



Do We Have To Use Supplements?

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PR9.NET December 14, 2005 - Now we live in a healthy generation where nutrition and supplements have become an important topics. Via news, magazines, books and advertisements we are being taught as to why we need to take supplements. It is great to have a generation that become more aware of our health.

In a recent study health professionals recommend the consumption of more raw foods as well. Raw foods are rich on nutrients and contain low levels of harmful toxins like acrylamide. When raw foods are referred to, some foods that are normally prepared using high temperature processes need to be pasteurized before eating. The digestive system is very effective at killing bacteria and harmful pathogens but can't combat all harmful bacteria in large quantities such as e-coli.

But: Do we need to take supplements?

Much research being done on the actual benefit of vitamin supplements. Researchers have found further evidence that with the intake of supplements men and women are able to lower their chance for a heart attack. Our every day diets have proven to not provide the right amount of all the needed nutrients for our bodies.

Vitamin supplement deficiencies and malnutrition can lead to all types of diseases. A lack of Vitamin C can lead to scurvy. You will notice many different symptoms if you have a vitamin deficiencies. Symptoms can include: fatigue, irritation, and muscle cramps. I would recommend visiting a doctor if you have any of these symptoms on an ongoing basis.

You can see how important supplements are in our lives. With this being said I would recommend healthy eating, and taking natural multivitamin and supplements every day, and stay healthy.

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