

Four Essentials

Helping You Become A Better Version of Yourself

OMEGA-3



Reasons to Take Omega-3 Vitamins Daily

When scientists discovered that the Inuit people in Greenland have a very low risk of heart disease despite having a high-fat diet, they started studying more about the benefits of fish oil. It has now been found that Omega-3 fatty acids are extremely important in the structure and function of every cell in the body. The functioning of your cells is what determines your health. Everyone needs to consume EPA and DHA Omega-3 fatty acids in order to be healthy and prevent illness. Unfortunately, the modern Western diet is almost devoid of these nutrients.

Ten Reasons that you should take Omega -3s daily:

1. Lower risk of coronary heart disease
2. Reduce high blood pressure
3. Improve triglyceride levels
4. Fight rheumatoid arthritis
5. Help prevent cardiovascular disease
6. Protect from osteoporosis
7. Alleviate depression
8. Lower childhood risk of ADHD
9. Protect from macular degeneration
10. Lower risk of developing diabetes

In a perfect world, fish can provide you all the Omega-3s you need. Unfortunately, the vast majority of the fish supply is now heavily tainted with industrial toxins and pollutants, such as heavy metals, PCBs, and radioactive poisons. Besides, we would have to eat fish 3 meals a day to get the appropriate amount of Omega 3s needed. Therefore, taking a non-rancid, high quality control manufactured fish oil can provide the perfect ratio of the Omega-3 fatty acids needed for optimum cellular function.

MULTIVITAMIN



Vitamins are substances that are found in many of the foods we eat and are necessary for our body to work properly. Vitamins help it grow and develop, help the blood to clot, gives us energy, strengthens our bones and teeth and even helps us see color! Think of vitamins like the fluids in your car. If you have no oil (vitamins) in your car, it does not matter how much gasoline (calories) you put in, your car will not run! Unlike the oil in your car, many vitamins are purged from your body daily through sweat and urination. They are not stored in the body. A high-quality multivitamin will replenish lost vitamins and minerals and are vital for good health.

Because of a poor diet, many people are not eating foods rich in vitamins and minerals. Mal-absorption of food from the intestines, chronic alcoholism, or, for many individuals, the ingestion of certain pharmaceuticals which have been shown to deplete specific vitamins in our body may cause vitamin deficiency. Many people today have micro deficiencies in which they may suffer from difficulty concentrating, lack of energy, poor wound repair, and a whole list of other mild, but, cumulative symptoms. Thus... vitamins are absolutely critical for a healthy body and mind. That is why a multivitamin is so important to take every day no matter what your age.

VITAMIN D

Reasons Why You Need Vitamin D

Vitamin D is a fat-soluble vitamin, meaning that it is stored in the liver and fatty tissues when taken as a dietary supplement. Besides being necessary for the absorption of calcium and phosphorus in our bodies, vitamin D also provides these additional benefits:

1. Aids in regulating our immune system
2. Helps lower blood pressure
3. Lowers your risk for developing the flu
4. Necessary for optimal cognitive function
5. Lowers risk for developing at least 16 major cancers
6. Integral in weight management
7. Lowers the severity of asthma symptoms and promotes healthy lungs
8. Protects our bodies radiation damage
9. Aids in kidney function



You can increase the levels of vitamin D in your body by taking supplements and spending more time in the sun (10-15 minutes of sun exposure every day without sunscreen). Salmon, mackerel and tuna are vitamin D rich foods along with egg yolks, cheese and beef liver which have lower levels of Vitamin D but are still very beneficial. Drinking cow's milk that is vitamin D fortified as a primary source of your vitamin D is not advised.



PROBIOTICS

Benefits of Probiotics

The word "probiotic" originates from the Greek term meaning "for life". These friendly bacteria are often associated with healthy digestion and live naturally in foods like plain, unflavored yogurt and fermented foods like sauerkraut.

Within our digestive system we normally have what we would call "good" bacteria and "bad" bacteria. Maintaining the correct balance between the "good" and "bad" bacteria is necessary for optimal health. Listed below are a few reasons why:

1. Enhance and optimize our digestion.
2. Improves the absorption of the nutritional value from foods.
3. Safeguards our body against infection.
4. Strengthens our entire bodies immunity.
5. Greatly improves our bowel function.
6. Reduces allergic reaction.
7. Helps promote detoxification.
8. Helps prevent the damage from antibiotic usage.
9. Promotes women's health.
10. Reduces the occurrence of urinary tract infections.