



The Vital Role of Vitamins and Minerals

Vitamins and minerals are the unsung heroes of our health, aiding in everything from converting food into energy to strengthening bones and maintaining vision. While a typical Western diet usually provides most essential nutrients, achieving the right balance of vitamins and minerals is key to optimal body function.

Navigating the variety of vitamins, minerals, and supplements can be overwhelming.

What Are Vitamins & Minerals?

- **Vitamins:** These organic compounds are crucial for normal cell function, growth, and development. The 13 essential vitamins are categorized into:
- **Fat-Soluble Vitamins (A, D, E, K):** These vitamins bind to fat and are stored in the body for future use. Though rare, it's possible to overdose on these vitamins.
- **Water-Soluble Vitamins:** Easily absorbed by cells and flushed out when in excess, these vitamins—such as biotin, vitamin C, and B vitamins—require more frequent replenishment.
- **Minerals:** Inorganic substances, classified into macrominerals (needed in large amounts) and trace minerals (needed in small amounts), are vital for body functions.

Do You Need Supplements?

The "food first" principle is your best approach: obtain most vitamins and minerals through a balanced diet. Foods offer additional nutrients like phytochemicals and fiber that are hard to get from pills. Supplements should complement, not replace, a healthy diet.

Supplements can be particularly beneficial for specific populations, such as vegetarians, vegans, pregnant or breastfeeding women, and older adults. For instance, pregnant women may need extra iron, while vegans might require a B vitamin complex. Vitamin D3 is often recommended for those living far from the equator.

If you are on medications it is best to consult with your doctor to determine which supplements you need, how to take them, and to ensure they don't interact with your medications.

Nutrients often work together, so a deficiency in one can lead to a deficiency in another. Understanding these interactions can help you manage your nutrient intake effectively. Many of these nutrients can be obtained from food. However for food to be nutrient dense ideally it needs to be grown without chemicals in healthy, living soils.

There are many studies that show the decline of key nutrients in our food over the past 3 decades due to the practice of chemical, industrial farming.

*Soil Lovers say: **Be Mindful On Knowing Where Your Food Came From***

Ref: ascenchiropractic.com - *The Ultimate Vitamin & Supplement Cheat Sheet*