

To supplement or not to supplement

By Taylor Donovan, DC

Ninety-two percent of Americans are deficient in one or more essential vitamins and minerals, and more than 99 per cent of Americans are deficient in the essential omega-3 fatty acids. Therefore, I recommend that all people take a basic multivitamin and multimineral, calcium, magnesium with D, and omega-3 fats as the foundation for good health as well as a healthy metabolism. Ample scientific evidence supports this recommendation, including guide lines published in the New England Journal of Medicine and the Journal of the American Medical Association. -**Mark Hyman, MD**

Our bodies need the raw materials of life if we want to be healthy and achieve our optimal health. These raw materials are vitamins and minerals. And the unfortunate truth is that most of us don't get enough of these critical substances from the foods we eat. More than 92 percent of Americans are deficient in one or more vitamins. That doesn't mean they get less than they need for their bodies to function optimally; it means that they receive less than the recommended daily allowance (RDA). The RDA is the minimum amounts to support basic nutrient needs for that day. This doesn't take into consideration stresses from daily life, toxicity issues, or compounding health challenges.

Many of the people that I meet believe that they can get all of their nutrient needs met through a whole foods diet. Unfortunately this is almost always wishful thinking. Because of depleted soil health and the food transport industry our food looks better than ever while carrying the least amount of nutrients. That is why I recommend that everyone take a basic workhorse team of essential supplements every day for the rest of their life.

Taking quality products is imperative. For practitioners of functional medicine, finding top-quality supplements has always been extremely difficult. However, researching and treating thousands of patients over the last 7 years, I have learned much about how to find safe, high-quality, effective nutritional supplements. Be aware that not all supplements are created equal. Quality is up to the manufacturer because of limited regulations regarding the manufacturing process. While I do not officially endorse any supplement company, I do believe that a few companies' products have risen to the top of the industry and can be safely used to help support and enhance health.

The supplements I provide are pharmaceutical-grade products manufactured by companies that I feel excel in providing the best quality per dollar spent. The reality is that these supplements are more expensive than those you will find in many stores. That's because they are produced at a higher standard than are most products on the market. I strongly encourage you to consider using these supplements. **Think of it as an investment in your health. The truest form of health insurance one can purchase. Your body will thank you for it.**