

Why We All Need a Multiple Vitamin

The average American diet 1) creates inflammation due to certain dietary excesses, 2) reduces tissue healing due to nutrient deficiencies, and 3) compromises mental and psychological function due to nutrient deficiencies. Despite what many people think correcting these problems is very simple.

Nutrition boils down to eating less grains, drinking water instead of soda and other drinks and eating more fruits and vegetables. In addition to these simple dietary changes take a multiple vitamin to form the foundation. On this foundation you can add the herbs, vitamins and minerals that you need for your particular health condition and goals. People that adopt these changes to their diet usually feel great within a month.

For those of you over 50, there is a lot of evidence showing the power of a multiple vitamin. It is clear that inadequate vitamin and mineral intake is common in older adults despite the many fortified and enriched foods in the American diet. Fortification basically means that they add a few cheap vitamins and minerals to processed foods.

In a recent study of women over 65, those given a multiple vitamin had improvement in almost all areas of mental function. The authors stated that a multiple vitamin would significantly improve the quality of life and may delay the onset of Alzheimer's disease.

Multiple vitamins make good sense. For those who still think vitamins are alternative, consider that 47% of pharmacy students and 50% of female MD's take multiple vitamin supplements. Whether they know their diets are deficient or they just want to be safe, they are taking a simple step to insuring better health and healing.

Yours in health,

Dr. Rick

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