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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!

Vitamins In Our daily lives

By Axel Rodriguez

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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>

A Daily Dose Can Make A Difference

By Cathy Peterson

We live in an era where people take lots of medications. There are pills for dieting, pills for insomnia, pills for stomachaches, pills for headaches, and for virtually every ailment. If you open the medicine cabinet of the average computer, you would probably find several varieties of medication. What's puzzling is that many people, however, do not purchase vitamins.

Vitamins In Our daily lives

A daily dose of a multivitamin is an often overlooked, invaluable addition to your medicine supplies. By taking a daily vitamin, you can be investing in your good health, possibly saving yourself money on other medications and doctor visits. Plus, you will be healthier, with a stronger immune system.

You may be telling yourself, "but I eat well". Maybe you do. Maybe you manage to avoid the fast food restaurants, instead opting for healthier choices. Still, are you consuming all the vitamins and nutrients that your body needs to operate at its best?

Taking a daily vitamin can be a great way to fill in the gaps that your nutritional consumption may leave. For instance, suppose you make a dinner that is accompanied by two side dishes of vegetables. Those green beans and carrots seem like a wonderful, healthy compliment to the also healthy baked chicken. Do you realize though, that unless you've picked the beans and carrots yourself, they've probably been stored or processed? Canned vegetables are a prime example. Slathered with preservatives, they are not fresh or organic. They've lost lots of their nutritional value.

A daily multivitamin should not replace good eating habits. It should actually work in conjunction with your personal nutrition plan to make sure that your body receives all the vitamins and nutrients you need. This is a cheap and easy way to feeling better, staying healthier, and avoiding those pesky colds and illnesses that get in the way of our daily lives.

Many doctors stress that multivitamins are most effective in the liquid form. However, you can still reap the benefits by taking a pill. The good news is that vitamins do not require a prescription, and they are fairly inexpensive and easily accessible at local supermarkets and pharmacies.

Cathy Peterson writes about

and



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