

Rosemary Barclay of Bonne Santé Wellness Center Discusses What Dietary Supplements you should

The internet has made new supplements and "professional advice" readily available. New supplement companies open left and right, who to trust?

OLD LYME, CONNECTICUT, UNITED STATES, August 29, 2018 /EINPresswire.com/ -- There is no escaping it. Dietary supplement Fads are everywhere. Unfortunately, people do not understand when it is appropriate to use supplements. [Rosemary Barclay](#), Old Lyme, Connecticut, [Bonne Santé Wellness Center](#) knows that it is easy to get confused by all these Fads so our qualified nutritionists are dedicated educating individuals about facts, supported by scientific evidence so that we share accurate information and solutions with our clients.

As for the question as to whether to take a dietary supplement or not, Rosemary Barclay of Bonne Santé Wellness Center says the short answer is that it depends on an individual's health [profile](#). There are many factors that influence an individual's health with nutrition being among the forefront. Here is the truth about dietary supplements and when it is a good idea to take them.

When are Dietary Supplements Necessary

Of course, everyone wants to look and feel their best, particularly baby boomers who are on the eternal quest for anti-aging remedies. That is a great selling point for dietary supplements but let's examine some facts behind it, which is why it is important when to know when to take dietary supplements.

The only reason dietary supplements are necessary is when there is a dietary deficiency or a particular vitamin or mineral is not processed efficiently by the body and is deficient. The best way to receive vitamins and minerals are through good nutrition; not a pill but when a vitamin can help a certain health condition or is of a very low blood level that's the time to take a

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Yet, sometimes that is not possible. Eating highly processed foods causes vitamins and minerals to become depleted, primarily through the process of processing. Heat that's often used in food processing can also denature proteins in the food and severely deplete vital nutrients and vitamins. There are certain people who do not eat the right foods, or enough of the right foods. Whether this is due to a food allergy or personal taste, their body needs more of a vitamin or mineral than food provides. Instead of trying to figure it out for yourself, however, it is a good idea to consult with a health professional.

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