

HOLISTIC HEALTH NOTEBOOK

Are you tired?

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Master's Degree this past summer. It could be that one of my cats delights in jumping onto my bed and mewing directly into my face at 5:45 a.m. It could be that I do not get to bed as early as I would like.

It could also be that I need extra nutrition. Last week I talked about genetic influences on whether or not B complex vitamins are metabolized into their active forms, and the need to supplement with metabolized B vitamins. I am now using these bioactive forms of B complex in a sublingual lozenge that go directly to my bloodstream. I am working on eating six meals per day to balance blood sugar.

I have increased my exercise program, because as I build lean tissue, my internal energy production increases. I have resolved to get to bed no later than 10:00 p.m. (and lock the cat out of the bedroom).

What else can I do? Well, minerals are also critical to energy production, and it is difficult to get enough minerals in today's depleted soil. Just as I am fastidious about the forms of B complex I use, I am careful to include only those minerals that provide biologically-active forms. Poorly absorbed calcium products can cause calcification of soft tissue and constipation. Poorly absorbed magnesium is simply laxative. I prefer the hydroxyapatite form of calcium;

the glycinate form of magnesium. I like the GTF form of chromium to help stabilize blood sugar, and the fumerate form of iron. Why take a supplement (even if it is inexpensive) if it doesn't perform for you?

So I take the mineral supplement before I go to bed, with 2000 IU of cholecalciferol vitamin D to build strong bones and fund my energy centers. ■

— Carol Simontacchi is the owner of the Island Nutrition Center on Sanibel. She can be reached at 472-4499 or on the Web at www.islandnutritioncenter.metahhealth.com.

I don't know about you but I have been feeling tired lately. It could be that I have gone through two weddings (my daughters, not me), new professional opportunities, and intensive work on a



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