

Chapter 1 : Every Woman's Herbal

out of 5 stars The Complete Women's Herbal This book is a wonderful source of information about health, illness, herbs and their properties. Many helpful recipes.

For Women Daily Multi Vitamin 0. If you are a year-old woman who uses the same multivitamin as your husband or you take the same supplement you did when you were in your twenties, then you are at risk for a variety of different health problems. The eight best vitamins and minerals for women Regardless of your age, here are the eight most essential vitamins and minerals a woman needs in order to stay healthy: Iron The primary function of iron is to carry oxygen throughout your body. Additionally, your body needs iron to make red blood cells, for optimal immune functioning, and for temperature regulation. Women whose diets are deficient in iron are at risk of anemia. Some of the symptoms of anemia include shortness of breath, even with only mild exertion, fatigue, and difficulty regulating body temperature. Some dark green leafy vegetables, such as spinach, and lean red meats are good sources of iron. Calcium Calcium is especially important for women since they are at significant risk of osteoporosis after menopause. Since bone loss in women actually starts when they are in their twenties, it is important for all women of all ages to ensure they get to mg of calcium daily, either in their diet or by taking supplements. Calcium is also essential for muscle and blood vessel functioning, hormone synthesis, and transmission of messages through your nervous system. Adult women need to mg of magnesium daily in order to avoid heart arrhythmias, immune system problems, bone fragility, and blood pressure irregularities. If she does not get enough vitamin A through supplements, a woman is at risk of macular degeneration, measles, and some forms of cancer. Foods such as beef liver, sweet potatoes, and spinach are rich sources of vitamin A. During pregnancy, folate is critical to prevent neural tube defects in the unborn child. While women who are not carrying a child require mcg of folic acid per day, those who are pregnant need mcg to 1 mg of this B vitamin daily. Women who do not have enough of this nutrient in their systems are at risk of anemia and certain types of cancers. Biotin vitamin B7 Your body uses biotin to make fatty acids and blood glucose. Additionally, it also plays a role in energy production. It also helps make collagen, which provides the structure to our skin. This vitamin also helps in repairing tissues in our body as well as supporting immune health. Since our bodies are not able make vitamin C, we need to get it through our diet or by taking supplements. Women need at least 75 mg of this nutrient each day. Vitamin D Women need to ensure they have enough vitamin D because of its role in calcium absorption for healthy bones. In addition, this nutrient is essential for immune health, optimal nervous system functioning, and research indicates in may play a role in preventing type 1 and type 2 diabetes, as well as some forms of cancer. Below we cover how your vitamin and mineral supplementation needs change in each of the life stages women go through: For example, a teenage girl needs less vitamin K, B6, iron, chromium, and manganese than she will need as an adult. On the other hand, the recommended daily allowance for magnesium is higher for teenage girls mg than it is for adult women mg because this nutrient is shown to decrease the severity of PMS symptoms. The following chart outlines the different vitamins and mineral needs that increase during pregnancy and lactation. Supplementation needs during pregnancy and lactation Nutrient.

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