

Multi-vitamins do not compensate for poor diet

Question: I am a mother of four with a full-time job and have little time to prepare meals. I take a multi-vitamin to supplement my fast paced life. Is this enough to keep my body in balance nutritionally?

Answer: Many people think taking a once-a-day synthetic vitamin product makes up for the imbalances in the diet. As a result, they don't focus on improving their diet but rely on supplements that not only won't provide what is lacking from a diet, but can cause harm.

Another deception in the general public about supplements is the higher the dosage the healthier you will be and less you will have to depend on a healthy diet. Taking high dosage amounts of supplements is a grave misrepresentation of the true benefits. Many promoters of dietary supplements make the assumption that the nutrients in real foods equate to those in high-dosage or synthetic supplements. For example, people with diets rich in fruit and vegetables have a decreased chance of getting cancer, while supplements that try to mimic what's in food, such as beta carotene, do not have any anti-cancer effect (and actually just the opposite in smokers).

The main focus of good nutrition should be a better diet. When doing your best with diet isn't enough, supplements made from whole foods, are the next best thing, because they're made from the same foods you should normally eat, provide adequate levels of nutrient, and are safe.

Ultimately, I suggest you re-prioritize your life to provide yourself and your family with healthy meals because without a healthy diet you and your family will suffer health wise with their daily functions.

Quote of the week: *“Nothing astonishes men so much as common sense and plain dealing.”* – Ralph Waldo Emerson