

## **Enzymes make vitamin supplements more effective**

**Question:** Do vitamin supplements really help make a person healthy? I have been taking a popular multi-vitamin for months and I don't feel a difference at all.

**Answer:** Vitamin supplements do not support health by themselves and this is where the term "supplement" becomes meaningful. Your daily diet is still the primary means of nutritional health. Getting your daily intake of natural vitamins and minerals from live fresh organic foods is still superior to any food supplement. Combining a food supplement to a healthy diet enhances that individual's health.

There are many different tiers of quality when it comes to vitamins and food supplements. Over-the-counter or grocery store purchased supplements are predominantly poor in quality and value. Many of these type supplements are produced with food dyes, sugar or glucose coatings, and carbohydrate glues to adhere the vitamin. They also lack the precursor supplements to activate the vitamins and minerals in the product. Most importantly they lack co-existing enzymes that allow absorption of the food supplement into the gut wall where it can be immediately be carried through the blood stream to the tissues requiring the assistance. Poor grade food supplements may not be absorbed at all in many cases, passing through the entire gastrointestinal tract and being discarded in the stool in the same shape and form it was ingested. The lesser grade supplements that do get absorbed, usually do so in the large intestine where they are only releasing and absorbing 10- to 20-percent of their advertised value. You could call this highway robbery or deception at minimum.

Even the best quality food supplements lose some value as they move through the digestive tract. An excellent quality food supplement has no artificial anything, no glucose or sugar coatings and is bound together through chelation to itself. It also has all necessary precursors and enzymes for appropriate digestion and absorption. Unfortunately most MD's are not trained in nutritional supplementation and do their best with what are the popular supplements. Modern nutrition for patient support has evolved enormously and continues to do so day by day as we discover new herbs and food sources with valuable health influences.

I receive literature from around the world regarding new nutritional products on a daily basis. Understanding and diagnosing the chemical make up of an individual involves a good history of their eating habits, past medical history, and goals. Suggesting just an individual vitamin without considering the whole person and their general well being is a waste of effort. The internet is a wealth of knowledge at your fingertips. Read, educate yourself and discuss your nutritional concerns with your chiropractor or physician.

**Quote of the week:** *“Courage is doing what you’re afraid to do. There can be no courage unless you’re scared.”* – Eddie Rickenbacher