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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!

Can Vitamin E Cure Almost Everything?

By David Leonhardt

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by: **David Leonhardt**

Vitamin E is an absolutely vital nutrient in your body, but it probably can't do half the things you heard it can.

What does vitamin E do? To begin, it is an antioxidant. It tames dangerous free radicals and helps prevent blood clots and blockages in coronary arteries. Research points to its ability to reduce the risk of chronic diseases, such as heart attacks and some cancers.

Vitamin E is also believed to slow the aging process and to help nerve conduction. Most importantly, it works to enhance and even protect vitamin C and Vitamin A.

There is also promising research that vitamin E might help prevent or slow the onset of cataracts in the eyes.

Vitamin E has been touted as a cure for just about everything but a broken heart. I am sure that's coming, though. Here are just a few of the diseases and conditions vitamin E has been credited with curing or preventing: Parkinson's disease Infertility in both men and women Alzheimer's disease Hepatitis eye tissue inflammation fibromyalgia hair loss PMS (pre-menstrual syndrome) heavy menstruation healing wounds diabetes atherosclerosis menopause osteoarthritis even restless leg syndrome!

It might well prove that vitamin is helpful in some of these and other conditions, but probably not in many or even most of them.

As with many vitamins, there is a raging debate over how much vitamin E you need. The US recommended daily allowance (RDA) is 8-10 milligrams per day. But most people in the nutrition field believe that to capture the long-term benefits, people need 10 to 20 times that quantity, which is well short of the maximum recommended 1,000 milligrams.

Can Vitamin E Cure Almost Everything?

Vitamin E is found in many foods in small quantities. The good news is that almost everyone gets sufficient vitamin E to avoid a deficiency, with a few exceptions noted below. The bad news is that most people do not get the RDA. This is definitely a vitamin that should be supplemented.

Be careful about what supplements you choose, since the synthetic version of vitamin E is not even half effective as in its natural form. Look for nutritional supplements containing natural vitamin E, preferably in liquid form.

People on low fat diets need supplements the most, since fats and oils are the largest sources of vitamin E. Nuts and green, leafy vegetables are also good sources, as are egg yolks and liver. So are whole grains.

Vitamin E probably will never cure your broken heart, nor live up to half of the claims people make

about it. But it is an important vitamin for maintaining good health and it is needed in quantities above what most people take in their diet.

David Leonhardt runs The Liquid Vitamin Supplements Store:

Learn more about vitamin E:

Or read up on other nutrition information:

Vitamin Supplement

By Rolf Rasmusson

Vitamin Supplement by Rolf Rasmusson

Vitamin supplement – why is it important?

Vitamin supplement or supplements are very important for us because if we do not intake enough vitamins necessary for our bodies, the vitamin supplement will substitute for the shortage of the amount of vitamins in our system. Many times a good diet will be enough, but when it is not, the vitamin supplement will make sure that you intake enough vitamins for you to be healthy.

Vitamin supplement – vitamin A.

Why is it important to use vitamin A vitamin supplement? Many health sources state that vitamin A plays an important role in vision, bone growth, reproduction, cell division and cell differentiation. Vitamin A can be found in many animal foods like liver and eggs and in some plants. But if you don't intake enough vitamin A with you foods, the vitamin supplement will definitely help.

Vitamin supplement – vitamin D.

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Another important vitamin supplement is the supplement for vitamin D. The major function of vitamin D is to maintain normal blood levels of calcium and phosphorus, helping to form and maintain strong bones. Vitamin D can be found in foods (for example vitamin D fortified milk, fatty fish, and fish oils). Another important source of vitamin D is exposure to sunlight (ultraviolet rays).

Vitamin supplement – vitamin E.

Vitamin supplement for vitamin E is another example of important supplement. Vitamin E is a very powerful biological antioxidant, which plays a great role in preventing cell damage that may contribute to the development of cardiovascular disease and cancer. Vitamin E can be found in, for example, vegetable oils, nuts, and green leafy vegetables. If you do not intake enough vitamin E with your foods, the vitamin supplement will help.

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