Most people think they need a multiple vitamin… in fact most doctors RECOMMEND that you do… I’m here to challenge that … In fact, I’m here to say DON’T!

But…you ask… WHY can’t I just take a good multiple vitamin?

Well… the answer is not exactly simple, so I will give just a few examples…

What do we know? We know that vitamins and minerals interact with each other and we know that vitamins and minerals are absolutely essential for good health.... but randomly taken they may not actually be helpful at all.

**In fact, taking random supplements can actually be HARMFUL… Take heed…**

Let’s learn more:

Take zinc for example. We think we should take it to boost our immunity… and it is wonderful for immunity. But zinc antagonizes Vitamin D. So that means taking zinc can create a disturbance or imbalance in your Vitamin D levels. Obviously, this can’t be good!

To little Vitamin D, creates poor conditions for Calcium absorption….

Too much Vitamin C can create copper deficiency and then iron builds up in the body…

Yikes! It does not end here… There is so much more I can share!

Too much of something can create as much metabolic chaos as too little… in fact, I’d venture to say that too much of a nutrient causes far more issues than undernutrition…

Do you see why it’s just not wise to simply take a multiple vitamin or increase one mineral or one vitamin without knowing ALL your other levels? ***You really only put yourself at risk for additional mineral imbalances – which takes you that much farther from optimal health and well-being…***

This is why I truly believe in a TEST!!! DON’T GUESS approach to health.

***Wondering what the BEST way to test is?***

***Ask me about HTMA! Hair Tissue Mineral Analysis is so easy to collect and so wonderful and specific in allowing you to know HOW to change your diet AND your supplements to achieve body balance … when the body is in balance, everything is better – your ability to think, learn, recover, grow and speak… Reduce your body burden by getting your minerals right and you will be amazed at how things change and improve! I can not emphasize this enough!***