

Food Expert And Author Jonny Bowden Explains Nutritional Supplements

This interview is an excerpt from Kevin Gianni's Renegade Roundtable, which can be found at <http://www.RenegadeRoundtable.com>. In this excerpt, Jonny Bowden shares on nutritional supplements.

Renegade Water Secrets with Jonny Bowden, is a board certified nutritionist, personal trainer, motivational speaker, and author of: Living the Low-Carb Life: Choosing the Diet that's Right for You, The 150 Healthiest Foods on Earth: The Surprisingly Unbiased Truth about What You Should Eat and Why and his most recent book is The Most Effective Natural Cures on Earth: The Surprising Unbiased Truth about What Treatments Work and Why.

Kevin: There are so many supplements today to choose from. The costs can be high and I don't know if they work. If you're on a budget, what are the bare-bones supplements that you think that people should really be concerned about or should be using?

Jonny: If I had to pick one, if you put a gun to my head and I had to pick one supplement that would have the broadest-based shotgun approach to health that does the most things for the most people and that most people are lacking in it would have to be fish oil. Even a multiple vitamin, a lot of people on this call are eating really great. They're eating a lot of raw foods. They're getting enzymes and they're eating yogurt or other naturally fermented foods and they're getting some probiotics. Let's assume they're getting a ton of vitamins from their vegetables and fruits, although most people are lacking in some of them, but if you could only take one the omega threes just have the widest range of health benefits and are most needed by most people. So that would be my number one with a bullet.

There are others down the list. Certainly, multivitamins, magnesium. 75% of magnesium is getting a less than optimal level of magnesium. Probiotics are a good one. Digestive enzymes. There are a lot of different things and then of course, you get into the different health conditions and the different things and different challenges that different people have. If there are some heart issues or anything to do with -- if anybody's on a statin medication to lower cholesterol and that's a whole other discussion, but if you are on one of there's not even a doubt, you should be on co-enzyme Q10 supplementation. Absolutely 100% and if your doctor tells you otherwise change doctors. Statin drugs seriously deplete co-enzyme Q10. It's a vital nutrient for the heart. If you're on a Statin medication co-enzyme Q10 is at the top of the list.

For energy depletion there's all sorts of different things. If people have blood sugar issues and I talk about all of this in The Most Effective Natural Cures on Earth. Different natural prescriptions for supporting your health with different kinds of conditions and not necessarily curing a condition, but supporting your health and maybe being able to reduce medication or maybe being able to put something into remission or reduce the number of outbreaks of asthma attacks or acne or any of these different things. That can be helped by different dietary supplement strategies, but again, go back to what is the one thing that people on a budget, one thing that they can take. That said, I would have to say fish oil.

Kevin: Any specific supplements for women?

Jonny: Well, certainly fish oil again, because that's something both sexes need. If someone is pregnant, I think that's number one with a bullet, because the developing fetus again, the brain is 60% by weight fat and most of that fat is DHA. So again, this is vitally important. I think folic acid is particularly important. It's important for men and for women. I'm not one of those people who think that there's a vast difference in what men and women need. There are some things like iron that men just shouldn't be taking, but folic acid, if you're of pregnancy age or whether you're intending to get pregnant or not of pregnancy age you should be taking folic acid absolutely every day. If you drink, you should be taking folic acid every day. So this is another supplement that just has wonderful benefits in a myriad of ways, but certainly any one of pregnancy age should be taking that.

Then beyond that I think calcium, magnesium. I think we been oversold about how much calcium we need to take. I think that's a whole different discussion, but I don't think we need nearly as much calcium as we've been told. What we need to do is stop eating things that remove calcium from our system and then we wouldn't need to take so much of it.

I'm more concerned that people aren't getting enough magnesium. I think vitamin D is going to be the unsung nutrient hero of this decade. We're just now seeing how low the recommendation has been compared to the value that this vitamin has and how much of the vitamin D deficiency epidemic we have in this country and how vitally important that is for health on many different levels. It has anti-cancer activity.

I was just interviewing for my radio show yesterday, the author of the book called The Blue Zones, which is what he did for National Geographic Explorer and he found four areas in the world: Sardinia, Okinawa, a remote peninsula in Costa Rica and the Loma Linda area of California, where the Seventh-day Adventists live. He found these four areas in the world that they called the blue zones, where people live to be a hundred they live in

fantastic health. They have energy. There are people that are over a hundred years old that are tilling the fields. These pockets of long-lived healthy existence and they went and he investigated to see with the people might have in common. All of them live in sunny climates. All of them were getting a lot of vitamin D. Now there are a lot of things that they have in common, as well; very high plant-based diets, for example, a lot of activity and a lot of connections to other people. All of that stuff, but one of the central things was the vitamin D connection. So I think that's a vitamin that almost everyone can benefit from, from taking more. We don't do nearly enough with that. We get this ridiculous low RDA of 400 IUs a day is waste. It's laughably low. That would be another one that we could benefit by.

Kevin: Why did you say men shouldn't be taking iron supplements?

Jonny: Because we have no way of getting rid of iron. Menstruating women have a monthly cycle in which they lose blood and therefore, can get rid of some of the iron that accumulates in their bodies. Iron is very toxic to the body when it accumulates. So if you're menstruating you have a way of getting rid of it. If you're not menstruating, if you're a postmenopausal woman or a man you shouldn't be taking iron, because it gets into the system and it absolutely can oxidize. It can be a component of -- there's just a lot of connections to heart disease and all kinds of other things. You don't want accumulated iron in the body. So I would say that for any man, a multivitamin without iron and for any postmenopausal woman a multivitamin without iron.

To read the rest of this transcript for free as well as access a full archive of information by health experts on abundance, optimum health, and longevity just like Jonny Bowden, please visit <http://www.renegadehealth.com/inner-circle.php> for a free 30 day trial.

About the Author

To read the rest of this transcript as well as access The Renegade Roundtable experts just like Jonny Bowden please [click here!](#) Kevin Gianni is an internationally recognized health advocate, author & film consultant. He has helped thousands of people take control of their own health naturally. For more information visit [raw food diets and holistic nutrition](#).

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