



Photo compliments of Gene's Health Food

The 5 Supplements you may be overlooking

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the placebo taking group. There's also a lot of new research coming out about zinc and macular degeneration. ALA or Alpha Lipoic Acid- Your body naturally produces glutathione, but it reduces with age. ALA is a precursor for glutathione. Which is important as it's essential in reducing oxidative stress. According to a Mayo Clinic study reducing oxidative stress will reduce the pain and progression of diabetic neuropathy.

Curcumin- This is the active component in the root turmeric, it reduces inflammation of all kinds (works better if it contains black pepper for better absorption). There are numerous small studies about curcumin and it's positive effect on gene expression and replication. Many of those studies show results in reduction of tumor growth in many types of cancers.

Proteolytic Enzyme- As we age we produce less of our own enzymes. Enzymes break down what they come in contact with. Aiding everything from the break down of food to the break down of proteins like scar tissue around your

joints. When I asked Andrew Keller of Gene's Health Food in Owensboro. He says this "they're the reason you don't scar as much when your younger. The body, in effect, 'rations' it out as you get older. It's why old injuries come back to haunt you as you get older. Your enzyme production has reduced, there by, allowing for the continued production of scar tissue, which in turn causes pain. Pre 1900's we died of infection, now we die from inflammation".

Magnesium- is one of those minerals that is reduced greatly by certain medications. Since its responsible for over 300 biochemical body functions, and a cofactors for 1000 of others, it's important to maintain good levels. Constipation, sleep, reduction of leg cramps, and the formation and maintenance of bones are all positively impacted by proper magnesium levels. But it's really just the tip of the iceberg. In my opinion, if it were only one thing to add to your daily regimen, this would be it. Sandra is a Holistic Nutrition Coach. She has been featured in Fit Yoga, instyle.com, Gotham and Kentucky Bride.

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