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## Vitamins VS Natural Medicine

### A Brief History of Natural Medicine

The use of natural medicine is the oldest form of medicine that mankind has within our fingertips right now. Before technology and modern medicine was used, natural remedies such as herbs, plants, foods and flowers were used instead.

In fact, it was the only remedies used. These methods are still the most widely practiced form of medicine in the world today according to statistics today.

Herbs and natural foods like fruits and vegetables have always played an important part in human development healthy living. It provided us with food, medicine and cosmetics that we use in our daily lives.

I strongly believe that there is a remedy somewhere in nature for just about any and every illness that we encounter today.

### I Know How You Feel

We all know how very easy it is to get into a real rut. We dash here, there and everywhere and end up back where we started. Do we truly get to where we want to be?

If your life feels like one endless, continuous chore, then learn how to take control of your life through proper nutrition, and most importantly, through proper nutrients.

Vitamins and other important supplements are very important to our good health so learn how to use them properly and take all of the guessing out of using them.

And once you have your nutrition down pat, you won't need those daily naps; you will be able to put in a good day's work and with energy to spare. You will be able to return home to your busy family and cook a good meal. Afterwards, you won't need to hand off the kids to your spouse because you are just too tired – you will want to get down on your hands and your knees and have fun with your kids!

We all tend to take our health for granted – that is until it starts to break down and then we have our full attention!

Do not wait until you become anemic to pay attention to your inner clock. Take the time now and spend some time reading a good book. This e-book will become your constant companion!

Your Health Won't Wait - [Foundation of Health Education](#)

## Could Vitamins and Supplements Replace Regular Food?

Now that vitamin supplements have added amino acids, antioxidants, enzymes and herbs to their overall composition, it is generally believed that dietary supplements could easily replace food as your body's source of essential nutrients.

But this isn't the case or even close to it.

The human body needs whole foods such as fruits, vegetables and whole grains in order to provide you with a complex combination of vitamins, minerals, fiber and other substances that promote your overall health.

Although vitamin and mineral supplements can't fully duplicate all of the nutrients and benefits that you receive from whole foods, they can complement your diet.

But, if you have a hard time getting enough nutrients in your system, you may benefit from taking a vitamin or mineral supplement in addition to following a balanced diet.

Doesn't it just feel great when your good health starts to return to you?

When you look to Vitamin, Mineral and Supplements for this reason, you won't be disappointed!

That is because they work and for millions, who rely on them, their contented lives are a great testament.

Perhaps you feel that you take good care of yourself, but somehow you just don't seem to have enough energy to go around. You are a busy parent with an active family, you work a daily job that is demanding and you're in charge of all kinds of extra-curricular activities with your children. You feel that there are just not enough hours in the day.

Taking proper vitamins, minerals and supplementation will take care of all that.

When you read [Foundation of Health Education](#) you will learn all about the benefits of proper nutrition and nutrients. You will learn how to supplement your diet for optimal health.

Many people have chosen this route and now live highly fulfilled lives. You will learn how safe it is to supplement and which vitamins, minerals and supplements are best for energy and stamina.

So you see, there really is no reason for you to be feeling at such a loss.

How Vitamins and Supplements Can Make your Life Better

[Foundation of Health Education](#) Will Change your Life!

This is an easy to read, comprehensive and interesting e-book that you will read in one sitting. You will want to carry a copy around with you to share with your family and friends because it is filled with valuable and useful information.

Take the Time Today and Order your Personal Copy! [Foundation of Health Education](#)

The fact is that vitamins are needed for a variety of your body's normal functioning, which includes: growth, digestion, mental alertness and your natural resistance to infection.

They can also enable your body to use and digest carbohydrates, fats and proteins, as well as act on your behalf to help in starting or speeding up chemical reactions. Though vitamins play a big part in converting food into energy, they cannot provide your body with calories which is necessary in maintaining a healthy energy level.

Water-soluble vitamins (those that dissolve in water) such as Vitamin C, biotin and the seven B vitamins like: thiamin (B-1), riboflavin (B-2), niacin (B-3), pantothenic acid (B-5), (B-6), folic acid (B-9) and cobalamin (B-12) are not stored in your body in any important amounts. Any extra water-soluble vitamins are simply digested from the body in your urine.

However, Fat-soluble vitamins however work a bit differently, these are vitamins A, D, E or K and because they are not used by your body right after ingestion is essentially stored in your body fat and liver.

If you have any excess fat-soluble vitamins in your body they can add up in your body and become toxic to you.

The human body is particularly sensitive to excess amounts of vitamins A and D. Because vitamins E and K affect your blood clotting, you need to talk with your doctor before you begin taking a supplement that contains either one of these of these vitamins; especially if you're taking a blood thinner.

Are you wishing you could live in a kind of Garden of Eden – Go Back to a Simpler Time When we all Were Happy and Healthy?

We all do!

No, most of us can't just reach up and pick our fruits fresh off the tree but we can all read up on proper nutrition and then make important changes to our diets. We can all do that much!

Everything you want to learn about enhancing your diet with vitamins, minerals and supplements, you will find in this valuable book.

You will learn that taking vitamins, minerals and supplements can be fun and is safe. Those people who rely on them in their every day diet swear by them!

You will learn about soluble vitamins and how these types of vitamins are not stored in the body so your body only uses what is needed.

You will learn about which vitamin, mineral or supplement is needed to restore which body part.

And, so much more....

It is a great and easy read – you will probably read it in one sitting.

Why struggle, day by day, with low energy levels? That is no way to go through life. With proper supplementation, you can learn to be in control of every aspect of your health.

No more coming home from work and then just disappearing under the covers. There is just too much good living out there to be done. Wouldn't you rather be more active?

You can be as active as you choose to be when you use vitamins, minerals and supplements.

### [Foundation of Health Education](#)

#### The Truth About Micronutrients

It is in whole foods that you will find your best source of micronutrients.

Whole foods are your best sources of vitamins and minerals because they offer two main benefits that supplements can't compare to because:

1) They contain a wide variety of the micronutrients that your body needs rather than just one. A grapefruit, for example, provides your body with vitamin C but you also get beta carotene, calcium and other vital nutrients that your body needs. A vitamin C supplement does not have the other micronutrients in other than vitamin c alone.

2) Whole foods give you fiber: Fiber is extremely important for your body's digestion process and can help prevent certain diseases such as cancer, diabetes and heart disease. You need enough fiber intakes so that you can also help prevent constipation.

“How Vitamins and Supplements Can Make your Life Better.”

Perhaps you eat 3 good meals each day and watch your weight. Are you fit?

Having problems with Weight loss? [Check out Fat loss for Idiots!](#) 2,255,116 Unique visitors per month can't be wrong!

A terrific way to get the good nutrients needed out of each meal is to use vitamins and supplements such as Herbs.

Now, not too many people know too much about all of that kind of information so we have written an informative and interesting book to cover the topic. In this e-book you will learn how vitamins, minerals and supplements compliment traditional medicine for good health.

You will learn all about which vitamins are necessary for which body parts. You will learn that taking vitamins, minerals and supplements are safe.

Perhaps you have been feeling tired a lot and can't quite figure out why. Supplementing with vitamins and minerals for fatigue is smart and will take care of that problem for you!

We all live such a busy schedule and if we don't eat right, get good exercise and get good rest, our body will tell us we are run down.

You can avoid all of that by taking specific vitamins, minerals and supplements such as Herbs.

So why not pick up a copy today [Foundation of Health Education](#)

It will be a good and easy read. You will probably get through the whole e-book in one day or night. Then you will know what to start doing to better your health.

Doesn't that sound like a good proposition for you and your entire family?

### **Breaking through the Myths about healing herbs**

There are so many myths that go with taking supplements for herbs and vitamins. The fact of the matter is that even these can be deceiving. That's just a fact. You have to be able to go past the hype and know how to really take these supplements as a means of making you feel better and not just because they are there. So let's go!

#### **MYTH: Vitamins and herbal supplements are completely safe:**

This is not necessarily true as you have learned by now; you can take too many vitamins and overdose on some of them; which can be extremely dangerous. When it comes to the herbs most of the world's best herbal products come from China however so do some of the worst. It all actually depends on how the herbs were picked and processed, and whether traditional herbal recipes were strictly followed and how much of them you take as to whether or not they are safe.

#### **MYTH: All herbal products are pure and natural.**

Sometimes, these supplements are not pure or even natural at all. In fact, some of them have chemicals in them. Some horrible manufacturers also switch ingredients on you just to get you to buy their product or if the genuine herb is in short

supply. This has been seen the most commonly with St. John's Wort.

**MYTH: Herbs have no side-effects.**

Get real; this isn't true all of the time either. For example, some imported herbs are created with mercury sulfide which is commonly used as a cheap antibiotic in the third world and can cause nerve and kidney damage. Not to mention that most herbs naturally contain natural chemical properties, which provide their healing qualities as well as pose a potential risk?

**MYTH: All herbs are just about the same.**

This is just stupid because if that was true, we would use just one herb for everything. Herbs have a lot of differences depending on how and where they are grown, harvested and processed and what they are being used for. This changes the way it is made up.

**MYTH: Selling herbs is more ethical than selling pharmaceuticals.**

Yeah Right! The herb business is now a four billion dollar industry, and it is a very competitive one too. Any business that has the money making potential that herbal remedies do, has the potential to be corrupt, and many of them are.

**MYTH: Your doctor knows what is best for you.**

Sometimes this is true but it's YOUR body, and you've got to think for yourself. Your doctor may not believe in herbal medicines and supplements and because of this he/she might give you bad advice about them. The fact is that you have to do what is best for you.

**MYTH: China's herbal cures are rarer.**

Sure it is! There are thousands of plant species that contain scientifically proven healing properties located all over the world. Some are strict to China, but many of them are not. It is common to find many of these herbs in your back yard if you look for them.

**MYTH: You can only find natural herbs in the forests.**

Not even close! Every company that makes or sells a certain healing herb wants you to think this way so that you will not seek the herb anywhere else. The fact of the matter is that you can find many herbs in stores and parks or fields in every city in the world. New age stores are a great place to find herbs. However, if you prefer not to pay for them, you can usually find them anywhere.

**MYTH: The FDA wants to take over herbal medicines for our sake.**

Actually, the FDA wants to control the use of natural herbs because it is such a money making industry and they want to regulate it. What this means is that the FDA realizes that herbal supplements and treatments is a billion dollar empire and they want their cut!

**MYTH: All herbal pills are safe to use.**

This is just wrong! Just because a manufacturer claims they are safe doesn't mean that they are safe to abuse. Allergies and health conditions have to be taken into account before you take any pills. All herbs have a potential to harm when they are taken wrongly or by people with certain health problems. You have to check with your doctor and read about herbs before you take them. It just goes to show you that common sense has to be used right along with these supplements.

When it comes to finding the right herb to help you, there are 5 Tips that can make the process a lot easier and less problematic for you as far as side effects go. Since herbs also include leaves, bark, berries, roots, gums, seeds, stems and flowers they have the potential to be harmful or allergens to some people. You can find the right herbs for your use in many forms also. They can be found in the form of tablets, capsules, liquid beverages, bark pieces, powders, tinctures, fluid extracts, creams, lotions, salves, and oils.

When it comes to you trying to use any of them there is a way to keep safe while on the lookout. You need to look for the word standardized on the label of a product that you might take. Labels on a standardized product usually explain plainly the content of active ingredients in them as opposed to their drug concentration ratio, assuring a consistent dose. Standardized products in any form are your best bet.

The next thing that you need to look for is how fresh the herb is. The fresher the herb is the better for you. Light, moisture and air rob herbs of their natural effectiveness. Tinctures are another good choice for freshness because it does a good job in preserving the plant. Capsules that are made from freeze-dried herbs are simply better than those that are air-dried.

**Before using any herb, it is important that you follow these important guidelines:**

**Do not try diagnosing yourself**

Before taking any drug you need to be sure that you have received a correct diagnosis from a conventional doctor before seeking alternative medicines. Proper medical care is critical to your good health. You cannot assume that you know better than your doctor what is best for you even if you think that you know what is right.

**Use them with your doctor.**

If you are currently on medication, you have to work with your doctor before discontinuing any drug or starting any herbal treatment in combination with any current medications. Make sure your doctor knows about any herbal supplements that you are taking. There could be possible interactions with other treatments you are receiving.

**If you're pregnant or breast-feeding, you need to avoid herbal supplements unless your doctor says it is ok.**

Some of the substances that are used in these remedies may pass over to your baby and cause serious complications for both of you. You can also take too much and cause damage that way as well...yes even with vitamin supplements other than folic acid.

**Do not let natural supplements guide you.**

Natural is not the same as safe and you shouldn't take it that way. Just because herbs and supplements are considered natural

substances does not mean that they can be used without any thought. There are many perfectly natural plants that are highly toxic and poisonous and should not be taken at all in any form. Before you begin trying any herbal supplement, be sure that you know what it does, how to use it, and the possible side effects.

### **One last thought.**

Although many herbs are effective on their own they generally work even better if they are part of a treatment plan that focuses on you having a proper diet and other important lifestyle factors such as drinking or smoking and whether or not you exercise.

### **Are Vitamins And Supplements Always Safe?**

Vitamin and mineral supplements are greatly used nowadays, particularly during illnesses or pregnancy. However the safety of some of these supplements has come up quite a bit. But the problem knows which supplements are those that can be harmful.

The fact of the matter is that just because a product is called natural, that doesn't mean that it is necessarily safe.

The simple truth is that there are harmful effects that are associated with 30 different types of vitamins and minerals if taken by some people and taken to extremes.

Safe upper limits were actually recommended for eight different types of supplements, including vitamin B6 (10mg), beta-carotene (8mg) and zinc (20mg), and an additional 23 supplements received guidance levels. The majority of vitamins and minerals are safe if the doses taken don't exceed the recommended dosage levels.

Year after year, we promise ourselves that this will be the year that we take better care of our health.

In addition, year by year, time comes and goes and we get a bit frumpier. Our hairline begins to recede, we increase our dress size, our bottoms start to bulge just a bit...and the list goes on and on.

Sound familiar?

Life can certainly get away from you if you let it. I mean, there are only so many hours in the day and when those have been spent we better have something left over for ourselves or else we can be just miserable.

That is what is wrong, today. No time left over. Once we have put in a full day's work and then put the little ones to bed, there is no one there to tuck us in to bed. We have to do it for ourselves.

The only problem is that by this time, we are more apt to just plop down on the bed and that is the extent of our bedtime ritual.

Why are we so very tired?

Read [Foundation of Health Education](#) and find out. Find out why you are so tired all the time and which vitamins and supplements can be used to bring yourself back to life.

Have a comprehensive look at how you can supplement your own diet for the best nutrients. Examine a host of good diet regimes. Figure out which vitamins, minerals and supplements are best for which part of the body.

Do this, and you can go on a new regime and soon you will see your enthusiasm for life increase. You will have new energy and that includes having time for yourself.

Wouldn't that be nice?

Wouldn't it be great to come home after a long day's work and figure out how you want to spend your evening instead of having nothing more than chores to look forward to?

You can adopt a new change of mind today and say NO to being run down. You can read this terrific little e-book in the privacy of your own home, relaxed, and ready to learn.

By the time you have read this interesting e-book ( [Foundation of Health Education](#) ) you will know what to do – which vitamins, minerals and supplements to take.

Wouldn't it be great to just know that? It will change your life for the better!

My very best wishes to you,

C.L. Richmond,

[FREEVITAMINS.com-LOSEWEIGHT.com](#)

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