

If you want a healthy
body and harmonious
evolution, use
vitamins

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Vitamins are organic compounds that are crucial to the growth and development of the human body. There are 13 vitamins our bodies need which are, vitamins A, C, D, E, K, and the B vitamins (Thiamine, Riboflavin, Niacin, Pantothenic acid, Biotin, vitamin B6, vitamin B12 and Folic acid). These vitamins can be categorized by water-soluble vitamins or fat-soluble vitamins. (FDA, 2016).

The difference between these two categories of vitamins are the way they act within our bodies. Water-soluble vitamins are vitamins that are not stored in our bodies but rather absorbed. For example when we eat certain foods with water-soluble vitamins our bodies will take what it needs and then the rest will be passed as waste (Tespo, 2016). Water-soluble vitamins include Vitamin C and the vitamin B complex. Vitamin C is an essential dietary component for humans. It is present in some foods, like fruits and vegetables, and also available as a supplement. Vitamin C is a strong antioxidant and helps strengthen the immune system. For these reasons, it is known for prevent/treating a plethora of health conditions including, fighting off the common cold, cancer, cardiovascular disease, age-related macular degeneration and cataracts. (National Institutes of Health, 2016) All the B vitamins have different functions. Thiamin (B1) is needed to convert food into energy, for DNA and RNA to work properly, and helps maintain both heart function and a healthy nervous system Riboflavin (B2) is critical for red blood cell creation and cell growth (Tespo, 2016). Niacin (B3), like Thiamin, is needed to convert food into energy and also promotes healthy skin, hair, eyes and nervous system. Pantothenic Acid (B5) is yet another B vitamin essential for food to energy conversion, which supports metabolism and

critical in the production of hemoglobin. Vitamin B6 is very important for the human body. It not only supports healthy brain function and reduces the risk of cardiovascular disease, but it maintains the health of the nervous system, immune system and our red blood cells (Tespo, 2016). Like B3, Biotin (B7) promotes healthy skin, hair and nails in addition to being a necessity for metabolism. Folic Acid (B9) is vital for a healthy nervous system. Lastly, Vitamin B12 is the only water-soluble vitamin that can be stored in your liver. It assists with nerve function and development and the production of DNA by keeping blood cells healthy (Tespo, 2016).

In contrast to water-soluble vitamins, fat-soluble vitamins are stored in the body and used as needed. This process is achieved by the fat globules, which travel through the small intestine and into one's general blood circulation, absorbing these vitamins. (Tespo, 2016) Fat-soluble vitamins include, Vitamin A, Vitamin D, Vitamin E and Vitamin K. Vitamin A is a powerful antioxidant that plays numerous roles in our bodies' health. Some being enhancing eye sight, immunity and bone growth. One of the most well known vitamins is Vitamin D. Unlike other vitamins, the main source of this vitamin does not come from one's diet but instead from ultraviolet B-rays from sunlight (Lanham & Wilson, 2016). While vitamin D is more challenging to get it has numerous benefits including supporting heart health, blood sugar levels, healthy aging, strong immune system and bone strength (Tespo, 2016). Vitamin E assists in a healthy immune system and blood circulation as well as prevents cell damage and promotes tissue healing (Tespo, 2016). In contrast to Vitamin D, Vitamin K is often times forgot about it. This fat-soluble vitamin has strong blood clotting capabilities and crucial

for building strong bones and cardiovascular health (Tespo, 2016). For the most part only small amounts of fat-soluble vitamins are necessary to maintain good health. With that being said, Vitamin D deficiency has become a major public health concern.

Many, including The World Health Organization's International Agency for Research on Cancer and The American Cancer Society, have expressed the idea of avoiding the sun due to its role that it plays in skin cancer. (Baggerly, Cuomo, French,...Wunsch, 2015).

This becomes an issue because by avoiding the sun we are neglecting the positive effects we receive from the sun. Sun exposure is necessary for optimal health, is associated with a lower risk of type 1 diabetes and certain cancers including colon, breast, pancreas, ovary, brain, bladder, kidney and multiple myeloma. (Baggerly, Cuomo, French,...Wunsch, 2015).

It is very important to practice and maintain proper vitamin levels. Doctors and other professionals recommend meeting your vitamin needs primarily through food consumption and then taking supplements as needed (FDA, 2016).