

CREATING OPTIMAL HEALTH

The best health insurance a person can buy is whole-food, nutritional supplementation. We live in a world where the food that we eat is much less nutritional than that of our ancestors. But, the diet you choose is certainly an important adjunct to nutritional supplementation.

The tragedy behind the rampant, chronic ill health and degenerative diseases afflicting so many today, is in part due to the fact that today's food is much less pure and nutritional than the food our ancestors ate. The use of food preservatives, hormones injected into cows to produce more milk, growth hormones in chicken feed, pesticides sprayed on produce; only adds to the problem. Additionally, with the arrival of genetically altered foods, our food and environment is markedly more toxic than our ancestors. This places a distinctly heavier burden on our liver to cleanse the body.

Thus... a simple and cost-effective way of helping our overall health is through a good nutritional supplement. Only high quality supplements offer us the nutritional boost our bodies need to function at a more optimal level and thus, have a positive impact on our health. The essential markers of a quality supplement are:

- made from a GMP-certified manufacturing facility;
- comprehensive, scientific evaluations of the ingredients;
- comprehensive, safety reviews;
- human clinical evaluations to assess safety and efficacy; and,
- advanced facilities, scientific staff and equipment.

All too often, consumers assume that they can get the same quality supplements by buying the least expensive ones available. Unfortunately, these inexpensive, poor quality supplements are made by companies that do not invest in the purity standard criteria as noted above. Poor quality supplements can actually hinder your health because they contain assorted dyes and colors to enhance their overall appeal and are made with a variety of binders and fillers that actually prevent absorption. Let's face it, no matter what the supplement is that you are taking – if you can't digest it and utilize it; it's going to pass right through your digestive tract and be expelled. No matter what cost; if your supplements are not digested– you're getting no benefit and definitely wasting your money. Several important issues for you to consider prior to purchasing your supplement(s):

1. **Is your vitamin natural or synthetic?** If the ingredients are all natural, it should say so very prominently on the label.
2. **Is your supplement made by a company that's appropriately certified?** To prove that a product is made using the highest standards available, a manufacturer will voluntarily submit to exhaustive evaluations to achieve important *certification*. They will almost always include the certification on their label.
3. **What if the raw materials used by the vitamin supplier weren't fully inspected and certified?** It is rare for most companies to have an aggressive, quality-control process. However, there are those companies that do and we certainly would want to verify that chemicals and pesticides have been kept in check on the raw materials that are used as the basis for any supplement.

If you are like most people, you have a hectic lifestyle and rely on a lot of processed or fatty foods for your daily meals. Thus, the chances are quite high that you don't get all of the healthy nutrients you need from your diet. It would be best for you to receive all of your nutrition from high quality, unprocessed foods. Unfortunately, for most of us, that's not practical or even possible 100 % of the time. So, taking a multi-vitamin supplement to help your diet is good for you. If you are already doing so, it is apparent that you've got a positive philosophy of health and you know the protection that a multi-vitamin provides. However, don't throw your money away on a multi-vitamin if you are not 100 % sure of its quality.

Cheap multi-vitamins are available out in the market place; but is your personal health worth saving just a few dollars? Most of us realize that you pretty much get exactly what you pay for. *When it comes to your health and that of your family... it just isn't worth the gamble to get highly processed, undigestible, synthetic multi-vitamins! Especially when digestible, absorbable natural whole-food supplements are available.*

Multi-vitamins could help promote optimal health, a strong immune system and provide additional defenses against the growing number of degenerative diseases afflicting our society today. You and your personal health are worth the extra effort of making sure that whole-food, nutritional supplements are what you are purchasing. It's worth your time to become a label reader!

To learn more, visit our website www.naturalwellnesscentre.net

**For more information, contact Dr. James Grilliot, Chiropractic Physician.
Natural Wellness Centre, (740) 687-0279.**