

Naturopathic News

Summer 2011



Why Do We Need Vitamin Supplements?

According to Canada's Food Guide, adults should be eating 7-10 servings of fruits & vegetables, 6-8 servings of grains, 2 servings of meat or its alternatives, 2 servings of milk or its alternatives, drinking 6-8 glasses of clean water, etc. How many of us actually eat this way on a daily basis?

For those of you that do, you're doing great. But, we live in a different time than our parents and grandparents. As our global population continues to soar, agriculture needs have skyrocketed. We need to produce lots of food, cheap food, fast.

As a result, our soil contains only basic components for growing crop, such as nitrogen, phosphorous, & potassium, but little or no essential minerals such as selenium, chromium, calcium, magnesium, iron, copper, iodine, molybdenum, zinc, cobalt, boron & vanadium.

We also need to consider that by the time food gets to our table, it's been picked, stored, frozen, canned, boxed, or otherwise processed, which also depletes its total nutrient value.

It's no wonder we are seeing more illnesses related to nutrient deficiencies such as thyroid dysfunction, high blood pressure, diabetes, high cholesterol, arthritis, osteoporosis, digestive complaints, and **more** despite great advancements in modern medicine.

Considering that our bodies endure these and many other stressors, we could certainly benefit from making choices that optimize our health. Talk to your Naturopathic Doctor about what's right for you.

"NOTHING IS MORE IMPORTANT THAN HEALTH"

This Season's Feature is: "Food For Thought"

- Consider organically grown meats and dairy to reduce antibiotic and hormone residue in our foods.
- Avoid pre-packaged foods.
- Reduce smoking, alcohol intake, and exercise regularly to promote circulation and metabolism.

**"Let food be
our medicine,
and medicine
be our food."**



Ask about
naturopathic alternatives
to preventing and treating
allergies this season.

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