

## **Vitamins & Minerals**

Vitamins and minerals, in general, are micronutrients that are necessary for life. They are necessary for the production of energy, a healthy immune system and hundreds of other functions in the body.

A vitamin pill is, of course, no substitute for a healthy diet. We believe a healthy diet is the best defense against illness. However, research has shown that most people could probably benefit from a multi-vitamin and mineral supplement. Supplementing our diet with a multivitamin may be more important today than it has ever been. With the mineral depletion of our soil by modern farming techniques and the many demands we face in our fast-paced world, maintaining a healthy diet is truly becoming a challenge.

But are you getting all the supplemental nutrition you need from your vitamin tablets? Not all multis are created equal. We should be aware of the absorbability, quality of ingredients, amounts of nutrients, and additives and fillers of the supplements we take.

We carry a variety of multi-vitamins designed for maximum function. Source of Life® has a perfect blend of vitamins, minerals, lipids, bioflavonoids, enzymes, plant pigments, amino acids, nucleic acids and herbs, combined to create powerful, synergistic effects that will result in a "Guaranteed Burst of Energy." All-One is a vitamin and mineral powder featuring over 50 vitamins, minerals, and amino acids. It's high in protein and antioxidants and is gluten and yeast free.

Bee pollen is a great choice for a vitamin & mineral. Considered by many to be nature's most complete food, bee pollen offers many vitamins, including the B complex, C, and E, many minerals, amino acids, and enzymes.

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## **More on Heart Health**

### **Fish and the Heart**

Need proof? A wealth of research supports fish oil's desirable effects, especially on heart health. While many people believe that heart disease is primarily a problem for men, women who have passed through menopause are just as susceptible to heart problems.

" [Our] findings suggest that all women, and most likely men, would benefit from regular fish intake," says Alice H. Lichtenstein, DSc, director of the Cardiovascular Nutrition Laboratory at Tufts University in Boston. "A tuna fish sandwich counts, as

does almost any other type of fish that is baked, broiled, grilled, or poached." But she points out that fried fish, which is often cooked in hydrogenated oils, is not helpful.

In research on more than 200 women, performed at the Jean Mayer US Department of Agriculture Human Nutrition Research Center on Aging at Tufts, scientists found that the arterial blockages among women who dined on fish were less (and impeded blood flow less) than in women who hardly ever ate seafood. Fish was especially helpful for women who had diabetes, a disease that makes you more prone to heart and circulation problems (American Journal of Clinical Nutrition 9/04).

These effects are important: Heart disease is the number one cause of death for women, and older women who suffer from diabetes are particularly susceptible. The number of people with diabetes has been increasing of late, mainly due to the fact that Americans are overweight. Right now about 18 million people have diabetes and another 20 million are expected to suffer this condition in the next four decades.

" This study shows that following the current guidelines of eating at least two servings of any type of fish per week slows down the progression of heart disease in women with coronary artery disease (CAD), especially those who were also diabetic," says Dr. Lichtenstein, coauthor of the study. "We further found that eating one or more servings per week of fish that is rich in omega-3 fatty acids, such as tuna or other dark-fleshed fish, is equally effective."

Dangerous disruptions in heartbeat, known as arrhythmias, may also be affected by fish oil. "[E]xperiments show that fatty acids from omega-3 fish oils are stored in the cell membranes of heart cells and can prevent sudden cardiac death or fatal arrhythmias," notes Alexander Leaf, MD, medical researcher and professor at Harvard University.