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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!**

**Vitamin K: One More Reason To Eat A Good Breakfast**

**By Linda Polansky**

Everyone from dieticians to Tony the Tiger to our moms have told us that eating a good breakfast is the best way to ensure a positive start to the day. Turns out, one of the nutrients your body needs, vitamin K, is found in two items that are usually a little lower on the list of nutritious breakfast foods: bacon and coffee. If you prefer tea with your morning meal, vitamin K can be found in green tea as well. It's also in cheese and liver. That doesn't mean you shouldn't eat your vegetables, too, it's also found in leafy vegetables, broccoli, and asparagus. Vitamin K is also produced in the intestines.

Vitamin K is a fat soluble vitamin, which means that toxicity may be an issue if you take it in high doses. This is unlikely through food sources, but can occur if you take a supplement with K3, a synthetic form of vitamin K known as menadione. Short term symptoms of vitamin K toxicity are sweating and flushing. Over time, jaundice or anemia can occur. Even though vitamin K is fat soluble though, the body does not store as much of it as it does other vitamins, and you have to make sure that you take enough in consistently. While the body doesn't store much vitamin K, it does use it quite efficiently, recycling it and using it for the same process more than once.

Vitamin K plays a large role in blood clotting, in fact blood cannot clot without it, and symptoms of vitamin K deficiency include frequent nosebleeds and bruises that heal slowly. If you are taking large doses of vitamin A or vitamin E, these can interfere with the body's ability to absorb vitamin K. Because vitamin K facilitates clotting, people who have had problems with blood clots, such as heart attacks or strokes, need to be careful about how much vitamin K they get in their diet, especially if they are on the blood thinning medication coumadin (the generic name for this medication is warfarin). They should still make sure they get the recommended daily allowance (RDA) to avoid other bleeding problems, but should watch consumption levels of foods high in vitamin K, as it can reduce the effectiveness of their medication. Some research has indicated that vitamin K also helps maintain bone strength, especially in older people.

Linda Polansky writes about

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## **Vitamins The Ultimate Substitute For A Commuter**

**By Linda Polansky**

There are thousands if not millions of commuters who travel into major cities daily. Many commuters do not have the time to eat breakfast or lunch. Finally, when they are able to spare a few minutes to eat, during their lunch breaks, they often choose foods that may be non-nutritious such as fast foods. Those who try to maintain healthy eating habits eat salads that contain fresh tomatoes, cucumbers, leafy lettuce and more. But is this enough vitamin in-take?

Nutritionists state that in order for a person to have adequate vitamin intake, without taking supplements, they would have to have 4 to 5 servings of a particular vegetable. Those who work during the week are lucky if they have time to eat one serving of vegetables. People often select high cholesterol meals without vegetables because it's quick and easy.

It is recommended that a person has 2 - 3 healthy meals per day with breakfast being #1. After eating a wholesome breakfast, a person should take a vitamin supplement. This will not only fill your required `servings' of vegetables for the day but it will contribute to giving you more energy. Those who skip breakfast to save time in travel and eat lunch haphazardly tend to get fatigue a lot faster than a person who has healthy eating habit. Statistics show from various surveys taken, those who eat healthy and receive the proper amount of vitamin in-take are more alert and productive at work.

### **General Rules While Taking Supplements**

Unfortunately, many people take vitamins as a supplement literally. While taking supplements it's very important to maintain a healthy lifestyle. It's imperative that a person has the proper amount of rest. A person should adapt to drinking 6 to 8 glasses of water per day to help cleanse the system and to keep you hydrated. It's important that you continue to eat the proper amount of vegetables along with your meals each day. If you exercise, continue your exercise regimen. If you do not have an exercise regimen, consult your physician and find out, based on your health, what is the best exercise program for your body type. It is also very important that you limit your daily caffeine in-take. Drinking 10 cups of coffee and pack of diet coke defeats the purpose of taking vitamins along with your diet.

It is also recommended that a person speak with their physician before taking any type of vitamin supplements. A physician can prescribe the right supplements for a person's body.

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