

Take Charge of Your Health by Phyllis' Vitamins



Vitamins, minerals, herbal and homeopathic remedies, antioxidants! What's all the fuss? Well, in case you didn't know...vitamins originate from organic or living matter that our body manufactures. Minerals are inorganic matter and are extracted from earth. The human body does not manufacture its own Vitamin C and therefore needs to get that vitamin from some other source, which could be vegetables, fruits or supplements. An adequate amount of Vitamin C for today's high tech conscious, fast-paced consumer should not be less than 500 mg., daily. Vitamin C is also an antioxidant which rids the body of free radicals. An article on free radicals is another article all by itself. Double blind studies have shown that it is quite difficult if not impossible to get the proper amount of Vitamin C from the

foods we eat. Essential vitamins are lost in transit when shipped from one part of the country to another in refrigerated trucks. That is why supplementation is highly recommended. All Vitamin C is not created equal, so make sure that bioflavonoids and antioxidant properties such as rutin and hesperidin are included with your Vitamin C.

Antioxidants are essential for maintaining optimum health. Free radicals do great damage to the cells, destroying DNA. They also cause tumors and growths in the body...and other degenerative diseases such as diabetes, cardiovascular (heart) problems and hypertension. It is an awesome idea for everyone to ingest 400 I.U.s of Vitamin E daily. If you are hypertensive (experiencing high blood pressure), please start with 200 I.U.'s. Vitamin E is a vasodilator. It dilates the blood vessels, producing more oxygen to blood which in turn makes you more energetic and vibrant.

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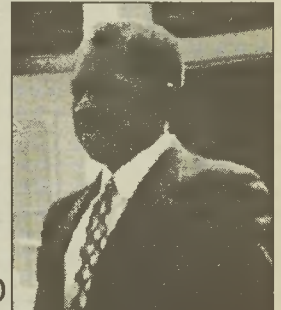
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