

Choosing the Right Supplements

The key here is, it's better to pay a little more for something than to pay anything for nothing. Avoid wasting your money on inferior products sold on T.V. One of my standing jokes is if they are selling it on T.V., don't buy it. You never see a broccoli commercial on television, do you? The good stuff sells itself. The same thing goes for commercial health food stores, and chain store pharmacies and their poor-quality fake vitamins. Learn how to detect tall tale signs of parts is parts vitamins, also known as vitomeres or isolates. These are not natural products even if they are produced from natural substances, like coal tar as are most Vitamin B complexes. Since they are not of the same structure as are foods in nature, the body often cannot utilize them and may even become depleted of other essential nutrients trying to utilize synthetic vitamin substitutes. Synthetic vitamins are chemically different and inferior to natural mixtures found in organic vitamins which always contain synergistic mineral counterparts. So once again, the sad truth is that most of the popular vitamins sold on TV claim that one a day is all you need or come in a gummy form, so you don't have to swallow them are too good to be true. Same for most sold at popular pharmacies and health food stores, they are synthetic vitamins or vitomeres and isolates.

Here is how to read a label, what to look for in a good vitamin, and what to avoid in suboptimal vitomeres and isolates. Start with organically based whole food supplements whenever possible, as these set the industrial standards for authenticity and potency. Look for these tall tale signs of insufficiencies when reading supplement labels:

- **Calcium**—As calcium carbonate—this is limestone. You might as well lick a rock. Calcium must be ionized to be functional in the body which this is not and is far from it. Calcium carbonate=metal-based vitamin and is not good.
- **Magnesium Oxide**—Oxide, again is metal based which means the body cannot break it down, therefore it cannot be used. These are the kind of supplements that upset most people's stomachs.
- **Vitamin C**—“Sold as Ascorbic Acid”—No...Run! This is not a vitamin; it is only 5% of the Vitamin C complex. You cannot sell someone a tire and call it a car. Nothing in nature comes in 500mg or 1,000mg. This means it is not natural. It won't even fight off the common cold, because it is only the antioxidant component of Vitamin C.
- **Vitamin E**—Sold as Alpha-tocopherol or D-Alpha. Again...No! Just return it. It is a synthetic isolate, or vitomere, much like Vitamin C's Ascorbic Acid. It is the antioxidant portion of the vitamin only. It is void of all the other tocopherols and other constituents like Selenium that make up the whole vitamin as it is found in nature. Sold as an isolate like this, as it most often is, can lead to sterility issues.
- **Glucosamine**—Sold as Glucosamine HCl. Again, in an isolate look for your glucosamine in sulfate form, it is the sulfur component that contains the medicinal properties.

These are a few signs of synthetic vitamins and isolates, or fractions of vitamin compounds. These isolates' function more like a drug in the body and will often deplete nutrients from the body. Organic vitamins contain minerals. Organic minerals contain vitamins. This is the way nature works. You are a gift of nature, so it only makes sense that this is the way your body works.