D than the women who are at a healthy weight. The studies have also shown that low levels of Vitamin D can contribute to metabolic syndrome. Research indicates that women are at a much higher risk of bone deterioration in the later part of the life as their diet is deficient in vitamin D and calcium. Thus, the daily vitamins for women should include calcium and vitamin D to reinforce this deficiency.

3. Omega 3 fatty acids have powerful effects on our bodies. Research has shown that low levels of Omega 3 fatty acids can cause high cholesterol, high triglycerides, insulin resistance, obesity, high blood pressure, diabetes, metabolic syndrome and degenerative heart disease.

4. Chromium, a mineral can help to regulate insulin and blood sugar.

Vitamin A and magnesium are also essential for maintaining strong bones and should be included as a part of daily complete vitamins for women. Other essentials include magnesium, calcium, and zinc.

Vitamin A, E and C work like antioxidants and they help to neutralize free radicals that are a major cause of skin aging. They should also be included in vitamin supplements for women

Vitamin supplements for men should include zinc, magnesium, calcium, selenium and chromium. They help to boost the immunity. They should also contain vitamin C, E and beta carotene.

Prostate cancer is a major health problem among men in the United States. Daily complete vitamins for men should include natural herbs that help in prostate health such as saw Palmetto, Beta sit sterol and lycopene.

Furthermore, read the following points that *JAYSON HUNTER, R.D.* writes about and points out that we need supplemental vitamins;

1. Let's start off with the most important fact. The Recommended Daily Intake is 5-10 servings of fruits and vegetables daily to satisfy our vitamin and mineral needs. How many can honestly say that they eat 5-10 servings of fruits and vegetables a day? How many can say they eat 3-5 servings a day? 1-2 servings? The reality is that most Americans do not get nearly enough fruits and vegetables in their daily diet.

2. Many of today's food are processed and refined so much that many of the vitamins and minerals that are in other foods besides fruits and vegetables are stripped of their vitamin mineral content. We live in a world of convenience and most convenience foods have to be processed and refined so much that many of the nutrients get excreted from the food itself.

3. Why a whole food vitamin mineral supplement instead of just a multi-vitamin for \$10? Many multi-vitamins are synthetically made which means they may not get absorbed in the right amount of time in the right areas of the digestive process. The second reason is that many individuals have problems absorbing synthetic multi-vitamins in general so your body may not be able to utilize the synthetic version of a nutrient. Whole food vitamin mineral supplements come from just what they say "Whole Foods". These supplements are created from actual fruits and vegetables and then formed into a capsule form. It is believed that there is a higher bioavailability and absorption of the nutrients because they are actually created from foods and not synthetically created.

4. Stress, Dieting, Injury, Illness all cause an increase need for vitamins and minerals. Is anyone really free of all of these categories? Not likely. Granted certain nutrients are required in large quantities for certain problems, but if you are not eating the recommended 5-10 servings of fruits and vegetables a day then you are most likely already in a deficient state. A whole food vitamin mineral supplement will help correct that deficiency without creating a megadose effect like many multivitamins on the market.

5. Nutrition play a major role in determining our susceptibility to certain diseases. Did you know that every year there are 14 million cases of preventable heart disease, 1.2 million preventable causes of cancer, more than half a million preventable strokes and 2500 babies

are born every year with neural tube defect that could have been prevented by one simple vitamin. By improving nutritional practices 89 billion dollars could be saved in annual health care costs. Yes, you read that correctly "89 Billion Dollars".

6. The 2000 edition of the Dietary Guidelines for Americans published by the U.S. Department of Agriculture and the Department of Health and Human Services states that "some people need a vitamin mineral supplement to meet specific nutritional needs. The American Dietetic Association also has a statement that is very similar to the statement provided in the Dietary Guidelines.

7. A whole food vitamin mineral supplement can fill nutrient gaps, optimize function, protect health, and help prevent disease for about \$1 a day. There is no better use for \$1 a day, as well as no other choice that is so easy to include in your day that has such a high potential payoff.

8. The Council for Responsible Nutrition recommends that all health professionals should be providing sound scientific information and should be suggesting a longterm regular use of a vitamin mineral supplement, calcium, and extra Vitamin C and E.

9. Studies and surveys have been done that those that supplement their diet with some type of supplement tend to pay more attention to their overall health and nutrition and tend to lead healthier lifestyles as a result.

10. The regular use of a whole food vitamin mineral supplement can significantly improve the overall health and nutritional lifestyle of the American public. Consuming a whole food vitamin mineral supplement as part of a personal lifestyle, health care practice would benefit the health profile of the entire nation as well as significantly reduce health care costs. It is never too late to begin!!

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