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How to Avoid Damaging Your Health With the Wrong Multivitamin

(Your Voucher for a Free Vitamin and Supplement Check-Up is at end of this article.)

Why do I need to take vitamins? I eat ok!

A comparison of Australian-grown fruit and vegetables in 1948 and 1991 by the CSIRO, showed a startling drop in the nutritional value of most of the foods. (The level of Vitamin A in carrots dropped by a whopping 99.96 %!) How a food tastes can often indicate how nutritious it is. There are some foods that I love to eat when I am overseas because they taste great, but I don't eat them in Australia because they are so bland and tasteless in comparison.

As Australian farming soils become more depleted of nutrients, and with many foods kept in storage longer before being sold, or picked green and artificially ripened, this trend is likely to continue. (Some genetically modified fruits and vegetables may also be designed to grow faster but not contain as many nutrients.) Plus cooking food destroys most of the nutrients in it.

Stress, illness, increased physical activity, pollution, coffee and tea, medications, and many other factors all increase our nutritional requirements. Very few people eat all the right foods all the time, or have the perfect lifestyle.

Without eating foods grown organically in good quality soils, it is virtually impossible for us to get the correct level of nutrients we need from our diet alone. A good quality multivitamin and mineral supplement is necessary to keep our bodies in a state of good long-term health.

You know when you're tired and you feel lousy, you're in pain, or you have a health problem that just won't go away? Imagine bouncing out of bed in the morning, feeling on top of the world and thinking what a great day it is!

To get your free 1 hr Health Assessment (valued at \$120), to find out how good you can really feel, please go to www.cntc.com.au, or call us on **3376 6911**.

"My life is so much better now!"

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Ok, then can't I buy any multivitamin? They're probably all the same.

Let's take a look at why all multivitamins are *not* created equal. Some may in fact, negatively impact your health in such a way they should be flushed down the toilet.

If you buy a cheap multivitamin, you may be seriously short-changing yourself because those products typically use cheap synthetic isolates. You see, isolated vitamins are *partial* vitamins, combined with other chemicals. They're a low-end alternative to the real thing. When you remove a part from the whole, you get 'synthetic,' 'isolated,' or 'fractionated' pieces of the whole, but it's simply not the same.

There are three problems with synthetic vitamins...

1. Your body only absorbs a small percentage of an isolate form of vitamins and minerals - and it uses even less.
2. Synthetic formulas will often give you massive quantities of some nutrients (usually the most inexpensive ones) and insufficient quantities of others, and so not a proper balance.
3. You can experience side effects of synthetic isolates from the additives and the unnatural state of the synthetic supplement.

Some experts say that you should avoid synthetic isolates like the plague.

On the other hand, manufacturers of high quality supplements try to make sure that

- There is the right amount of each nutrient for ideal health. The minerals included are very important, as vitamins won't work without minerals!
- The balance is right between all the nutrients; for example, all calcium supplements should have magnesium added at the ratio of 2 parts calcium to 1 part of magnesium
- That the nutrients in their formula are as easily absorbed and used by the body as possible. This is especially important with minerals such as calcium and iron. Often 'co-factors' need to be added to a formula, otherwise the body can't use the nutrients properly.
- Some minerals compete with others for absorption in the body, so they are careful to get the balance right. Otherwise you may become deficient in a particular mineral, even though there is plenty in the supplement!
- Fish oils need special care, as they oxidise or go 'off' very easily. If this happens, they can actually damage the body, and cause inflammation in many areas. High quality manufacturers will include vitamin E or other anti-oxidants in their oils to prevent this happening. They will also ensure that there are negligible levels of mercury and other heavy metals in their oils.

Australians spend more than half a billion dollars a year on vitamin and mineral supplements, and the majority of products they are purchasing are a waste of money. You want to be sure that your vitamins are making a real and significant contribution to your health instead of damaging it.

Then how do I get hold of a good multivitamin?

Our policy is that we will only stock the products that will get the best results for you. [Tresos*B PluSe](#) is a high potency multivitamin and mineral supplement, and it is said that this is the product that the majority of naturopaths take for themselves. It includes Selenium, which is a powerful antioxidant, known for its cancer-prevention properties, and is rare in most formulas. Because Tresos*B can increase your energy, it is best not to take it at night, otherwise it may be harder to get to sleep. Because Tresos*B is a practitioner range, it is only available from a registered practitioner or a clinic such as ours.

Gift Voucher

This voucher entitles the bearer to a

Free Vitamin and Supplement Check-up

With Naturopath Ainsley Cherry
(valued at \$40.00)

at Centenary Natural Therapies Clinic

Please phone **3376 6911** for an appointment.

*valid only for 28 days

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