

~ A Healthier You ~

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When I surrender, the Universe moves.
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Confused about vitamins? Read labels and ask questions!

Choosing the right vitamin and mineral supplements can be confusing. You need to ask questions, read labels and compare products, in order to find the right formula. Do you know what RDA means? It's the *Recommend Dietary Allowance* and is defined as -

"The average daily dietary intake level that is sufficient to meet the nutrient requirement of nearly all healthy individuals in a group."

It is the standard amount that healthy people need to prevent dietary deficiencies. It doesn't account for teenagers, the elderly, pregnant, dieting individuals or those doing intense physical activity, drinking alcohol, smoking, taking medications, eating processed/prepared food, or being stressed out. Who of us doesn't fall into one of these categories? Some common supplements are:

Vitamin A - Helps prevent night blindness and improve general vision. Aids the immune system and lowers the risk of heart attacks.

Vitamin C - Strengthens the immune system. Repairs damaged cells. Helps heal wounds, burns and bleeding gums. Protect against cancer and helps the body absorb iron.

Vitamin D - Aids phosphorus and calcium in building strong bones and teeth. Aids the immune system.

Vitamin E - Keeps our skin young looking. Prevents and dissolves blood clots. Helps nerves carry messages and stops leg cramps; boosts energy levels.

B- Vitamins - A very important complex. They do their best when taken all together:

Thiamin (B-1) - keeps nerves and muscles working well. Helps treat herpes.

Riboflavin (B-2) - Helps our vision and eliminates sore mouth, lips and tongues as it metabolizes fats, proteins and carbohydrates.

Niacin (B-3) - Helps lower cholesterol, improves circulation and promotes healthy skin. It helps reduce migraine headaches, dizziness- reduces cravings for sweets.

Vitamin B-6 - (Pyridoxine HCl- Helps us make antibodies. It also reduces leg cramps and numbness in hands and feet.

Vitamin B-12 - Helps make DNA as it aids our nerve cells to communicate and keep us energized. Deficiency of BV-12 can result in serious anemia.

Folic Acid - It prevents the birth defect, spina bifida. It reduces pain and helps our skin look healthier as it also helps make DNA.

Biotin - A natural beauty product, it helps delay gray hair and baldness as it helps heal eczema and inflammation of the skin.

Panthenic Acid - Helps make antibodies to fight infection. Converts sugar and fat into energy and reduces fatigue. Our adrenal glands need this vitamin.