

A Beginner's Guide to Vitamins and Supplements





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Vitamins And Supplements





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Vitamins, Supplements and Prescription Drugs

Herbal Medicine Systems based on Supplements and vitamins – Ayurveda

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Conclusion



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INTRODUCTION

It would be nice if our diets were always 100% nutritionally balanced and full of all the vitamins and minerals that we need in order to be healthy wouldn't it? But most of the time they're not. Most people eat out at least three nights a week, and don't eat very well the rest of the time.

Some people don't eat as well as they should because they are pressed for time and it's faster to get restaurant food when they're out running around. Some people don't eat as well as they should because they don't really know how to eat in a more healthy way. Regardless of the reasons that people don't eat a balanced diet each day the end result that is people need to take vitamins and minerals in daily supplements to help balance out their poor diets.

Most people would say that they take at least one vitamin each day. Some people take many more than that. Experts recommend different vitamins and supplements in different amounts to do everything from improve day-to-day health to cure disease. It can be very confusing to know which vitamins and supplements you should be taking and which ones you shouldn't take.

If you're taking prescription medication then there are supplements that you shouldn't take because they will interfere with the effectiveness of the medication that you're taking. There are also some vitamins that can be harmful if you take too much of them. So how are you supposed to make sense out of nutrition and know which vitamins and supplements you should take and which ones you shouldn't?

The information provided here should give you what you need to get a basic understanding of what vitamins and supplements do and which ones you really need to take in order to balance your diet, look younger, and accomplish other goals. Since it's just not possible to eat a balanced diet all the time, knowing which vitamins and supplements you can take to help make up for the times when you can't eat a balanced meal will help you give your body all the tools that it needs to stay healthy.

WHY DO YOU NEED TO TAKE VITAMINS AND SUPPLEMENTS?

There are certain vitamins and minerals that your body needs in order to function properly and stay healthy. Ideally you would get all the vitamins that you need from food but it's very hard to eat a diet that includes the right amounts of all the vitamins and minerals that you need. When you add in other factors like diets, stress eating, restaurant food, and other things that impact how often you eat and what you eat it can be even tougher to try and get all the nutrients your body needs from food.

In order to stay healthy and to get the vitamins and minerals that are missing from your daily diet you need to take vitamins and minerals as supplements. These supplements don't replace the need for food but they can make sure that your body gets the bare minimum amount of vitamins that it needs to function everyday so that you have enough energy and mental clarity to get through your day.

When you don't get enough vitamins and minerals you will be able to tell because you will feel sluggish and sick. You may get very tired, or you may just lose interest in life in general. If you take too many of one particular type of vitamin you might become physically sick. If you normally don't eat a very well balanced diet and you start to notice yourself becoming weaker and more tired it's a safe bet that a lack of vitamins and minerals is to blame. If you start taking a high quality multivitamin and eating a better diet you will probably feel good again in no time.

In addition to keeping you healthy and keeping your body running properly vitamins and minerals can do a lot of other things for the body. Vitamins and minerals can fight aging, help your skin and hair, help you stave off age-related illnesses and impairments, and even help you fight disease. Vitamins and certain types of herbal supplements can even help you manage chronic conditions like Rheumatoid Arthritis, Fibromyalgia, Chronic Fatigue Syndrome and other long term conditions that can make life uncomfortable and difficult.

Some cultures believe that vitamins and supplements can be used as medicine and that the body can heal itself when it is given the right amounts of vitamins and supplements to use as fuel so that prescription medicines aren't needed. While there is still a lot of debate about that topic there is some evidence to show that the body can heal itself of serious diseases under the right circumstances without the intervention of Western medicine.

Because vitamins and minerals are so essential to staying healthy people that have vitamin deficiencies can suffer from all kinds of health problems ranging from slowed growth process in children to malnutrition and even starvation in older people. Vitamin deficiencies are no laughing matter, and can happen to anyone.

WHO NEEDS TO TAKE VITAMINS?

Anyone that doesn't eat a very balanced diet needs to take vitamins and supplements to be healthy. That means that most people should be taking at least a few vitamins each day. There are some groups that need vitamins and supplements more than other groups though, because they have special nutritional needs. They are children and the elderly.

Children

Because children are still developing mentally and physically it's especially important that they get the proper vitamins and nutrients so that their bodies have all the tools they need for growth. When a child is growing and developing it can be hard for the child's body to keep up with the demand for vitamins and nutrients even if the child is eating a balanced diet.

It can be very difficult to get children to eat a balanced diet. Children that have allergies to certain foods or just refuse to eat certain foods can develop vitamin deficiencies. Added to the extra need for vitamins that children's bodies have is the fact that most children don't get a balanced diet and don't get even the minimum amount of vitamins and minerals that they need for proper growth and development just from their diet alone.

Children that don't get enough vitamins and minerals can develop severe problems as a result. A lack of Vitamin A in a child's diet can cause the child to have poor vision or to have vision problems. Lack of other vitamins can cause symptoms like nausea, depression, lethargy, constipation, irritability, weight gain or loss, insomnia or other sleep disturbances, and poor mental development and physical coordination.

The Elderly

At the opposite end of the age spectrum are the elderly, who also need extra vitamins and minerals. Malnutrition

is the number one cause of vitamin deficiencies in the elderly. A lack of money for food or a lack of appetite because of the medications that they are on or depression or other health issues can all cause the elderly to become malnourished and to suffer from vitamin deficiencies.

When the elderly have serious vitamin deficiencies their immune systems can't function properly and they can end up developing serious infections and other illnesses that they would be able to fight off if they had a healthy immune system. The elderly also need vitamins and supplements to help them fight diseases and chronic conditions that become more of a problem as people age like arthritis.

BEAUTY BOOSTERS – VITAMINS AND SUPPLEMENTS FOR SKIN, HAIR AND NAILS

People, especially women, spend hundreds of thousands of dollars every year on creams, lotions, powders, makeup and other items to make their skin, hair and nails look beautiful. Truly beautiful skin, hair, and nails have to be healthy first. In order to get your skin, hair, and nails to be healthy and radiant you need to take vitamins.

Have you ever noticed that pregnant women seem to “glow?” That healthy glow is usually a result of the extra vitamins that pregnant women take to help their bodies deal with the increased demand for nutrition that is caused by the baby they are carrying. Those extra vitamins provide the nutrients that mother and baby need but also give a pregnant woman's skin, hair, and nail an additional boost of health too.

In the last few years some savvy beauty companies have realized this fact and have started marketing vitamins to women that are specifically designed to boost the health of your skin, hair and nails. These vitamins usually come in little pre-picked pouches so that you're getting just the right amounts of vitamins that you need, if you're eating a balanced diet everyday, to get that healthy glow in your own skin.

In some cultures certain herbs are taken in pill form every day or rubbed on the skin and hair in order to give the skin and hair a healthy appearance. While you might not think that ingredients that you keep in your kitchen for cooking every day like Turmeric or bananas can help you look more beautiful if you use them as beauty products instead of just to eat you can actually look younger and healthier. Using natural products and cooking grade quality ingredients in beauty products is one of the fastest growing trends in the beauty industry.

Vitamins that are used to give a youthful appearance and to make skin, hair and nails more beautiful can be taken orally like other daily vitamins or you can buy expensive creams, liquids and serums that are infused with vitamins and minerals to improve the look and texture of skin and to fight wrinkles and other signs of aging.

Using vitamins and herbs directly on the skin instead of taken internally can help the appearance of your skin but in order to really make changes in the structure of your skin and in the condition of your nail and nails you really need to make sure that you're eating a balanced diet, drinking enough water, and taking the right types of vitamins and supplements. In order to really have that healthy glow on your skin and hair you have to be really healthy. There are unfortunately no shortcuts to getting truly beautiful and healthy hair, skin and nails, but some vitamins and supplements really can help.

THE TOP 10 VITAMINS AND SUPPLEMENTS TO TAKE FOR HEALTHY SKIN, HAIR AND NAILS

So if you want to have naturally healthy and beautiful skin, hair and nails what vitamins and supplements should

you take? Just taking a normal multivitamin will help you look more beautiful because it will help your overall health. But there are some vitamins and supplements that you should take if you want to have the lustrous skin, hair and nails that pregnant women often have after taking pre-natal vitamins. Take these 10 vitamins and supplements and you'll have glowing and radiant skin, hair and nails in no time:

1. Vitamin A – Most people think that the only benefit of taking Vitamin A is to the eyes. Taking Vitamin A is necessary to maintain healthy eyes and good vision but Vitamin A is also great for the skin. Vitamin A helps keep your skin clear. It also helps the skin resist the formation of wrinkles and can give your skin a youthful look.

2. Vitamin B complex – Vitamin B complex is a group of eight different water soluble types of Vitamin B. All of these are Vitamin B types are necessary for health and to have great skin and hair. Vitamin B complex has been proven in scientific studies to help prevent thinning hair and to help clear up acne and other skin conditions. In fact, if your skin appears scaly and irritated it could mean that you have a Vitamin B complex deficiency.

3. Vitamin E – Vitamin E is a powerhouse vitamin when it comes to beauty. Pure Vitamin E used directly on the skin has a number of benefits for the skin. It softens skin without leaving a greasy residue. It is often used to treat itchy skin rashes and conditions like Eczema. Doctors often recommend using pure Vitamin E to help reduce the appearance of scars and other blemishes on the skin.

Vitamin E has also been used successfully to treat stretch marks. If you have some stretch marks from weight loss or pregnancy that you really want to get rid of skip the cocoa butter and go straight for the Vitamin E. Lotions and creams containing Vitamin E can cost \$75 or more, so get some pure Vitamin E capsules from the drugstore or health food store, open a capsule and apply that directly to your skin.

4. Vitamin C – You already know that Vitamin C is a great vitamin to take when you boost your immune system or avoid getting the flu that's going around but did you know it can help your skin look better too?

Vitamin C serum applied directly the skin can help get rid of free radicals and heal sun damage to the skin. However, Vitamin C becomes very unstable when exposed to the air instead of taken internally so if you are going to use a Vitamin C serum make sure that you use a stabilized Vitamin C serum that won't become oxidized by the light.

5. Selenium – Selenium is a mineral that is usually taken orally but is sometimes added to beauty and health care products. Selenium can help fight skin cancer and can improve the elasticity of skin, making it look younger. Selenium is also great for treating dandruff. Several of the leading commercial dandruff shampoos contain Selenium.

6. Zinc – Zinc is another mineral that is essential to staying healthy and having beautiful hair, nails and skin. Zinc is often used to help skin wounds heal and dermatologists use it to treat moderate to severe acne. Zinc cream can also help protect your skin from sun damage. Zinc is often found in fresh fruits and vegetables but can be taken as a stand alone supplement or applied in a cream.

7. Aloe Vera – Aloe Vera is an herb, not a vitamin, but can be applied to the skin directly or can be taken in a liquid form to help improve the appearance of skin, hair and nails. Aloe Vera is used often for treating sun burn and sun damage to the skin and treats a wide range of skin disorders. If you only keep one beauty supplement in your home it should be Aloe Vera.

8. Beta-Carotene – Beta-Carotene has been shown to help make nails stronger and shinier and less prone to breakage. It also encourages new hair growth and makes your existing hair shinier and less prone to break. Beta-Carotene is found in combination with other vitamins or can be purchased alone and taken as a daily supplement.