



## **The Sad Truth About Why You Need to Consider Vitamin and Mineral Supplements**

**By Dr Peter Holsman**

Vitamin and mineral supplements are still a controversial topic, although there is plenty of evidence proving that the Standard Australian Diet (SAD) leads to many Australians having sub optimal levels. Fortunately extreme vitamin deficiencies such as scurvy due to lack of vitamin C are rare, however even mild deficiencies can compromise a person's energy, vitality and ability to handle stress successfully.

A recent Harvard university study reviewing "Western" society nutrition recommends the daily use of a multivitamin and mineral supplement.

In particular elderly people, vegans, alcohol dependent individuals and patients with malabsorption are at higher risk of inadequate intake or absorption of several vitamins.

Studies show that:

Folic acid is needed to reduce neural tube birth defects and some cancers.

Folic acid and vitamin B6 and B12 deficiency are associated with coronary heart disease risk.

Vitamin E and Lycopene (found in tomatoes) protect against prostate cancer.

Vitamin D and calcium help to reduce the risk of osteoporosis and bone fractures.

Low levels of the anti oxidant vitamins A, C and E may increase the risk for several chronic diseases.

Sub optimal levels are common:

Iron deficiency is the most common nutritional deficiency in Australia. High risk groups include menstruating women, pregnant women, babies and toddlers, teenage girls and female athletes.

Vitamin B12 levels are deficient in 10 to 15 % of people over the age of 60.

Zinc intake is commonly suboptimal at all ages. An Australian study showed 85% of women and 65 % of men did not receive the recommended daily intake (RDI) of zinc in their diets. In addition, levels are reduced by the birth control pill, low levels of stomach acid, and a high intake of alcohol or sugar.

### **Health Benefits:**

#### *Benefit your memory*

A study of healthy young, middle aged and polder women showed a significant positive effect on speed of processing, recall and verbal ability when given folic acid, B6 and B12.

#### *Cut sugar cravings and help maintain healthy blood sugar levels.*

Chromium supplementation improves sugar and fat metabolism, aids diabetes control and increases fat loss.

#### *Fight infections and clear up skin problems such as acne.*

Zinc is an important mineral which is often needed.

#### *Give your energy a lift, bring colour to your cheeks and cut sugar cravings.*

A lack of iron is a common cause. Red blood cells contain haemoglobin, that is partly made from iron, and carries oxygen. Iron rich foods such as grilled or BBQ meat are an excellent source of iron. Only take iron tablets if a Doctor has prescribed them and ruled out other causes of low iron.

<p>Dr Peter Holsman is an accomplished medical practitioner and enthralling public speaker who enjoys helping people stay young and energetic. His entertaining and actionpacked presentations are for every one who wants to get the most out of life and for organisations that want to put life back into their people. For more information visit <a href="http://www.liveto100.com.au">www.liveto100.com.au</a> or phone Your Health Camberwell on 03 9882 5151.</p>
---

