

General Health Men

Studies show that a high percentage of adults and children in the United States and other developed countries eat less than the minimum daily allowance of 10 or more essential nutrients. Adequate amounts and proper balance of these nutrients are needed for maintaining good health. These nutrients are also important for the dietary management of the body's structure and optimum functioning of its various systems. In 2002, *JAMA (Journal of the American Medical Association)*, one of the most highly respected medical doctor journals in the world, said "it appears prudent for all adults to take vitamin supplements." Vitamins and minerals are essential for the health and well-being of our entire body. A deficiency of these nutrients can lead to serious health concerns. Many people who eat healthy diets can benefit from vitamin supplements, as the foods they eat may not contain enough of the nutrients needed.

As we get older, our need for nutrients increases, making vitamin supplementation even more important.

Vitamins

Ultra Daily Pack for Men is a comprehensive dietary supplementation program in two daily packets. All components use only the purest, most hypoallergenic ingredients and contain no yeast, corn, wheat, sugar or other sweeteners, artificial flavors, colors or preservatives.

Children's Essentials (Ages 4-10) is a great tasting, chewable multiple vitamin-mineral-trace element supplement designed for children ages four and up. The unique teddy bear shaped chewable tablets provide 28 vitamins, minerals and trace elements in bioavailable forms and nutritionally meaningful amounts.

Adolescents Essentials (Ages 10-17) is unique vitamin-mineral trace element supplement designed for children ages ten and up. The easy-to-swallow, smaller capsules provide over 30 vitamins, minerals, trace elements and other nutrients in bioavailable forms and nutritionally meaningful amounts.

Vitamin C 500mg twice daily - immune booster

Vitamin D2 2,000 IU daily - bone health and muscle strength

B vitamin complex - energy and immune booster, look for liquid, not a tablet

Supplements

Vision Health Support - provides a comprehensive and potent combination of the antioxidant nutrients that research has found to be important to maintaining healthy eye function.

Adrenal Power Powder - At times of high stress, replacing lost minerals and vitamins can help the adrenal glands produce less stress hormones. This refresher helps to support natural adrenal function in exhausted states.

Golden Flaxseed - 1-2 tbsp a day ground up and placed on top of your food. Ground golden flaxseed is effective in lessening hot flashes and flushes as well as depression and fatigue.

Aspirin 81mg over the age of 50 for cardiovascular health

Nutrition

Mediterranean Diet

A diet rich in fruits, vegetables, whole grains, nuts, beans, seeds and lean meats provides thousands of micronutrients, antioxidants, vitamins, and minerals that can help protect against cancer, heart disease, and Alzheimer's disease, among other conditions. There are many factors in the Mediterranean diet that cannot be replaced with supplements, such as, monounsaturated fats found in avocado, fish, canola and olive oils are anti-inflammatory and fight disease on the cellular level.

According to a study published in the New England Journal of Medicine in 2003, it may not be the olive oil itself, but the synergy between all the foods that leads to the health benefits. It is now known that the Mediterranean diet's protective effect against obesity and type 2 diabetes is likely due its high proportions of plant foods, fish, and olive oil, along with a moderate consumption of alcohol.

Exercise:

Muscle cells contain an enzyme called aromatase that can produce testosterone from other sex hormones. Getting at least 30min of physical activity every day. If you don't like to sweat, that's okay, the gentle stretches and postures of yoga are just as effective as a more strenuous workout.

Keep yourself well hydrated. So drink plenty of water and juices throughout the day, at least eight 1 gallon of noncaffeinated fluids a day.

Relaxation Therapies:

Deep relaxation can take the stress out of your day. No matter which relaxation techniques you prefer, you get the best results with daily practice, thirty minutes a day is ideal, but even 10 minutes a day helps.

Enjoy sex, 1-2 times a week increase oxytocin which is a natural self-producing calming hormone.

Brain Calm (GABA) is designed to help the brain maintain harmony and provide a calmer state

Any or all of the above supplement can give you an increase sense of well-being.

