

MultiVitamins - do you need them?

Do we really need them? what about those "Vitamin fortified" processed Foods? Dietary Supplements are defined by Wikipedia as follows: A dietary supplement, also known as food supplement or nutritional supplement, is a preparation intended to supply nutrients, such as vitamins, minerals, fatty acids or amino acids, that are missing or are not consumed in sufficient quantity in a person's diet. Some countries define dietary supplements as foods, while in others they are defined as drugs.

Third Party Link to Serrapeptase - read about how this the miracle enzyme can help you in many ways:

The rise of the Dietary Supplements industry can best be described as inversely proportional to the decay of Nutrition in Foods. It seems that the vast majority of consumers are taking some supplements and those that don't are often taking prescription medicine. People whose predominant diet is "Fast Food" will predictably be on one or the other "it's not if" but when. Those Individuals who pride themselves for "eating healthy" need to review their beliefs objectively, as buying healthy poses a real challenge: GMO-Foods, synthetic ingredient and toxic additive laden "packaged", processed or "prepared" Foods, chemically treated and "preserved" Produce, GMO-Corn fed Beef, "cured" Meat, pasteurized Juices, synthetically sweetened Soft Drinks and Foods, baked Goods "have all at least two features in common: they lack essential Nutrients and deliver Toxins for which your body has no natural resistance! It follows that we necessarily need to nutritionally compensate for lacking Food components " otherwise symptoms of Imbalances will develop and these may not necessarily hint at the cause of the problem. When the symptoms get treated by prescription drugs, the problem will just get worse as the latter cause further nutritional imbalances. How to choose the Dietary Supplement you need?

Here we hit the core of the problem: how long have you " unnoticed - been missing essential nutrients in your diet and what is your resultant imbalance? Depending on your lifestyle, age, gender, history and nutritional habits " your needs are certainly specifically personal " incomparable to anyone else's needs. Therefore, the proverbial Multivitamin does not serve you at all, but may aggravate the imbalances. Are there alternatives? What about these "Miracle" "Latest Breakthrough" Supplements, the MLM peddled "Cure-it-All"TM's? Well, if have followed this text you'll know that that simple, there is just not any one substance or a combination of substances that can compensate for the lack of nutrients in every-day Food and reverse the damage already done in your body by years of missing nutrients. It is not advisable to supplement specific vitamins or minerals as supplements at random as they may aggravate your imbalances already present. Vitality Concepts incorporated in 2003 with the then novel concept of analyzing a person's nutritional imbalances and then compound the supplement specific to the person's need. We started with blood and hair specimen tests, but we soon learned that the human organism is far more demanding than that. By continuing research and applications we have developed sophisticated whole-body analyses that deliver reliable, scientifically sound, and reproducible results of what a person really needs. Together with our patent pending method of personalizing supplemental nutrition and converting it into Functional Food " and the method of validating its functionality within the person has made us one of the most advanced Nutritional Concepts Designers in the World. We have engineered the patent pending VitalityXpress® , a non-invasive, non-ionizing holistic preventive health screening that lets you know what is threatening your Health and Vitality. For details contact us: info@vitalityconcepts.com Home