

Increasing the vitamin and supplements usage for the healthy lifestyle

[Health & Medicine](#)



Many people overlook what it means to maintain a healthy body. When you take one action towards transforming your body you usually have to make a change to another department of your health. There are few ways to begin and maintain a healthy body. For example, exercise regularly, eat the correct amount of fruit and vegetable servings, check in with your internal medicine doctor consistently, and even be sure to keep your vitamin and supplement intake maintained.

Vitamins help make the bodies work properly. Majority of vitamins are found in the foods you eat on a daily basis but not all are present. Vitamins are broken down into two categories. The first category is known as the fat soluble which consists of A, D, E, and K vitamins. The second category is known as water soluble which consist of C and B complex vitamins. The water soluble vitamins can't be stored so you must supply your body with dietary supplements on a daily basis. These supplements include vitamins, minerals, herbals, amino acids, enzymes, and botanicals. You can find them in tablets, capsules, powders, and even in every drinks and bars. Very popular specialty supplements are glucosamine, probiotics and fish oils.

Vitamins and Supplements are very essential to keeping our bodies healthy. Many people believe we don't need them, but I'm a firm believer that we need them. Those who do not eat a nutritious diet, supplements could help replace the nutrients you are lacking. If you take vitamins that contain calcium or vitamin D

“ it can help keep your bones strong and reduces bone loss, folic acid decreases the risk of certain birth defects, and omega-3 fatty acids from fish

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oils might help some people with heart disease” (Dietary Supplements, 2011)

When woman become pregnant their prenatal doctors recommend them to begin taking iron supplements. Many women believe it isn't necessary but throughout pregnancy you will be supplying your growing baby with iron as well. These supplements are essential for the protein in red blood cells that carry oxygen to other cells. It also helps to maintain a healthy immune system. At this time, the blood in your body increases 50% and it's in need of more hemoglobin. These supplements help provide you and your baby.

Pregnant women aren't singled out when it comes to taking vitamins and supplements. Older adults and athletes have become a great majority of the population who take vitamins and supplements. Glucosamine and Chondroitin have become very popular as well. These vitamins and supplements are being used by athletes, active people, and those who face osteoarthritis. Osteoarthritis is arthritis that occurs when flexible tissue at the end of the bones breaks down. This joint disease can't be cured, only treated. It causes joint pain in the hands, neck, lower back, knees, and hips. When it comes to Glucosamine and Chondroitin there has been so much controversy as to whether it is effective or ineffective. One study believes it is a “ source of building blocks for healthy cartilage that cushions joints.” (Tweed, 2015)

According to Dr. Komaroff's clinical trials resulted him in a different opinion of Glucosamine and Chondroitin benefits. At random he compared the two supplements, “ alone and together against placebo in people suffering from

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osteoarthritis of the hip and knee.” (2013) Nearly 4, 000 patients said they didn’t feel any reduced pain from the supplements. Other studies found patients experienced temporary relief of pain from those with greater pain. Dr. Komaroff concluded nonsteroidal anti-inflammatory drugs (NSAIDs) offered more relief than Glucosamine and Chondroitin. Joint supplements have a great impact on metabolism.

If you’re still wondering what exactly is Glucosamine and Chondroitin you’re not alone. Many people ask their doctors about vitamins and supplements before taking, which is always a great idea. These supplements are made out of shellfish, so if you are allergic this wouldn’t be a good fit for your health. Glucosamine helps most not all improve digestion, ease inflammatory bowel movements, improve joint health, relieve TMJ (temporomandibular joint in the jaw), and help alleviate bone pain. The main reason for taking vitamins and supplements are to boost your metabolism and help your body to continue on a healthy path.

When taking joint supplements, your metabolism is greatly affected. Your metabolism is the chemical process that occurs within your body to maintain life. These supplements supply your body with vitamins and minerals you need to feel your best. Majority of those on shelves are all-natural which help in the boost of your energy levels. So rather than the plain old diet and exercise, you can be consistent with in taking a pill. Those taking joint supplements due to a disease, will get temporary pain relief which can get them moving throughout the day. Their appetites may also increase. “

Without Glucosamine, everyday movements and tasks would be very difficult

and painful.” (Axe) The body needs this supplement for the synthesis of proteins and fats. Joint supplements play a huge part in every aspect of your body even if you don’t feel it.

The human body is made up of 12 systems. These 12 systems are known as: Skeletal, Muscular, Cardiovascular, Digestive, Endocrine, Lymphatic, Nervous, Respiratory, Immune, Urinary, Integumentary, and the Reproductive system (male and female). The skeletal system is responsible for helping you maintain mobility, protect your body, and provide its shape. Joint supplements help joint health, fluid movement, and normal bone functions of the body. They can help support you during your exercise and when your body system is feeling worn out. The muscular system supports your movement, blood circulation and proper posture. Supplements can help with everyday activities such as standing, walking, eating, talking, sitting, as well as muscle growth. The cardiovascular system helps transport nutrients, oxygen, waste products, and hormones throughout the body. When taking care of this human body system you must think about a healthy heart. You may need a supplement to help support normal heart, brain, and joint functions. The digestive system is what properly breaks down your food and distributes the nutrients throughout your body. Probiotics and digestive enzyme supplements can assist in maintaining your overall wellness and fitness. Once the food or supplements are broken down your body can use its nutrients for growth, energy, and cell repairs.

Your endocrine system must remain balanced and supplements can support healthy thyroid, adrenal functions, and metabolism. The lymphatic system

filters bacteria and manages the bodies fluids, supplements can help support and cleanse the lymphatics. The nervous system consists of the brain, spinal cord, and nerve fibers. Supplements can help aid in controlling and coordinating the bodies functions in digestion and breathing. The respiratory, immune, urinary and integumentary, and reproductive system just as the other human body systems can be affected in a positive way due to supplements.

If you're wondering how much vitamins and minerals you need, you're probably on the right track to good health. Before taking anything, you must first be sure you're eating a well-balanced diet. Your Biotin intake should be 30mcg, Calcium 1,000mg, Choline 425mg, Folic Acid 400mcg, Iron 18mg, Vitamin C 75mg, etc. (Milam, 2013) Supplements are to fill any nutritional gaps you may have. Unless you are taking a once-daily multivitamin. When searching for the right dosage, it's mandatory to keep your eyes on the RDA (Recommended Dietary Allowance). This dosage will tell you the number of vitamins or minerals you need to keep healthy and well-nourished. When referring to joint supplements the dosage is quite different. Glucosamine Sulfate is recommended to be taken to provide repair damage caused by osteoarthritis, with a dosage of 500mg 3 times a day. Chondroitin Sulfate provides structure, holds nutrients, and allows molecules to move through cartilage, 200-300 mg 3 times a day with meals should be taken.

Throughout this research I found a lot of very important information. As of right now, my only vitamin intake is the One a Day Prenatal complete multivitamin. This vitamin provides me with nutritional support for myself

and growing baby. The key nutrients are Omega-3 DHA, Folic Acid, Iron and Calcium. I have the choice of taking a capsule or gummies, I choose a capsule once a day. My fiancé is a gym fanatic and I notice he will occasionally take a powered supplement before going to work out. I never really understood why, all he says is it gives him a great energy boost.

To conclude, vitamins and joint supplements can either impact your life positively or negatively. Everyone's intake is different due to different diseases, side effects, weight, and age. There are so many factors that can determine the right product for you. As long as you maintain a healthy diet and a healthy body you will remain on the road to great health.