



# **Wellness Update February 2016**

**by Susan Hanly – Naturopath**

## **Which Multivitamin is Right For You?**

### **Personalise Your Wellness Strategy**

In today's modern world even those of you who eat a healthy diet may not be meeting your nutritional needs due to declining soil quality combined with modern food processing and cooking methods. This means that many Australians may be nutrient deficient, which inevitably leads to less than optimal health. When it comes to nutrition, there is no 'one size fits all' solution as everyone is unique and you will also have different nutritional needs at different life stages. Therefore, taking a multivitamin that is tailored to meet your specific nutritional needs is an important strategy for optimising your overall health, and helping you to get the most out of life.

### **Nourish Your Body and Stress Less**

Juggling busy schedules, work demands and family responsibilities can really take its toll on your wellbeing. When you are under the pump, your need for nutrients increases in order to cope with these demands. However, when run off your feet or feeling the stress it is not uncommon for healthy eating practices to go out the window, precisely when they are needed the most! Choosing a multivitamin that is high in B vitamins and essential nutrients such as magnesium will help nourish and support healthy nervous system function and minimise the impact of life's unavoidable stressors on your body. I can recommend a formula that contains therapeutic levels of B vitamins along with a range of nutrients including magnesium. Having a good nutritional foundation will help you maintain healthy energy levels and get you through your busy days.

### **Good Nutrition = Happy Hormones**

Covering your nutritional bases to offset the effects of a modern lifestyle applies to everyone. However, when it comes to supporting hormonal health, men and women have quite specific and unique nutritional requirements. For men, look for a formula with high levels of zinc – an important nutrient for male hormonal balance and prostate health. In addition, herbal ingredients such as milk thistle can help protect your liver from the effects of any weekend overindulgences. For the ladies, put your multivitamin to work by choosing one that not only

meets the nutritional requirements specific to women but also supports healthy hormone balance. An ideal choice would be a formula that contains bisglycinate forms of both magnesium and iron for easy absorption. Magnesium can help you to relax and sleep soundly, whilst low iron is not uncommon in women of reproductive age, making this an important consideration. In addition, look for broccoli sprouts and folic acid, along with vitamins B6 and B12 – as all help to support female hormone metabolism and reduce common menstrual issues such as cramping and premenstrual syndrome. Speak to me today for a well-rounded multivitamin and mineral formula to meet your needs.

### **Enjoy the Prime of Your Life**

There is no need to let age slow you down! With attention to good nutrition, it is possible to enjoy great health at all stages of life and avoid some of the common complaints experienced by more chronologically advanced citizens. As you age, your cells can become damaged due to increasing levels of oxidative stress. Focussing on powerful antioxidants such as green tea and grape seed extract helps to keep your cells healthy and reduce the impact of the ageing process. In addition, vitamin D is a nutrient particularly important to mature folks for its role in maintaining strong bones, a healthy heart and helping reduce the risk of infections. By focussing on good foundational nutrition and adding in some specific antioxidant support, you can help yourself to feel more vital and give yourself the energy you need to keep up with your grandkids.

### **Super-Charge Your Nutrition**

If you think your 'healthy diet' is sufficient to tick off all your nutritional boxes – then it may be time to reassess this with my help. In today's modern world, including a personalised multivitamin that is specific to your needs and life stage helps form an important nutritional strategy for lifelong health and wellbeing.

***Talk to me today!***

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