

WHAT'S UP DOC PETE?

Finally, the last in the series we began in 2006, Habits for Healthy Aging, is a discussion of nutritional supplements.



Peter J. Muran, MD

The ideal way to get the nutrition we need is first, through the food eat. This is the way our body has worked for eons and it is the pathway best understood by the body. So, why do we need nutritional supplements? Here are a few of the reasons:

- Many people lack the digestive enzymes and hydrochloric acid in the digestive system to achieve proper breakdown of the food they eat.
- Nationally, and globally, the soils that produce our food are depleted of the elements necessary to produce food that is as complete as the foods produced prior to 1950.
- Today's fast paced, fast food lifestyle, only adds to satisfying our appetite with foods that are not only void of nutrition, but taxing on the nutritional stores we have in our body.
- Pesticides, insecticides, hormones, etc. pollute our food and the water used to irrigate our fields.

Selecting food from an organic source and proper supplementation can be one of the most beneficial ways to improving health and restoring vitality. Proper supplementation begins with figuring out what supplements to take. Consulting a nutritionist that can evaluate your diet against your health needs is a good place to start. I have seen many people who are taking large amounts of supplements just because they heard they were good for something. Professional evaluation frequently results in reducing the number of supplements and the amount of money being spent.

Proper supplementation includes purchasing supplements from a reliable manufacturer that derives the nutritional elements from a natural food source that is free of pollutants. Cheaper is not always best, and most expensive does not always equal better. Talking to knowledgeable people, who have no vested interest in any one product line, will help you through this selection maize.

A key concept to healthy aging is that proper supplementation along with balanced organic eating and exercise will control aging and prolong vitality.

Quantum Health, KVEC, 920am, Saturday, 1:00, Guest, Rev. Christopher Diltz will discuss his exceptional insight into "Healing with your Angels".



Peter J. Muran, MD
Board Certified in Holistic Medicine

1405 Garden Street
San Luis Obispo
805-548-0987

Email your question through
www.longevityhealthcare.com