

THE TOP 5 VITAMINS I CANNOT LIVE WITHOUT

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I ran across an interesting post on a natural medicine web site today that asked: If you could only take 5 vitamins, what would they be?

This is a great question because there are so many beneficial supplements available to consumers, it would be all too easy to stuff yourself with dozens of vitamin capsules each day! If you are not a fan of gorging on pills and soft-caps, here is a list of my "Fab 5" supplements:

1. Multi Vitamin:

It's important to find a multi that comes from real food versus a synthetic pill. The food based vitamins will tend to absorb better. I also recommend that your multi contains green-based foods (ie. spirulina, chlorella, grasses), probiotics, and other "goodies" like inositol, CoQ10, ginger root, etc...

2. Omega-3 EFA (Essential Fatty Acids)

Omega-3's are called "essential" because our body cannot make it (it must be acquired through our diet). Omega-3's may be helpful for depression, asthma, internal inflammation, lowers bad cholesterol, decreases the risk of breast cancer, and reduces blood clot formation.

3. Garlic

I could write an entire post on the merits of garlic, but suffice it to say that this is one supplement I can't live without. A powerful antioxidant, garlic has been used for thousands of years to promote health and fight infections, viruses, and toxins.

4. Grape Seed Extract (GSE)

This is another awesome antioxidant (contains bioflavonoids), and thanks to recent research studies, GSE is becoming increasingly more popular. GSE may help decrease inflammation, improve cardiovascular health and circulation, and prevent varicose veins.

5. Milk Thistle

This is another supplement that has been around for thousands of years, and it has been shown to improve liver function (our main detoxifying organ), and protect the liver from toxins.