



DO WE NEED SUPPLEMENTS?

Many people today choose to take supplements, making this a part of their daily intake of nutrients. The real question is whether these man-made nutrients benefit the body and whether they are absorbed. Many multi-vitamins today are composed of USP lab-made vitamin chemicals, which are different than the vitamins we receive from food. However, studies show that even so, these vitamins can be absorbed, particularly if consumed in their active forms, and can assist in overcoming illness or disease.

To start, our food provides a large percentage of our daily recommended intake of nutrients, a standard set by the government that dictates what is recommended daily for a normal individual. The problem is that when someone is ill, their assimilation and use of nutrients changes, and they may need beyond this standard amount offered by food. To take a supplement as a precaution even if you are normal, so you are sure to receive the RDI's daily is not a bad idea. The thing to do is choose a supplement wisely. Naturopaths carry hypo-allergenic very high quality supplements, which undoubtedly cost more. Some nutritionists and health care practitioners carry specialized supplements as well. These are more carefully formulated, and the nutrients may be in different combinations than the average multi-vitamin from a drugstore.

In searching the shelves of a local drug store recently, I examined the formulation of about 4 kinds of children's vitamins. Only one of the four passed my inspection, the rest were full of sugar, food coloring or missing nutrients, being poorly formulated. If I could only recommend one of four supplement brands in a drug store, this is obviously not the place to shop for supplements. I would recommend that if you buy your supplements you have them prescribed by someone knowledgeable in the field, and purchase something that is not a waste of your money; something that will resonate with your body.

Consider that if you suffer from symptoms, have a condition, disease or even brief illness you may need to take a supplement to help the body recover. Taking herbs may seem more straightforward, and can be purchased as extracts through a local health food store with some basic research or expertise.