



HEALTH TIP #8 – VITAMINS AND MINERALS

- Vitamins are organic substances (made by plants or animals), minerals are inorganic elements that come from the earth, soil and water and are absorbed by plants. Animals and humans absorb minerals from the plants they eat.
- Vitamins and minerals are nutrients that your body needs to grow and develop normally. They are the secret fuel to our bodies' engines. If food and water is the actual fuel, then vitamins and minerals would be considered the engine oil to our hearts. They boost the immune system, support normal growth and development and help cells and organs do their jobs; they help to keep everything running together and running smoothly.

“The fact remains that at the cellular level vitamins, minerals and phytonutrients perform valuable and documented functions that are essential to human health. Most of us don’t get optimal levels of all the important nutrients. And while popping vitamin pills is no substitute for eating a terrific diet, who says you can’t do both? Taking clinically relevant doses of important nutrients on a daily basis continues to make sense to me. It may not be the only reason I’m in such good health, but I like to think that taking high-quality supplements plays a significant part in my well-being. Until someone convinces me it doesn’t, I’m going to keep right on doing it.”

By Dr. Jonny Bowden/The Rogue Nutritionist

- A 2009 study in the American Journal of Epidemiology shows that **supplementation with multivitamins was associated with reductions in cardiovascular disease mortality.**
- A study from Bastyr University shows that **long-term use of multivitamins, vitamin B6, vitamin B12, and chromium were significantly associated with lower levels of weight gain in obese patients.**
- A Swedish study shows that **children who started taking multivitamins before or at the age of 4 were found to have a decreased risk of sensitization to food allergens.**
- A Harvard study of 88,000 **women** shows that those **who took multivitamins with folic-acid for more than 15 years were 75% less likely to have colon cancer.**

Vitamin/Mineral	What they affect	Where to find them
Vitamin A	Skin, bones, vision, hair	liver, carrot, sweet potato
Vitamin D	bones, immune system	Fatty fishes (catfish, salmon...) egg
Vitamin E	skin, vision, hair	Wheat germ oil, sunflower seeds.
Vitamin K	bones, blood	spinach, kale, broccoli
Vitamin C	immune system, skin, teeth, hair	Guavas, red pepper, broccoli
Choline	Nervous system, brain	egg, beef, cauliflower
Thiamin (B1)	energy, heart, muscles	egg, legumes, whole grains
Riboflavin (B2)	body growth, energy, hair	Dairy, eggs, greens
Niacin (B3)	digestive system, skin, energy	Dairy, eggs, fish
Pantothenic Acid	skin, energy	Mushrooms, cauliflower, broccoli
Vitamin B6	nerve, break down protein, hair	avocado, banana, legumes
Folic Acid/Folate	tissue growth, hair	dark greens, legumes, citrus fruits
Vitamin B12	metabolism, hair	eggs, soymilk, poultry
Biotin	hair, nail, skin	tomaotes, romaine lettuce, carrots

A comprehensive report released by the Council for Responsible Nutrition (CRN) found that **ongoing use of multivitamins (preferably with minerals) and other single-nutrient supplements (like calcium or folic acid) demonstrated quantifiable positive impact in areas ranging from strengthening the immune system of highly-vulnerable elderly patients, to drastically reducing the risk of neural tube birth defects such as spina bifida.**



Consider making this ‘healthy change for a healthier you’!
 To Your Health,
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