

I Eat A Healthy Diet. Do I Really Need to Take Supplements?

Foundation Essential Supplements for Health

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These days we suffer from a combination of:

Poor food choices. We are overfed and undernourished. What is really in our foods? Processed foods are ever present with dyes, artificial flavors and sweeteners, trans fats and preservatives. Even NATURAL flavoring does not have to really be natural. Animal proteins we eat are often fed poor quality products that are laced with medications and toxic substances. GMO foods are banned in many countries including Europe. These pose serious health threats

Our food is grown in nutrient deficient soil. We have known this since the first soil quality tests in the 1920's. Things have only gotten worse since then.

The % of Americans with inadequate nutrient intake from food is shocking. In 2005 the USDA issued a report that between 10-90% of us are deficient in KEY nutrients and need to supplement to ensure optimal nutrition. This has a “trickle down” effect throughout our bodies and their healing abilities.

What about organic? Even though organic makes the attempt to eliminate pesticides and improve nutrients thru better farming methods, our soils have been exposed to pesticides and nutrient depletion for 100 years or more. Supporting organic growing is helping slowly but what about now?

Environmental toxins have been increasing since the 2nd World War, when toxic weapons were brought back to the USA and secondary uses were found for them, like agricultural pesticides. Bottom Line—Even if you make an effort to live a clean lifestyle, your body is still contaminated with hundreds of toxic chemicals because they are so prevalent in common everyday household items.

What does all of this do to our bodies?---Research shows a huge variety of symptoms and diseases are allowed to flourish when our bodies are weakened in the above listed ways. The result is weakened and overburdened immune systems, auto-immune conditions, digestive disorders, hyperactivity in children, diabetes, cardiovascular conditions, cancer, musculoskeletal conditions, and the list is endless. Bottom Line- Toxins increase what is called oxidative stress, with bombardment by free radicals. They increase damage to your cells. We cannot escape our environment, but we can be proactive.

What to do to help yourself? Be Proactive

First of all, avoid the “bad guys” listed previously.

Next, improve your eating habits by learning new recipes and tasting new foods

**Now : Learn what are the “Foundational Essentials”
that our body needs to detoxify, rebuild, support cellular health and communication,
and reduce inflammation which is the “root” of so many diseases.**

Choosing High Quality Supplements--Not all claims are truthful. Supplements should be purchased from a reputable source such as a health food store or your healthcare practitioner. What you don't know about supplements can possibly hurt you or just not be helpful.

So let me educate you with the essential information.

Multivitamins---are not the same.--I strive to carry organic, naturally bound and absorbable supplements made with whole food & concentrated foods sources that more than exceed your expectations. My supplements are thoroughly tested for avoidance of toxins, and meet dosage expectations.

Why Omega-3 Fatty Acids?--These are HEALTHY fats. You need them but your body cannot make them. They help the cells communicate, stay pliable and pass nutrients. Research indicates taking Omega 3s gives support for MENTAL health, depression and bipolar, COGNITIVE decline and learning disabilities, lowers CARDIOVASCULAR disease and blood pressure, and possibly most import lowers systemic INFLAMMATION. Lowering inflammation helps all chronic age related diseases such as cancer, diabetes and heart disease. Again, not all fish oils are produced equally. There are 3-4 ratings which are hard to decipher which could allow toxins and rancidity in your oils.

Probiotics--Digestion and digestive health is enhanced by the balance of good bacteria in your gut. Antibiotics and poor food choices weaken the gut. Symptoms of poor gut health can include diarrhea, constipation, reflux, urinary infections, fatigue, cramping & food intolerances. Also 70% of your immune system is in the gut. Taking a viable tested probiotic is the best support for your gut. Yogurt is a variable and weak concentration of the beneficial bacteria your body needs.

Vitamin D--Recent research ties adequate blood D levels to improved health of the immune system, joints, hormones, inflammation control, depression, cardiovascular health, and more. Blood levels must be tested to know if you are absorbing enough D to bring your levels to “optimal”. You may have never been tested since most MD's are not yet on board with testing D and then following up to make sure you are optimal. Also labs have used a wide range to signify *adequate* levels which again is not optimal. Resources include www.vitamindsociety.org and www.grassrootshealth.net

Summary--This information is just an overview. There are volumes of information that could be presented and information is changing all of the time. I am glad you have taken the time to educate yourself, and I thank you for trusting me with your healthcare. I will be presenting more detailed information about these supplements and the other levels of optimal health support listed here, thru the office newsletter, website and on social media. In the meantime, get started with improving your health!!

Resources --Silent Spring by Rachel Carson