

## **Do I Need To Take Supplements?**

Americans spend billions of dollars on alternative medicine each year and much of this goes toward nutritional supplements. A common question that often arises is, “If I eat a healthy diet, do I REALLY need additional supplements?” The answer to that question is personal and individualized. Of course, dietary supplements should not be counted on to replace healthy foods. However, here are a few reasons to consider taking supplements.

Many of us are not eating nutrient-rich foods such as fresh fruit, vegetables, nuts and whole grains. Instead we choose the quick, easy and convenient foods which are often highly processed, high in calories and low in nutrient value. According to a National Health and Nutritional Survey, the majority of Americans are falling short of healthy nutrition, averaging only 1 to 2 servings of fruits and vegetables per day.

The recommended dietary allowances (RDA's) were meant to be general guidelines and were formed when our food and soil quality were much different. Our health should be individualized, not generic. These long standing RDAs may not adequately meet the nutritional needs of every individual so many years later.

Specifically, the nutrient-density of our food has changed. Unless you have your own garden, most of us consume commercially-grown produce. Mass produced, commercial farming has created soil which is deficient in many essential micronutrients. If the nutrients are deficient in our soil, they will be deficient in the foods we eat. Moreover, as more and more foods are processed, the nutrient value is diminished even further. This often results in foods having fewer vitamins, minerals and healthy fatty acids.

Our bodies are constantly being exposed to a high level of oxidative stress. Oxidative stress is always occurring in our bodies, and chronically elevated oxidative stress is not healthy. This oxidative stress can come from a multitude of places including pollution, smoking, lack of exercise, emotional stress, sleep deprivation, diets high in sugar and unhealthy fats, illegal drugs, and some medications. Scientific evidence shows that chronic, elevated oxidative stress leads to many chronic diseases. So a diet (and supplement regimen) rich in antioxidants can be beneficial in battling this oxidation onslaught to our body.

Keep in mind that while dietary supplements can help maintain nutrient levels and help protect against some chronic diseases, they are NOT a complete solution. Healthy aging requires a healthy lifestyle. A balanced, nutritious diet, exercise, adequate sleep, stress reduction, and appropriate supplementation can help the body function better and improve overall health. Please contact us with any questions and comments.

**Please review our business at:** [Yelp](#) [City Search](#) [Google +](#) [Angie's List](#)

Get proven strategies that will help you unleash your inner power! You can do it! CCFL works to heal, unite and empower individuals, families and communities, equipping them with the necessary tools to strengthen personal standards, ethics and values while, together, raising the next generation. Go to [Creating Champions For Life](#) and check it out.

Trainerly allows you to workout and exercise at your home, office, hotel room or pretty much anywhere in the world through live 2-way webcam. [Sign-up](#) for a class with me today. Use the promotional code “trainerly20” to save 20% off any service.



Your suggestions are appreciated to make our business better. Please take the survey by [clicking here](#) and provide your input.

Want to know your metabolic power? [Click Here](#) to find out if your metabolism is working for you or against you.

Do you know someone who might be interested in our products or services? [Click Here](#) to fill out our referral form and, as our way of saying thank you, you will receive \$15 off and of our products or services. We appreciate your support.

[Click Here](#) to sign-up for our e-mail list so can receive all of our articles & download your free copy of our Dietary Information e-book.

[Like us on Facebook](#)/[Connect with us on LinkedIn](#)/[Follow us on Twitter](#)  
[Follow us on Google+](#)/[Pinterest](#)

**(Hold down the Ctrl key & click the underlined words or logos)**  
**Make sure to forward to friends and followers.**