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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!

Nutritional Nutrients

By Kaye Bewley

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by: **Kaye Bewley**

Nutrients form the basis for your body, emotional and spiritual needs. Fruit, vegetables, carbohydrates and fish and lean meat is important, but we've all heard the scare stories, 'Mad cow disease', 'bird flu', 'radioactive fish', 'GM crop nightmares' – and the coincidental timing of all these has made some consumers think twice about what they eat. Following these and many food-borne illnesses that have erupted across the international community, many people have made adjustments to their grocery lists, opting for organically grown meats and vegetables.

But what of the soil that each of these is derived from (cows eat grass too!). The sad fact is our soil is deficient. This is not only the result of a consistent showering of pesticides and fertilisers, but also through our own methods of farming that have only during the past 100 years or so become radically altered from our forebears gentle methods.

All over the world these food scares erupt – and while some may be founded in fantasy, others are quite frighteningly true. However, whatever you read or hear about, it really is up to you to decide what you want inside your body – and the good news is, that its easier than you might at first believe.

To be 100% sure that your food is safe and free from any harmful additives, you cannot go far wrong with organic fruit, meat and vegetables and free-range eggs. Even simpler, if you have a farmer near-by make their day (and a friend!) by buying their fresh eggs – you can see for yourself the chickens having 'free range' of the paddock. Or if you have access to the web, look at these informative sites:

www.farmgatedirect.com

www.freedomfood.co.uk

And, when you make determined

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efforts to compare prices stacked on supermarket shelves, organic foods can be found to be often very similar!

But another way is to ensure that you have enough of the healthy stuff inside you is to ensure vitamins and minerals are inside you by supplementing. Hundreds of examples all competing for shelving space line the supermarket store aisles and it is all down to basics ingredients when hunting for the best one. The golden rule is, the minimum amount of additives or additional ingredients inside the capsule, equals the best natural product. And why is natural best? Because it suits the human body holistically.

Take the simple A, B and C Vitamins. Vitamin A is needed to help your eyes, skin and growth Vitamin B crowd help a fight multitude of ailments (PMS, epilepsy, exhaustion, mental/emotional breakdowns and also help the adrenal gland). Vitamin C is a crucial requirement on a daily basis to help boost energy, fight arthritis and offer protection for our immune system. Any physical, mental or emotional exertion can rid the body of it almost completely.

To ensure you received all or any one of these vitamins into your system, you'd need to eat a variety of liver, oily fish, nuts, dairy produce, whole grains, citrus fruits and juices, potatoes and salads. And there's also iron, zinc, iodine and calcium to think of – these are gained through consuming a whole bunch of other foods ... most of us don't eat any of these foods – the majority of us stick to a familiar

over-cooked (heat kills the enzymes needed to break it all down*), over-processed diet that simply lacks all of these! To ensure you get the best everyday, chose a vitamin supplement that has the best natural ingredients – ensure you take a little time to read all that's detailed on the side of the bottle. Simple really!

*NOTE: Ask us for our truly fascinating newsletter on Enzymes – it'll make you think twice about preferring overcooked veggies with your next meal!

www.geocities.com/besttherapies3

Kaye Bewley, Complementary Therapy Web Retailer at BESTherapies3 and a member of the Alliance for Natural Health, has set up this nutritional health business in order to help people find a natural - and fun – way to health. Her BESTherapies3 web site is designed to help you find out what can go wrong with your body, emotions and spirit – and lists a few things you can do to prevent the problems arising or aid the ailments you already have. Take a look for yourself at:

www.geocities.com/besttherapies3

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Selecting Nutritional Supplements

By Bruce Channers

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Nutritional supplements can help compliment a diet that could be missing some necessary nutrients. But nutritional supplements are only as good as the ones you select, and how you combine your nutritional supplements with healthy food so that none of the nutrients are cancelled out.

An estimated 50 percent of American adults use nutritional supplements regularly. But some doctors suggest that half of these adults aren't using these nutritional supplements correctly.

So, how exactly is it possible to use nutritional supplements incorrectly? Well, incorrect nutritional supplement use starts with a lack of understanding of these types of supplements. Too many people make the mistake of looking for bargain prices when they look for nutritional supplements. The cheapest is rarely the best when it comes to nutritional supplements.

People looking to add nutritional supplements to their already fairly healthy diets should take the time and do some background research. Don't buy low-quality nutritional supplements with little or no research behind them. And, unfortunately, a large percentage of the useless nutritional supplements are those that put all their money into advertising instead of quality ingredients. These are the types of nutritional supplements that are promoted as "popular" and often seem to be forever on sale.

When choosing a nutritional supplement, it's always better to choose a caplet over a tablet. The simple reason for this is that your body usually can't effectively dissolve a tablet nutritional supplement. And if your body can't dissolve this type of nutritional supplement, then it won't be able to breakdown the ingredients and feed the nutrients to different parts of your body. Plus, the super low-quality nutritional supplements rarely dissolve at all. Studies of these types of nutritional supplements show that the entire whole form of the tablet can sit in your stomach like a tiny stone for many, many hours. So always select a capsule nutritional supplement. It's much nicer to your digestive system and much better for you body.

Avoid single-nutrient nutritional supplements. Single-nutrient foods don't exist, so why would you feed your body single-nutrient nutritional supplements? Eating these types of nutritional supplements will only succeed in ruining the balance of your body's chemicals.

And don't try a "piecemeal" approach to nutritional supplement use. A piecemeal approach is when you select a variety of single- or multiple-nutrient nutritional supplements, and mix-and-match them to try and make up for where you think your diet lacks. Few people have the skills to do this type of nutritional supplement maneuvering.

When selecting nutritional supplements look for ones that say they are "laboratory tested." Laboratory tested nutritional supplements means that they've been created by responsible manufacturers who choose to follow the FDA regulations, even though they're not required to do so.

Pick nutritional supplements that are "quality guaranteed." Quality guaranteed nutritional supplements are ones that use pharmaceutical-grade products.

Be wary of nutritional supplements that claim to be 100 percent natural. A 100 percent natural

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nutritional supplement, just like 100 percent cobra venom, is probably not good for you. And always make sure every nutritional supplement container you buy has an expiry date. Nothing stays good forever, not even nutritional supplements.

Nutritional Supplement Hub is an information site that contains articles, a directory and other Nutritional Supplement Resources.

<http://www.nutritionalsupplementhub.com>

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