



You Do Need a Multi-vitamin?

We are all growing older-would be a statement that most of us could agree upon. But, that does not mean we have to age prematurely or “feel” older in the process. Who would not like to be healthier, feel better or look younger? The number of patients seeking more of a wellness/functional based healthcare approach attests to the desire of more individuals seeking health, not sickness care.

There are different roads to take to finding improved health. In my 35+ years of clinical practice, I have found that the desire of many individuals is to take an easier road towards presumed better health and “pop pills” in the hope of overcoming a named disease, or at the least improving symptoms. This is certainly true with pharmaceuticals, which as most readers of my articles are well aware of-are mostly mere treatments that far too many have been “conned”, (via over \$3 billion in consumer advertising for 2014, for example) perceiving as “cures.” Not that some people do not need pharmaceuticals-unfortunately, their condition may be so far physiologically disrupted that lifestyle change alone will not provide them the benefits they seek. Plus, the pill popping does not stop with pharmaceuticals, but also with most supplements/vitamins, which many people have dangerously made the “heart” of their preventative/alternative healthcare regime while ignoring many of the more key measures, such as lifestyle modifications.

In short, many people seem to be forgetting the definition of “supplement,” and are using them as their “core” dietary change instead. Even worse, many individuals are doing so blindly, without knowing which brands truly live up to their claims. Sadly, many brands are worthless or close to it, as unscrupulous manufacturers know that the supplement industry is a cash windfall.

Right now, dietary supplements in the United States alone are a \$6.6 billion industry and it continues to grow rapidly. What is the number one supplement? By a long-shot, it is a multivitamin. This of course begs the question, “Are multivitamins worth taking?” The quick answer is, “Yes!” However, as you will read the quality of the multivitamin makes all the difference.

Many individual’s bodies cannot absorb all the nutrients found in the foods we eat, so a daily multivitamin is much like a nutritional insurance policy; it ensures the recommended daily allowance (RDA) for specific vitamins and minerals are obtained. This is important because according to the most recent Healthy Eating Index survey conducted by the USDA, most Americans do not eat a healthy balanced diet on a daily basis. And according to the National Institutes of Health, “multivitamins are recommended for patients who need extra vitamins, who cannot eat enough food to obtain the required vitamins, or who cannot receive the full benefit of the vitamins contained in the food they eat.” Millions of Americans who eat the Standard American Diet (SDA) are not getting the vitamins and minerals they need to stay healthy. Those individuals are certainly taking in enough calories-that’s evidenced by the degree of obesity epidemic facing the nation-but it is the quality of those calories that are important. You can eat all day long and still be vitamin-deficient, if you have not chosen your foods wisely. For instance: Do you eat a good amount of fast food? Do you rarely eat fresh vegetables and fruit? Do you rely on quick, processed foods and snacks? Do you fill up on soda or other sweet beverages? Do you feel that you are not eating a nutritious diet? If you answered “yes” to any of these

questions if not most of them, you are likely in need of some “extra” vitamins (though they are not really “extra” in the event your body is deficient in them, they are what is required to keep you healthy!)

Poor nutrition is nothing to take lightly. One of the main problems people face in our country is the self perceptual with the long-held belief that food has relatively little to do with the development and progression of a disease or the maintenance of our health. Nothing... could be further from the truth. The quality of our food has a direct and fundamental bearing on the quality of our health, more so even than the genes we inherit. Those individuals who eat poorly, nutritionally speaking, either by choice or because circumstances demand it, should consider adding a multivitamin to their diet. I certainly recommend a substantially good fish oil, vitamin D and a probiotic as the basis of a fundamental supplement regime in order to enhance an individual’s health. However, today’s article focuses on the multivitamin as the subject of discussion.

So a fair question is, “What type of multivitamin is best?” If you walk down the supplement aisle in a grocery store or ventured into some form of a health food store-the vitamin choices are enough to be overwhelming. There are literally thousands of multivitamin brands making every claim under the sun. Unfortunately... there is a tendency for most supplement companies to sell what people will buy. They base sale decisions more on market potential than health benefits. So when it comes to choosing a multivitamin for yourself and your family, I highly recommend you be on the lookout for a quality product.

I provide several different options of a good multivitamin for my patients. The basis for that choice is simple. What a child needs compared to an adult is different and each individual’s present physiology is different. However, there is one main fundamental aspect of all of these various multivitamins that remain the same. That is-that they are organic, whole food based, pesticide-free, grown on a farm where the crops are rotated to ensure the soil is not depleted of essential vitamins and minerals. Additionally, the vegetables are processed with a high-vacuum, low-temperature drying technique that preserves the maximum nutrient content and also contain no additional fillers, chemicals or unnatural binders.

This type of supplement ensures that you are not getting a laboratory made, synthetic form of a multivitamin that usually enhances a more expensive bowel movement because of not being able to be fully digested. Thus... read the supplement bottles label. It is your right and your health.

The best lifestyle change is to enhance your own personal daily diet. The next best lifestyle change is to utilize a good multivitamin to offset the lack of a good daily diet. Your future health and happiness depends on it!

If you have any questions about this article or would like more information, please contact James Grilliot, Chiropractic Physician and Director of the Natural Wellness Centre 108 W. Main Street, Bremen, Ohio at 740-687-0279 or office@nwcdr.org. Please visit our website at www.nwcdr.org