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# Do You Need Supplements?

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Many clients ask, “What supplements should I take?” Others ask, “Do I really need extra vitamins and minerals if I eat right?”

In a perfect world with perfect food, we wouldn't have to take supplements. However, since we aren't there, it is close to impossible to obtain optimal nutrition from food alone. These are my top ten reasons why all of us should be taking supplements.

1. We eat less than the 6-9 servings of fruits and vegetables that are recommended each day.
2. The produce we buy is not ripe when picked; therefore its nutritional value is lower.
3. Most of the soil in which our food is grown is depleted of organic minerals.
4. Our diets include high quantities of highly processed convenience foods.
5. Our daily intake of white Sugar and High Fructose Corn Syrup is way too high.
6. Our daily intake of Fat is out of balance with too much bad vs. good fat.
7. We eat too infrequently often skipping meals and then eat too much at one time.
8. We drink too much soda, juice, coffee, tea and not enough pure water.
9. We eat on the run inhibiting digestion; thus reducing the absorbability of the foods we eat.
10. The water we drink, the air we breathe, and the foods we eat contain toxins that deplete our reserves of anti-oxidants, vitamins, and minerals.

As you can see, our diets are deficient, out of balance, and lacking optimum nutrition; therefore, it is very important to take extra vitamins and minerals daily to improve nutritional balance. However, beware of some supplements. They can actually do more harm than good and some don't do anything because they go right through you without being absorbed. Also, if they are in the wrong form or dose, some supplements can cause deficiencies of other vitamins and minerals. We have been deceived by advertising that we can take “One” pill a day and get everything we need from A to Zinc. I wish it were true and that simple, but it isn't. Education is the key to getting proper nutrition. If you're interested in learning more, please let me help! I have many books, articles, handouts and videos that I can recommend. You can also go to my website ([birdsleychiro.com](http://birdsleychiro.com)), you can email me with questions, and you can schedule a consultation. Ignorance is bliss, but it won't improve your health.

If you have questions, call or email me at [gbirdsley@msn.com](mailto:gbirdsley@msn.com).

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