The Four Essential Supplements

by Dr. Andrew T. Brady

Three important questions you should ask when making the decision to take a supplement are: 1. Is this vitamin from actual food? 2. Am I supplementing something I am deficient in? and 3. Is this supplement an essential nutrient?

Dr. Andrew T. Brady
Chiropractic Physician

If the answer to any these questions is no, then the supplement is most likely a waste of your money and could actually be harmful to your body.

The latest research tells us there are four essential nutrients that roughly 99% of Americans are dangerously deficient in and, therefore, must be supplemented. These nutrients are Omega-3 fatty acids, Vitamin D, probiotics and a whole-food multivitamin.

Omega 3: Research indicates that deficient intake of Omega-3 fatty acids is a causal factor in many illnesses including cancer, heart disease, depression, ADHD, diabetes, obesity, digestive problems, osteoporosis, skin problems, vision problems and even developmental delays in newborns.

Vitamin D: Being deficient in Vitamin D is a significant causal factor in cancer, heart disease, multiple sclerosis, inflammation, depression, colds and flu, decreased immune function, asthma, autism, diabetes, allergies, bone loss, chronic pain, loss of athletic performance and premature aging.

Probiotics : The average daily consumption of probiotic bacteria is now one million times less than that consumed by our healthy ancestors. Deficiencies in probiotic bacteria have been linked to greater risk of severe illnesses throughout life, including diarrhea, candida, digestive disorders, immune deficiency, allergies, asthma, eczema, dermatitis, vitamin deficiency, systemic infections, high cholesterol levels, cancers, heart disease, bladder infections and depression and decreased overall health and vitality.

Whole-food Multi: The source of all vitamins and minerals from our pre-agricultural ancestors was whole foods, especially whole fruits and vegetables, which contain phytochemicals and other essential cofactors. Because we are not consuming enough fresh organic fruits and vegetables, it is important to supplement with a multivitamin that is from actual food.

It is extremely important to make sure any supplement you take is certified organic and non-GMO. If these labels are missing, the supplement is most likely synthetic and can actually harm your body over time.

A supplement is intended to supplement an already healthy diet and bridge the gap between deficiency and sufficiency. Supplementing these four essential nutrients is something my family and I do every day. Preventing the disease is always better than the treatment, so please invest in your health!

Sponsored By

FAMILY CHIROPRACTIC CENTER

9630 Ravenna Rd. Suite 100
Twinsburg, OH 44087
330-405-2751
www.chiroforfamilies.com