



Free Vitamin and Supplement Report For Individuals Seeking The Perfect Vitamin Supplements For Optimum Health:

How To Find The Perfect Vitamin Supplement For Your Unique Body (based on a report by chemist, John Kitkoski, called “Biochemical Individual Nutritional Supplementation”)

Consumers are being bombarded with advertising, medical studies and word-of-mouth wisdom about vitamins and mineral supplements. Almost every week a new scientific study proclaims the virtues of vitamin this or that.

Should You Listen To The RDAs For Vitamins and Supplements?

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RDAs are “Grossly Oversimplified” For Vitamins and Supplements

RDA’s are also used to set standards in many programs, like public school lunches and Meals on Wheels. But many nutritional scientists consider them to be out of sync with the needs of many Americans. At least partly in response, the Food and Nutrition Board is currently working on RDA revisions. The RDA takes the stand of the mythical “average” that was created from a lot of scientific and mathematical “averages” computed from a group of people somewhere on the planet. Averages have become grossly oversimplified, where fixed but arbitrary set points have been established for a variety of factors.

So, many consumers today take vitamins and minerals in amounts that far exceed the recommended doses to prevent chronic illnesses, like heart disease, and they rarely have reliable sources for direction.

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Can You Really Get The Nutrition You Need Without Taking A Vitamin or Supplement?

The fact is food alone cannot supply some nutrients in amounts sufficient to prevent disease. For example, vitamin E at levels considerably higher than the current RDA has been linked by a number of researchers with the prevention of heart disease and improved immune function.

Calcium-fortified orange juice, Vitamin-enhanced waters, Fortified cereals and energy bars. Everywhere you turn, new products are showing up on supermarket shelves touting added vitamins and minerals.

If you already take a multi-vitamin and mineral tablet, add a calcium or vitamin E supplement on top of that, and eat a few fortified food products along with a fairly healthy diet, you are now out of balance with too many vitamins and minerals.

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Is More Really Better When It Comes To Taking Vitamins and Supplements?

Americans tend to think that more is better, or that if it’s natural, it can’t harm you, and that is particularly true when it comes to vitamins and minerals. But that’s not always the case. Some people habitually overdo it with vitamins and minerals and suffer the consequences.

Professional athletes frequently go beyond recommendations for vitamins and minerals in an effort to boost performance.

We add vitamins A and D to milk, B vitamins and folic acid to grain products. These are public health approaches that underwent a lot of scrutiny because people are quite simply not getting enough through their typical diet and because of that are at risk for deficiencies (Vitamin Deficiency).

The National Academy of Sciences has determined upper limits for most vitamins and minerals. This is the maximum – not the recommended – amount people can safely take without ill side effects. The recommended dietary allowance (RDA) is the minimum amount of vitamins and minerals you should

strive to get each day – preferably through food but supplements as well, if needed. And research has shown that the RDA is not necessarily the optimal amount. Many researchers believe that the amounts for certain vitamins and minerals – such as the antioxidant vitamins C and E should be higher to help prevent disease.

Serious Consequences For Over Doing Vitamins and Supplements

Most people think if they take too many water soluble vitamins (like B vitamins and vitamin C) they will just get washed out in the urine, this is true, but it can put extra stress on the kidneys and liver. A more serious problem with water soluble vitamin B6, is that, over time, it can cause nerve damage if taken in excessive amounts.

Vitamin C is another that people tend to take in large quantities, mainly in the form of supplements, and often in an attempt to stave off colds and illness. But at 2,000 milligrams or greater, it can cause digestive upset, and people don't typically associate stomach upset with the fact that they are taking vitamin C. Vitamin C enhances iron absorption and research has shown excess amounts may increase the risk of liver cancer and heart disease in people with iron overload.

Everyone understands and agrees that over consumption of vitamin A is the most dangerous. Furthermore, it is nearly impossible to do by eating foods but easily accomplished if taking excessive amounts of supplements. The window of safety for vitamin A is the most narrow of all the vitamins. Some research suggest that consuming just two to three times the RDA may be dangerous. And that in high amounts, beta carotene (a precursor to vitamin A) has shown to promote incidence of lung cancer and fatal heart disease in smokers; in pregnant women, excess consumption carries a risk of fetal malformations.

Because vitamin A and its precursors are found in different forms – retinol, provitamin A carotenoids like beta carotene among them – consumers may not be aware of their consumption levels. Some supplements will list the form of vitamin A, so it helps to read the label to know how much you are getting.

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Every Person Has Unique Body Chemistry. One Shoe Doesn't FIT ALL. This is How Vitamin Deficiency Starts Based On Each Person's Metabolism.

Then there is solving the when and what to eat riddle surrounding eating and exercise involves knowing how fast or slow your body processes food. Each biochemical individual digests and processes food at a different rate.

Fast processors digest their food at a world record pace. They can eat a large meal and be hungry within 1 to 3 hours. These biochemical individuals have difficulty sustaining normal blood sugar levels, similar to individuals with hypoglycemia.

When a fast processor becomes hungry, their personality will rapidly change from Jeckyl to Hyde. It's important that they eat soon or shakiness, anger, frustration, confusion and severe sugar craving occur.

Medium processors, can eat a large meal and be ready to eat again within 3 to 4 hours. They don't undergo such a dramatic personality shift as the fast processors, and eating quickly recharges their energy level and mood.

Fast and medium processors need to eat every 3 to 4 hours to keep their blood sugar levels from dropping. They should avoid exercising on an empty stomach.

It is important that they eat a meal within 3 hours or a snack within 2 hours before exercising. Carbohydrates such as bread, cereal, pasta, potato and fruit do not sustain their blood sugar levels long enough to survive most exercise sessions. Meals or snacks should contain a carbohydrate, protein and healthful fat source for sustained energy levels.

Examples of appropriate snacks for the above individuals: one ounce of cheese and a piece of fruit, or one handful of nuts and a small handful of crackers; half a bagel and one to two tablespoons of peanut butter; a cup of grapes and one or two ounces of lean meat; a cup of baby carrots and a quarter cup hummus; a hard boiled egg and a handful of crackers; half a cup cottage cheese and half a cup fruit; or a high protein energy bar.

Slow processors are genetically geared to survive for long stretches of time without food. Eating a meal or snack before exercise is not imperative for these individuals. They can follow a low-fat eating plan and feel satisfied most of the time. A slow processor doesn't require the combination of a carbohydrate with a protein and/or fat.

To prevent slow processors from overeating at night, they need to eat a breakfast, lunch and dinner. This speeds up their metabolism and decreases their need for a large dinner.

Here Comes The Vitamin Deficiency

By continuing to follow established dietary patterns, an individual or an entire family soon develops long term deficiencies and excesses. Most people repeat basically the same diet over months and years, often extending to generations.

The balanced diet one size fits all is a myth. There is only biochemical individual balanced diets. So we are back to genetics. Our genes determine the chromosomes, and the latter are responsible for the presence and efficiency of the body's enzyme systems. If the enzymes do not function, one will develop a diagnosable disease, usually one that is lurking in the family background. If we could discover the weak enzyme then we could be more specific in the application of the appropriate vitamin or mineral to make that enzyme function more efficiently.

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An Easy CURE to the Vitamin and Supplement Debate: It's Based On Person's Smell & Taste

The olfactory or smelling sense helps to indicate deficiencies or excesses. John L. Kitkoski spent considerable time and effort to find the key to a spectrum for dietary supplementation selection system and a methodology following human olfactory (smell). When you open a bottle of smell sensitive dietary supplement, what you smell is what is on the label. What you smell is what you get. Many people like the smell of a particular vitamin or mineral and yet they have no symptoms suggesting a deficiency. It suggests, however, that some problem is on its way.

As biochemical individuals there is no "one symptom means one deficiency" method.

Illness is not a particular vitamin or mineral deficiency but a complex relationship between ratios.

Each human individual has quantitatively a distinctive pattern of nutritional needs from individual to individual, specific needs may vary several fold. The need is dependent upon the metabolism of the individual. Vitamins and minerals are not stored to any great extent, so they need to be replaced almost daily.

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The Perfect Vitamin and Supplement Program On Earth!

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The Last Word

Many people are concerned about the source of their vitamins. There are really a few things that the best vitamin supplement has. The first is that the vitamin supplement is volatile, which means its made so that it is broken down correctly in the body. The second is that the vitamin supplement is smell sensitive. Unfortunately, no other vitamin supplement on the market is smell sensitive.

[Life Balances patented smell sensitive vitamins](#) ensure that each person can correctly guide themselves through their nutritional needs by smell and that each vitamin is volatile, so it is correctly absorbed. They have the two most important vitamin benefits of any vitamin supplement on the market.

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You can order each unique vitamin supplement individually, although we suggest purchasing the entire kit as it contains all of the essentials.

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