



Supplements – there is a great deal of controversy surrounding vitamins and supplements. As soon as one scientific study declares that a certain vitamin or supplement is good for you, another announces that it is detrimental. What can you do to make sure that you get what you need without danger of excess?

There are a few rules to follow when it comes to ingesting anything in concentrated form:

1. Avoid mega doses, especially of fat soluble vitamins such as Vitamins A, D, E and K. These may build up and create problems for you over time, as the body is overwhelmed with too much of what might be a good thing in smaller doses.
2. Be aware that scientific studies might be flawed – that there are many variables that might affect their outcome. A study that determines that a dose of a given vitamin is detrimental might have as much to do with other habits of the test subjects as the vitamin itself. Also, benefits from vitamins and supplements might be visible only after extended periods of time – well beyond the control periods of the studies.
3. Differentiate between vitamins – that might be present in your every day diet – and supplements, such as herbs, that might not be available at all in your normal every day diet. You might find better results from taking in what you cannot get through diet.
4. Be aware too of the power of the mind – if you believe that what you are ingesting will benefit you, it may well do exactly that, notwithstanding any scientific studies one way or another.
5. Finally, take anything with moderation – and build up slowly with a few supplements at a time, and monitor your health carefully, including through blood tests with a medical professional, to examine and analyze long term effects and benefits.