

## TO SUPPLEMENT OR NOT - THAT IS THE QUESTION

Everywhere you turn and everywhere you look there are more and more products being marketed as a supplement to your eating regime. There are supplements to make you bigger and supplements to make you smaller! There are supplements to make you faster and supplements to make you taller! There are supplements to make you healthier, and there are some that do the reverse.

The question is who do you listen to and which, if any, supplements do you need? I truly believe there are some supplements that are essential to optimal health and I also believe that some are a waste of money and are detrimental to optimal health.

This is a contentious issue and so I certainly don't expect everyone to agree with my point of view – but since you are reading this you are going to get it!

I believe that every person on the planet should supplement with a high quality multi vitamin/mineral and an omega 3. The others I will leave up to you.

The main argument or resistance I get with this statement is that we should get the nutrients we need from the food we eat. I agree with this statement 100%. The question is; do we?

If you answer yes to **each and every** one of the following questions then you don't need a supplement to your eating regime:

1. Do you eat a nutritious, whole grain breakfast every day?
2. Do you eat a natural healthy snack every 2-3 hours?
3. Do you eat at least 2 piece of fruit every day
4. Do you eat at least 5 serves of vegetables every day?
5. Do you eat at least 3 serves of deep sea fresh fish every week?
6. Do you eat only certified organic food?
7. Do you drink at least 2 litres of purified water every day?
8. Do you live free from polluted water and air?
9. Do you live stress free?
10. Is your health important to you and do you want to get the most out of your life and relationships?

How did you go? If you got 10 yesses then you are a legend!

If you answered no to even just one of the questions - then wouldn't it be a shame, if for the sake of taking a few tablets, you lost your health?

But not just any tablets. If you choose to invest some time and money in your health I say congratulations, but do some research. Your supplements need to be made from real food (not synthetically produced). They need to be made from certified organic plants and wild deep sea fish.

If you want to find more about the supplements that I use and the ones that Asafa Powell used to help him break the 100m world record then please email me at [andrew@andrewjobling.com.au](mailto:andrew@andrewjobling.com.au)

