

## What Health Supplements Can Do To Promote Health

There are many supplements that can be purchased and each has a different function to aid with health in the body and mind. These supplements can be vitamins, antioxidants, minerals, flavonoids and enzymes.

Natural health supplements and vitamins can be used not only to promote good health but also to combat things like allergies. They are also combatants against bone loss, the effects of aging and other health concerns. There are vitamins that are commonly heard of, and there are also supplements that are not as familiar, which also ensure health. Vitamins such as A, B, C and D are commonly found in things like milk and orange juice however most people do not get enough of them each day. This means their bodies do not have what they need to stay healthy and along with these vitamins there are also other supplements that help to ensure the body has what it needs like essential fatty acid and enzymes.

The meals that are eaten today do not have the amount of supplements required to keep the body naturally healthy. This is why these supplements help to ensure a naturally healthy body. The use of a daily vitamin can help the body, but it also does not offer everything one needs.

There are supplements that can assist with all types of health issues from controlling weight to helping memory.

There have been studies done on many supplements, antioxidants, minerals and enzymes and there is proof that many are beneficial in promoting a healthy body. Vitamin C is known to help during cold season and while it is not the cure for the common cold it can help the body to avoid colds and help to shorten them in length. Vitamin D is known for helping the body grow and become strong, just as vitamin B is known for helping the body cope with stress. Vitamin E helps the body by preventing inflammation; it has also been associated with protection from cancer and heart disease.

Then there are supplements that have herbal properties such as grape seeds that contain proanthocyanidins, which is an antioxidant that is up to fifty times more potent than vitamin C or E.

Vitamin B has also been proven to be one of the vitamins that help the body and unlike some other vitamins there is not one type of B vitamin but several. There is B 1 which is known as Thiamine, B 2 is known as Riboflavin, B 3 is Niacin, B 5 is known as Pantothenic, B 6 also known as Pyridoxine, B 7 is known as Biotin, B9 is Folic Acid and there is also B 12. The B vitamins are proven to relieve stress, heal acne, heart disease and are used in pre-natal vitamins.

Garlic is also known for its abilities to protect the body by preventing viruses, bacteria and fungi and it is also known to aid in reducing cholesterol and blood pressure.

Ginkgo has been proven to aid with memory and mental ability, because it helps by increasing blood flow to the brain and extremities that can occur from aging.

Milk Thistle extract promotes health in the liver this is because it contains silymarin that can help to prevent liver destruction. At the same time helps increase the liver to detoxify chemicals from the body.

Omega 3 is lacking in most diets and aids in the body by stopping inflammation and reduces allergies. It also aids in healthy function of cells that relate to the brain and nerves.

Calcium supplements for many years have been recommended for good bone health in women who during their mature years can be diagnosed with osteoporosis. While calcium can be put into the body by drinking milk this is not a high enough amount to protect against this disease. There is also evidence that calcium supplements can promote weight loss and decrease body fat in women.

There is evidence that some vitamins and other natural health compounds are absorbed and used more efficiently by the body when taken together. One of these is calcium; when it is taken with vitamin D and Magnesium it is absorbed into the body better and works more efficiently.

Calcium and Magnesium are both minerals and there are other minerals that help to promote a healthy body. Chloride, Phosphorus, Potassium and Sodium are other minerals that help the body. Minerals are one thing that the body can not make on its own and it can be found in some foods but not always in the amount that is needed to keep the body healthy.

There are also trace minerals that the body needs to have natural health, there are fifteen of these that can help to promote health in the body. These fifteen are Barium, Chromium, Cobalt, Copper, Fluoride, Iodine, Iron, Lithium, Manganese, Molybdenum, Nickel, Selenium, Tin, Vanadium and Zinc.

These trace minerals will usually be found in most daily supplements but may not be found in the amount the body needs for complete health. It is not all together unusual to find a person deficient in iron, manganese or zinc.

These are only a small amount of the natural health supplements that are available and for each health condition there are natural supplements that can be taken to combat poor health. There are natural supplement regiments that can fight the affects of aging, diseases like cancer and heart disease. Natural supplements have also been proven to be beneficial to the health of the body during pregnancy and during menopause. Certain supplements are also known for helping to diminish acne and other skin problems.

Putting natural supplements into the body is unlike taking medications in the respect that supplements are safe. They are often something that the body makes naturally that decreases at certain times of the twenty-four hour day or as the body begins to age. Many supplements can also be found in a proper diet, which is not always adhered to and for this reason supplements provide the needed nutrients.

### About the Author

Richard Williams is the owner of A1 Discount Vitamins. A1 Discount Vitamins offera wide selection of [discount supplements](#) and vitamins to help get you health or better yet, keep you health.

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