

"Modern" diets and supplements.

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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!

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By Dr. Donald A. Miller

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For the majority of people who don't raise their own foods, diets can be deficient in vitamins and minerals. In fact, it was the study of diet deficiencies in the USA and other countries that led to the creation of vitamin and mineral supplements.

Since my late youth, when I left the farm, I have included supplements in my diet. Now I take "therapeutic" blends of vitamins, helped by mineral tablets that are high in often neglected components, such as calcium and trace elements. I do NOT take "mega doses"; some vitamins are toxic at high levels.

But exercise caution. Supplement marketers have some of the most profitable markups short of prescription medicines. Read what you can learn on the internet searches, including reputable experts, such as <http://mayoclinic.com>.

Herbal foods and supplements are a totally unregulated part of the economy. Some pretty outlandish claims have been made. Some "miracle herbals" can actually be toxic.

From time to time, I might suggest makers of supplements that I think are worth visiting on the internet. Read what you can find, and make informed choices.

I welcome comments from people who have good or bad experience from various supplement sources.

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* Diet with FACTS, not Fat–Burner MYTHS. *

For more pages in this health series, send blank email to
snips@easyhealthdiet.com

Donald A. Miller, Ph.D. is the author of "Easy Health Diet", and several thousand other reports, including two eBooks available through Amazon.Com. More health information can be found at his web site <http://easyhealthdiet.com>. Contact at <mailto:drdon@easyhealthdiet.com>

Nutritional Supplements And How They Help Your Health

By Zachary Thompson

>From ancient times people have been taking nutritional supplements. They started with natural herbs often home grown which were usually brewed into teas and tonics.

Now they have become more sophisticated and are available in all sorts of pills, capsules, liquids and of course teas of all sorts.

What are nutritional supplements? Nutritional supplements are used to add nutrients to our diets that are missing or not taken in large enough quantities. They are available in pills capsules, liquids and teas. They can be synthetic or from natural sources. They will contain one or more of the following ingredients:

· Vitamins · Minerals · Herbs · Amino acids · Saccharides

Why do we need nutritional supplements? These supplements are not intended to replace meals but enhance our diets. There are several reasons that we would be taking them:

· Environment: our environment has deteriorated over the years and we are now getting more toxins from the air, the water and even in the foods we eat, than ever before. Our bodies have to work more to protect and rid ourselves of these unwanted substances. Therefore it is wise for us to take nutritional supplements to help our bodies to do this.

· Stress: Stress will cause your body to function less efficiently. This will put your body at risk for a number of things, especially low resistance for disease. Supplements, especially Glyconutrients will help your bodies immune system get stronger and also help your body function better.

· Poor eating habits: Due to busy lifestyles, our ways of growing food and green harvests we are not getting the important nutrients our bodies need to keep us in good health. We often do not even stop to eat proper meals. This makes it necessary for us to take supplements to enhance our diets and add important nutrients to our diets.

· Athletic activities: when we take more exercise than normal our bodies need more nourishment. A

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professional athlete or even someone doing extra work outs needs more nutrition. Dietary supplements would include, Proteins, minerals, vitamins and saccharides (Glyconutrients).

· Part of a weight loss plan: when you go on a diet to lose weight you will be eating less and running the risk of not getting enough of the essential nutrients in your diet that your body needs. Therefore you would often be taking some nutritional supplements. Some of these substances even claim to help you to lose weight.

How do they improve your health? Different supplements will help you in different ways.

Glyconutrients: The latest nutritional supplements to come on the market are the saccharides. These are known as Glyconutrients. There are 8 of these essential nutrients:

· Mannose · Glucose · Galactose · Xylose · Fucose (not fructose) · N–acetylglucosamine · N–acetylneuramic acid · N–acetylgalactosamine

These nutrients have only lately been researched with a technology known as Glycobiology. These nutrients have been shown to be vital to our health especially regarding our immune system and the ability of the body to heal itself.

Ambrotose: is a supplement made up of these Glyconutrients. Taking these supplements will help you to feel healthier and enjoy your life to the fullest.

Zach Thompson is a Glyconutrients Consultant. His clients range from pro athletes and actresses, to cancer patients and children with Learning Disabilities. To learn if glyconutrients can help you, visit his site for a consultation.

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