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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Should You Be Taking Liquid Vitamins?

By Levi Bloom

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by: **Levi Bloom**

How many pills do you have to take every morning? Lots of multivitamins in there? For most people the answer is yes, considering there are more multivitamins sold than Prozac or Viagra!

I think my mom used to take at least five or six vitamins. I don't know about you, but I think that sounds like a big hassle, and I don't have time for it.

The thing is, vitamins and minerals are necessary. You can get most of your nutrients from eating a balanced diet which includes lots of fruits and vegetables, but you can't get everything. That's where vitamins come in.

You may be wondering, "Why do I actually need vitamins and minerals?" Let me tell you about the United States Senate Document #264 from way back in 1936.

The main point of the document is that the soil in developed countries, especially North America, has been nearly depleted of all important minerals. And this was in 1936! Think about how bad it is now. We should be getting minerals from the foods we eat, but we aren't. (Don't worry, the end of the article has a solution.)

To quote directly from the document, "The alarming fact is that foods, fruits and vegetables and grains, now being raised on millions of acres of land that no longer contain enough of certain needed minerals, are starving us – no matter how much of them we eat!"

One mineral you're probably familiar with is calcium. We need that for our bones. And since cycling is not a weight bearing sport, we need extra calcium. Calcium does more than build strong bones, however.

Read this interesting selection from the document for more detail:

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"A cage full of normal rats will live in amity. Restrict their calcium and they will become irritable and draw apart from one another. Then they will begin to fight. Restore their calcium balance and they will grow more friendly; in time they will begin to sleep in a pile as before."

Now we come to another important question: Do you have a dangerous mineral deficiency? For example, if you are deficient in selenium, you could experience an irregular heart beat, infertility, or muscular dystrophy. A deficiency in tin could lead to male pattern baldness. And a lack of lithium could cause reproductive failure. Yikes!

(By the way, the product I'm going to tell you about contains all the macro and trace minerals known to man!)

Hopefully you now realize the importance of vitamins and minerals in your diet. But you probably know

how annoying it is to take pills. Well, what about liquid vitamins?

First off, let's talk about absorption rates. In pill form, only 10–20% of the vitamins are absorbed. However, in liquid form, 98% are absorbed. (Think of taking pills as flushing 80–90% of your money down the toilet!) (1996 Physicians Desk Reference, p. 1542)

Along with actually working, liquid vitamins are easy to use. Just take a few sips, swish it around in your mouth, and swallow. That's it.

Personally, I hate swallowing pills. I know some people who couldn't swallow a pill to save their life. And I know people who pass pills through their system without breaking them down at all. However, everyone I know can swallow a liquid.

Not too long ago, Centrum actually came out with a liquid multivitamin because they could see the potential in this market. However, it is simply a multivitamin in liquid form. Wait...isn't that what we wanted? Well, yes. But there is something even better.

Remember how I said it would be a good idea to get your nutrients from actual whole food? Now there's a way to do that, but with a liquid.

That way is with a product known as Body Balance. By taking it, you're getting organic vitamins and minerals derived from live plants. Specifically, from pure deep sea vegetation. (See why Centrum isn't on par with whole food like Body Balance?)

For more information, or to order Body Balance, go to:

For a limited time only, new customers are eligible for a free quart of Body Balance!

To get yours, go to

. When prompted, enter the code: 20436468.

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Check it out today. Isn't your health worth it?

Article not evaluated by the FDA. Some statements are just the opinion of the author and should not be used as a substitute for qualified medical advice. Body Balance works for most people, but that does not guarantee that it will work for you.

This article was written by Levi Bloom in 2004 and originally appeared on

.
Check out his site for more bike and health related information.

Vitamins In Our daily lives

By Axel Rodriguez

Vitamins In Our daily lives by Axel Rodriguez

Vitamins is something people been using for a while and it is more common this days. Is it good to use them or not? Many people say it is good since we live in a fast pace world, we live in a hurry and don't have time to sit down and relax and have a nice healthy meal, for breakfast maybe a cup of coffee and off to work if you have some time, for lunch fast food convenient, fast, not expensive good right.

Many people and doctors say the way we live is not good and not healthy, because always in a hurry we don't eat right don't get the necessary vitamins and minerals eat too much fat. For that reason people take vitamins to supplement the meals they eat and get the vitamins and mineral they need feel healthy and feel full of energy.

Now there is many vitamins out there you can get now. Is it better pills or liquid vitamins people say pills are hard to digest and that even some pills you don't digest completely and that liquid vitamins are better because it is easier to break down in the system.

In my opinion liquid vitamins are better, just a little cup of juice and all done I have try the Veriuni Liquid Multivitamin and taste great but the choice is all yours.

Axel Rodriguez from Puerto Rico <http://www.getveriuni.com>

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