

Essential Vitamin and Minerals

Why Do People Need Supplements

There is an argument between doctors, nutritionists, and many others that nowadays, if they eat right, people don't need to take vitamins, minerals or extra precaution toward the health and beauty of their skin and hair. These experts who make this argument believe a diet of the four basic food groups will supply a person with all the vitamins and minerals needed to maintain good health and well being. Furthermore, these experts will say, "if you take extra vitamins or minerals you are wasting your money." I'd like to analyze each of these contentions. Are the experts right in saying it is possible for most Americans to get enough vitamins and minerals in their regular diet? According to the Surgeon General's Reports on Nutrition and Health, we are eating too much fat. We are also eating too little fiber. The combination of low fiber, refined carbohydrates and fat is contributing to increased risk of heart disease, cancer, and diabetes along with weight gain. Externally, our beauty can be affected as well. It has been said time after time, "beauty is just a mirror of what you put into your body." If the Surgeon General doesn't think the regular American diet is all that healthy, and, in fact, links our diet to poor health, then why are experts still down - grading vitamins and minerals?

Let's analyze what experts consider a good diet and see if it will supply adequate amounts of vitamins and minerals needed for good health and beautiful skin. What exactly is an adequate supply of vitamins and minerals? If you look on the label of any supplement, you will notice that beside the amount of any nutrient, there is a figure for the USRDA (the United States Recommended Daily Allowance). The USRDA for adults is a figure arrived at after much debate between scientists and politicians. Under some conditions it might be possible to get 100 percent of the USRDA levels of vitamins and minerals in a revised well-balanced diet, (which hasn't been changed since your grandparents' days). But is this diet what we want or need for optimal health?

We are not eating the same foods as our great-parents ate, nor are we living the same lifestyles. Our earth's environment is different as is our work environment. Foods are often picked before becoming ripe, unless you grow your own fruits and vegetables as your grandparents and their parents once did. When we eat food picked before it is ripe, it decreases the nutrient content of that food. Many of today's foods are processed with extra ingredients as fillers and preservatives - compare this to foods your grandmother prepared fresh. An example is a loaf of bread which, in your grandmother's day, was prepared with only wheat, water, butter, baker's yeast and some sweetener to help the yeast rise. Today, a modern loaf of bread contains over 100 ingredients including preservatives, coloring agents, insecticides, herbicides, fungicides and chemical residues from various packaging and cleaning procedures. These multiple ingredients may complicate digestion and increase the risk of the development of allergies. Certain additives to the food chain have increased our need for certain vitamins and minerals. An example of this is the hydrazine residues left by fungicides used by farmers. Fungicides are taken into the plant along with the food products and become part of the food we later eat. It has been shown that hydrazine compounds are in competition with and increase our need for vitamin B6. What other chemicals have found

their way into the food, and what needs have they created that are not met by an adequate diet?

Here are some other comparative nutrient values in today's American diet: Green peas, cooked and garden fresh will lose 83 percent of their value and canned peas will lose 94 percent of their nutrients before they are eaten. A similar reduction in vitamins and minerals happens to other foods as well. Forty percent of vitamin A, 100 percent of vitamin C, and 80 percent of vitamin B, and 55 percent of vitamin E can be lost during cooking of a frozen entree. This is not conceding what can happen once we eat foods. If you have a super-efficient digestion system; if you eat a large assortment of wholesome fresh foods; if your eating times are regularly held in peaceful, harmonious surroundings; and, if you are not subjected to the daily stress of air pollution, physical, mental and emotional pressures; you are probably meeting an adequate diet and are probably getting all the nutrients you need from your diet alone. If, on the other hand, you are faced with a variety of stresses and strains on a regular basis, then you are increasing your need for specific supplements to support the increased activity of your nervous system in its attempt to cope with your lifestyle. A adequate diet will also show in your skin, hair, and nails. The quantities of these nutrients which you may need for beauty on the "outside" and health on the "inside" are difficult to obtain from food intake alone for various reasons: depleted soil conditions, chemicals, hormone sprays (which create mature size in feed animals but very immature nutrition for humans), food processing procedures, the destruction of nutrients through heating and processing, the list seem endless.

It is difficult to trust our food supply to give us all the nutrients we need even if we can completely control the food's growth, its preparation, and the variety of stress in our everyday lives. The evidence is mounting that optimal nutrient levels may exist. No longer are USRA's able to serve as guidelines to today's good health. Then, what about the concern of the experts that supplementation of extra vitamins and minerals in our diet can endanger our health? These same doctors and so - call experts have many example from the medical literature of surgeries and medications that have either failed or produced horrible side effects. However, we don't stop performing surgeries or taking medications when necessary. And, there are no such horror stories with vitamin and mineral supplements. The few cases of vitamin overdose have involved a handful of people who have taken extremely high dosages. In all cases that I'm aware of, the side effects disappeared as soon as the supplement was discontinued with no known deaths reported. In all of the years that I've been working with supplements, I have only seen improvement when supplements were taken. Such improvement is apparent in the skin, hair, nails, health, and body performances. Multi Vitamins and Minerals our essential for keeping our body healthy and beautiful.

Refer to the charts below.

Vitamin Chart

Name	Vitamins	Best Sources
Vitamin A	Retinal and beta-carotene, are necessary for smooth and healthy skin. Vitamin A keeps skin elastic and prevents dryness, wrinkling, and unnatural aging. Deficiency may result in flakiness, itching, roughness, pimples, accumulation of dandruff, and splitting and peeling of the nails Vitamin A is also a free - radical fighter.	carrots, winter squash, rutabaga, and other yellow or orange vegetables; broccoli, kale, and other dark green leafy vegetables.
B Complex	Maintains healthy skin, mouth, eyes, hair, and muscle tone. Helps the function of the nervous system, and the maintenance in the gastrointestinal tract, good for energy and the metabolism of carbohydrate/fat/protein.	
Vitamin B-2	Aids in transport of oxygen and is essential to carbohydrate metabolism. It protects eyes, skin, and mucous membranes. Deficiency produces lining and wrinkling of the lips, oily skin on the nose and chin - with the appearance of tiny fat deposits or white heads - and fissures at the corners of the mouth and eyelids. Oily hair may also result from deficiency.	whole grains, beans, and leafy green vegetables.
Vitamin B-3	Niacin, keeps the circulation smooth and active, thus ensuring an adequate supply of oxygen and nutrients to the skin, hair, and nails. It contributes to the health of the tongue, skin, and other organs and tissues; aids in fat synthesis, carbohydrate utilization, and tissue reparation; and protects against pellagra, a chronic disease characterized by skin eruptions and nervous disorders. Deficiency has been linked with dermatitis, including redness, dryness, and scaling of the skin.	whole grains and their products, beans, green leafy vegetables, mushroom, seeds and nuts, and fish.
Vitamin B-5	Pantothenic acid, is essential in the conversion of carbohydrates into energy. It is also considered an anti-dermatitis factor necessary for healthy skin, and is sometimes referred to as the anti-stress vitamin.	whole grains, broccoli, cabbage, and other green vegetables, cauliflower, corn, sunflower seeds, and unrefined vegetable oils.
Vitamin B-6	Necessary for weight control. It must be present for the production of antibodies and red blood cells. B-6 helps maintain balance of sodium and potassium, which regulates body fluids and promotes the normal functioning of the skin and nerves. Deficiency results in dry, oily, or scaly skin, dandruff, and skin rashes.	whole grains including brown rice and buckwheat flour, beans, carrots, cabbage, sunflower seeds, and fresh fish.

Vitamin B-9	Folic acids, aids in red blood cell formation and in the body's utilization of fats. Deficiency can result in anemia and reduced nutrition to the skin and hair cells, and in blemished skin with a grayish-brown pigmentation. Hangnails are an indication of a deficiency of folic acid, together with vitamin C and protein.	whole grains, green leafy vegetables, and sea vegetables.
Biotin	Vitamin H, also a part of the B-complex, stimulates the growth of body cells and plays a role in the growth of hair.	whole grains, beans, and fish.
Inositol	A part of the B-complex, is found in abundance throughout the body. It is associated with hair growth, and has been used to reverse hair loss. Deficiency can result in eczema and hair loss.	barley, oats, and other whole grains, beans, and seeds.
Vitamin B-12	Necessary for normal metabolism of the nerve tissue and is involved in protein, fat, and carbohydrate metabolism. Also is needed for healthy skin and cells. Deficiency can result in poor appetite, speaking difficulties, anemia, nervousness, and growth failure in children.	eggs, fish, organ meats, red beef, milk and milk products.
Vitamin C	Asorbic acid, cooperates with protein in the formation of collagen and elastin, both essential for soft, well-toned skin; contributes to healing of wounds and broken bones; aids in red blood cell formation; protects against capillary wall ruptures, bruising, and scurvy. It is essential to the strength and elasticity of blood vessel walls and healthy cell membranes. Deficiency can result in collagen deterioration, with wrinkles, flabbiness, skin discoloration and other signs of unnatural aging. The need for vitamin C, increases as the dry skin, wrinkles, and loss of elasticity, may actually be the result of scurvy, or vitamin C deficiency resulting from over consumption of animal food, salt, and a lack of fresh vegetables and other foods in the diet.	broccoli, mustard greens, kale, parsley, watercress, turnip greens, cabbage, dandelion, and other leafy green vegetables, strawberries, cantaloupe, cherries, apricots, and other fresh, seasonal, temperate climate fruits.
Vitamin D	Important in healthy bones, teeth, skin, and muscles and is needed for calcium absorption. Protects against rickets.	sunlight, fish liver oils.
Vitamin E	Tocopherol, prevents oxidation of unsaturated fatty acids, vitamin A and C, and other substances in the body: lowers serum cholesterol and facilitated blood circulation. It is believed to keep skin healthy and youthful by slowing the aging of cells resulting from the interaction of oxygen with other chemicals in the body.	green leafy vegetables, unrefined vegetable oils, whole grains, soybeans and other beans.
Vitamin F	(fatty acids) - Growth promoting factor; necessary for healthy skin and hair. Helps maintain resilience and lubrication to the skin and hair. Deficiency can result in acne, dandruff, dry hair, diarrhea, eczema, varicose veins, and weak nails.	wheat germ, vegetable oils, and sunflower seeds.

Minerals

Name	Minerals
Calcium	Necessary for the development of healthy, strong bones, teeth, and blood. It also plays a part in muscle growth, muscle contraction, and nerve transmission.
Chromium	Chromium stimulates the activity of enzymes involved in the metabolism of glucose for energy and the synthesis of fatty acids and cholesterol.
Iron	Helps transports oxygen in the blood from the lungs to the tissues, which need oxygen to maintain the basic life functions and healthy hair, skin, and nails.
Magnesium	Helps promote absorption and metabolism of other vitamins and minerals and is needed to maintain healthy bones, arteries, nerves, teeth, hair and skin.
Potassium	Is needed to help regulate water balance within the body and is necessary for normal growth of the nerve system, and keeping the skin healthy.
Selenium	Is a antioxidant and appears to preserve elasticity in the skin and hair.
Zinc	Is essential for general growth and proper development and healing of the skin, nails and hair. Also important in healing wounds and burns.

These statements have not been evaluated by the Food and Drug Administration. This web site is not intended to diagnose, treat, cure, or prevent any disease.

Visit Our Website and Online Store @

www.healthsolutionssource.com