

Vitamin Supplements . . .

Why Take Them?

by Dr. David C. Kolbaba

Nutrient supplements can be considered to be any concentrated therapeutic food, mineral or plant element found to have therapeutic value for your body. You really are and become “what you eat”. A nutrient can be considered a food, vitamin, herb, supplement, tincture, chinese botanical, decoction or homeopathic remedy, just to name a few. The purpose or reason for taking these nutrient based products can be varied, yet most important and critical for your good health.

What is the rationale for taking nutrient based products? As you consider the nutrient supplements you are currently taking, make sure that you understand how they “fit into your life”. Knowing this rationale, you can be sure that the supplements you are now taking are the right ones for you, keeping your current health condition/goals in mind. It will provide you with a greater sense of confidence in what will serve your best nutritional needs. Make sure that you are convinced of the high quality of your product choices. Take care to understand completely, the therapeutic results you can expect, and be sure to watch for them happening for you!

Why do you need to take vitamin supplements anyway? How can you understand the context of your nutrient supplement and vitamin use? How much is enough, and for how long? Can you clarify for yourself a strategy to determine your own individualized nutritional needs? The answer is “yes” and here are some options.

CLASS I Supplements For IMMUNITY & REPAIR

Nutrient supplements of this classification are taken when help is needed in the process of general healing. You have to be prepared when any injury occurs or infection comes in contact with you. These **CLASS I** supplements help ramp up your immune defense system when you’re surrounded by people with infections. They help guard your body against injuries that stem from overexertion. They’re also helpful in slowing down the degenerative process associated with aging and lowers chronic inflammation related to those “old” painful injuries.

“I Have To Take Them”

BEST TAKEN FOR:

- **Infection**
- **Exposed to infection**
- **When injured**
 - * **Recent Injury**
 - * **Old Injury**

CLASS II Supplements

YOUR FAMILY TREE and PREVENTATIVE CARE

Nutrient supplements of this classification are taken for benefits well understood by those who utilize them. A family predisposition to disease, current health weaknesses or other health issues stemming from poor lifestyle habits is what motivates the user of these **CLASS II** products. To be sure, some of them are utilized because “*I just feel better when I take them*”. These “*life long*” “*live long*” products are passionately taken over the long course of time, perhaps a lifetime.

“I Want to Take Them”

BEST TAKEN FOR:

- **Lifestyle enhancement**
- **Predisposition to**
“**Health Issues**”
 - **Habit**
- **“It just feels right” . . .**
 - * **“I’ll probably always take it”**

CLASS III Supplements

DOCUMENTED PROOF

Nutrient supplements of this classification are prescribed based upon test results that prove they are needed. For optimal understanding, progressive testing at regular intervals serves to give the required information and personal feedback vital to each person’s health status. Current successes and future personal needs will be determined by documented evidence. Feedback is the key! It also serves as leverage behind the motive for using these healthy products more effectively. More predictable and favorable outcomes are addressed in this **CLASS III** category of nutrient supplements.

“I Need to Take Them”

BASED ON RESULTS OF:

- **Lab work**
- **Questionnaires**
- **Charting**
- **Progressive Testing**