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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Are Your Vitamin Supplements Right For You?

By Kris Kelkar

We are told that the keys to longer and healthier life are simple: eat right, exercise, manage stress

and get enough sleep. However, putting this into practice is more difficult. For example, take eating right. The National Cancer Institute is now recommending that adults eat between 7 to 9 servings of fruit a day. However, over 90 percent of us are unable or unwilling to follow this advice. Given our diets and lack of access to healthy foods, and given the dwindling nutritional quality of food generally available today, our bodies need vitamin, mineral and other dietary supplements to fill in this nutritional gap. Fortunately, the majority of us take supplements to compensate for this. About 100 million Americans take supplements - at least occasionally. About half of us pop vitamin and mineral supplements every day, spending about \$4 billion annually. Do you ever wonder whether you should be taking supplements or whether the supplements you are taking are right for you?

Background

Vitamins and minerals - or at least foods containing these nutrients - have been used as therapy for thousands of years. Ancient Egyptians ate livers of roosters and oxen to combat night blindness caused by Vitamin A deficiency, and sea sponge as a source of iodine to treat goiters. However, it wasn't until 1906 that vitamins were theorized, because protein, fats and carbohydrates were insufficient in-and-of-themselves to sustain life. In 1926, Vitamins were isolated and named vitamine (for vital amine, amine being a chemical structure).

There are at least 13 vitamins and 15 minerals that are considered essential for good health. Vitamins are organic compounds, which means they contain carbon, and are found naturally only in living things. Four of these vitamins - A, D, E, and K are fat soluble - meaning they can be stored in the body. Vitamins C and the eight forms of vitamin B are water soluble, meaning that excess amounts are eliminated through urination, and thus must be consumed daily. Vitamins C, E and A are known as antioxidants. They help our bodies fight damage from free radicals, highly reactive compounds that create oxidative damage to your cells. Vitamin C, once suspected of boosting our immune systems, has now come to the forefront in cancer, cataracts and cardiovascular therapies.

Are Your Vitamin Supplements Right For You?

Minerals are simpler, inorganic compounds and are found in all foods. Minerals are also classified in two categories – major minerals (macronutrients), such as calcium, magnesium and potassium, that are found in relatively high concentrations in foods, and trace minerals (micronutrients), such as copper, iron, zinc, and chromium, that are usually only found in minute amounts.

All of these vitamins and minerals play an important role in your body's ability to build cells, releasing energy from our food, and in maintaining the good health of our organs, bones and immune system. Taking vitamin and mineral supplements can help us target deficiencies in our diet, to fill in the gaps.

Is Your Supplement Right For You?

Our vitamin and mineral requirements vary at different stages of our lives, generally because of changes in how effectively our bodies absorb these nutrients. Additionally, our vitamin and mineral requirements vary with our daily caloric intake. The more calories you consume, the more vitamins and minerals your bodies need.

Many people select their vitamin and mineral supplements based on the Recommended Daily Allowance (RDA). The RDA, developed by the Food and Nutrition board in 1941, is updated periodically. However, the RDA is a general one-size-fits-all measure about daily vitamin needs to avoid vitamin deficiency diseases. Current research shows that higher levels of some of these vitamins and minerals are required to truly achieve good health and for therapeutic benefits to undo years of environmental damage our bodies have suffered.

In addition to vitamins and minerals, phytochemicals are increasingly recognized as playing a crucial role in proper absorption of nutrients and in cellular function and regeneration. Phytochemicals are nutrients found in fruits and vegetables and their extracts, that are generally not present in synthetic vitamin supplements.

More Information

You can find help in determining if your mineral and vitamin supplements are meeting your daily vitamin requirements and are nutritionally available to your body at

<http://www.the-natural-path.com/vitamin-requirement.html>

. You can also find out about phytonutrients

that your body needs to maintain good health and ways to get phytonutrient sources conveniently into your diet at

<http://www.the-natural-path.com/phytonutrients.html>

Visit

<http://www.the-natural-path.com>

Are Your Vitamin Supplements Right For You?

to learn more about diet, nutrition and natural techniques to improve your health.

Kris Kelkar has been practicing natural healing techniques for years. These routines have proven effective in lowering cholesterol, substantially reducing allergy symptoms, eliminating insomnia and eliminating adult acne.

Ways to Maximize Vitamin Absorption

By Nitin Jain

1. Do not refrigerate vegetables and fruits (raw and uncut) for more than two days.
2. Do not go by the advertisements that show refrigeration slowing down loss of nutrients from fruit. It can't stop the process altogether and fruits certainly do not get any fresher by refrigerating them for a long time.
3. Eat your fruits whole rather than cutting them into pieces. When exposed to air (oxygen), vital vitamins are lost. By that logic, raw fruits are better than fruit juices and pies.
4. Take a sunbath around nine am for 15–20 minutes and you do not need to pop any vitamin D supplements, except if otherwise advised by a medical practitioner.
5. Give full attention to food while eating rather than sharing the meal with your favorite soap on TV, so that your parasympathetic nervous system is dominant and the digestive system works to its optimum level.

All about Vitamin Supplements –

<http://www.vitaminsdiary.com/vitamin-supplements.htm>

Nitin Jain – for

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Your complete guide to buying vitamins online –

<http://www.vitaminsdiary.com/buy-vitamins.htm>

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Ways to Maximize Vitamin Absorption

Vitamin Supplement

The Effectiveness of Vitamin C

Vitamin Supplements For Seniors: What Should You Take?

How useful are Vitamins?

101 tips to stay fit and live longer.

30-Day Low Carb Diet 'Ketosis Plan'

How To Overcome Dandruff



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