



## *Nutrition and Supplementation*

- Dr. Justin Schaefer

Having a good diet may not be enough to supply the body with the proper nutrition, or at least not the optimum level of nutrition, your body needs to perform at its best. With constant farming and cultivation of crops in the same fields over hundreds of years, without proper crop rotation and fertilization, our soils have become deficient in many micro and macronutrients. These minerals are an essential part of our growth, development, health and wellbeing. One of the most underprovided minerals is selenium, a non-metal that has been depleted by up to 95% in our soil and consequently the American diet. Selenium, along with chromium, another important yet exhausted mineral, is responsible for proper thyroid function. Without selenium, and chromium the thyroid improperly synthesizes hormones that are crucial for proper body function. These hormones are responsible for things such as weight control, metabolism, bone density and growth, mental function, immune system regulation, and energy/fatigue.

Not only are we missing these important elements in our diet, but a significant portion of the population does not supplement their diet with any sort of vitamin regimen. Vitamin supplementation is the only way to make up for the inadequate amounts of nutrients in the food we eat. A proper vitamin taken twice a day can reduce the risk of disease, infection, weight gain, fatigue, and countless other symptoms that have become a chronic condition of the American lifestyle. We eat fatty, unhealthy food, drink over-caffeinated coffee and soda loaded with sugar and artificial flavor. We spend more and more time in a sedentary position, at a desk, watching television on the couch, not getting the proper exercise and rest our body needs. On top of all of this is a tendency toward finding a “medicinal” fix to the problems we encounter. It seems everyone wants a pill to solve their problems, when they could simply have been a little more proactive and avoided the problem in the first place. One of the largest reasons for our country’s abysmal health care ranking (33<sup>rd</sup> in the world) is our nation’s lack of self-accountability. With a more proactive view and lifestyle, health care would be far less strained from the avoidable issues such as obesity and concomitant type 2 diabetes, heart disease, lung cancer and smoking, along with countless others.

A healthy lifestyle doesn’t happen overnight, but it can begin tomorrow. Little steps add up over time to giant leaps towards the vigor and condition we should all strive for. Start small, such as a multivitamin every morning. Then move on to increasing fruits and decreasing sweets. Eventually you might find yourself healthy and happy with the way you look and feel, getting sick less often, having more energy, in a positive mood more often, and overall enjoying life and vitality to the fullest! Arrange for a consult with Dr. Schaefer today to discuss your specific dietary and supplementation needs!

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