



Vitamins and Happiness



Feeling good through vitamins and minerals



As you would have heard many times over, you need to make sure you include plenty of fruit and vegetables in your diet. The main reason health professionals recommend this is to help you feel more energetic, happy and healthy due to an increase in vitamins and minerals that certain vegetables and fruits provide. For instance, kiwi fruit, oranges and grapefruits are a great source of vitamin C, broccoli is a great source of vitamin A, vitamin E and calcium and bananas are great sources of vitamin B6. Eating a balanced diet is the best way to absorb all these nutrients. Green leafy vegetables are a great source of folate, vitamin A, vitamin C, vitamin E and Vitamin K.

If you are ever deficient in iron, try increasing your protein consumption. When iron levels are low you can feel tired and weak. Most women who are still menstruating are generally recommended by doctors to consume 2 servings of red meat per week. If you are a vegetarian, iron supplements are a must, however, you need to consider that meat is the best and most efficient source of iron for women and you should talk to a dietician, doctor or naturopath on a regular basis to ensure that you are not iron deficient.

Protein is expensive, however, you can reduce the cost by purchasing meat from your local butcher. It's better to consume good quality lean meat once a week, than to consume fatty cheap meats on a regular basis.

Although ideally you would eat the appropriate amounts of vitamins and minerals each week through the foods we consume, realistically, we don't always have the foresight to have fresh fruits and vegetables at hand when we're hungry, or the time to prepare a meal with the necessary ingredients. When your diet is inadequate you may like to try the following vitamins (however always consult your doctor before commencing with new vitamins as they interfere with other medication you are currently taking or your current mental or physical condition):

- 1) L-tyrosine – natural amino acid which is great to regulate your mood
- 2) Zinc – good for the health of the immune system and particularly important for males
- 3) Echinacea – good to reduce the likelihood of a cold coming on and to reduce the length of a cold (however, research is still inconclusive about the full impact of taking echinacea)
- 4) Executive B (stress formula) – good to assist when stress levels are very high
- 5) Evening Primrose Oil - excellent for PMT symptoms

Health food store staff can give you more advice when you have a specific requirement, so don't be too shy to ask for help.

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