

[IMAGE]

## **Are You Getting Enough Vitamin E?**

We hear about vitamin C, vitamin A, the B vitamins, calcium and iron. But what's so great about vitamin E? Well, most of us know that it's good for the skin. After all, check out all those skin care products in your local supermarket < most (if not all) contain some form of vitamin E.

What too many people apparently don't know is that vitamin E also plays an important role in preventing and controlling cancer, cardiovascular disease and other chronic conditions. According to a study in the American Journal of Epidemiology, an estimated 27% of the U.S. population doesn't get enough daily vitamin E. Men have a higher concentration than women, and African Americans have the lowest concentration of any ethnic or racial group.

If you're not getting enough vitamin E in your diet, you're an inviting target for cancer, heart disease, and a number of other dangerous conditions, including infertility, nerve destruction and anemia. So don't ignore vitamin E, especially when it's so easy to find. Plant and seed oils, nuts, whole grains, milk, soybeans and sweet potatoes are all good sources of vitamin E. Ask your chiropractor for more information. .

### *Reference:*

Ford E, Sowell A. Serum alpha-tocopherol status in the United States population: findings from the Third National Health and Nutrition Examination Survey. *American Journal of Epidemiology*, August 1999: Vol. 150, No. 3, pp290-300

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