

# Why Do I Need A Dietary Supplement While I Am Dieting?

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According to the U. S. Government, at least half of us are deficient in the 50% of the minimum daily requirement of essential nutrients. This is due to consuming a diet of over-processed junk foods as well as other factors such as over-cooking, canning, freezing, drying and the fact that our farmlands have been depleted in essential micro trace minerals from decades of non-replacement. In fact, according to investigations by the United States Congress, at least 80 percent of most chronic degenerative diseases could be prevented by simply getting regular exercise and taking a good, broad based, dietary supplement.

When we go on a diet to lose weight, both the amount and variety of foods we consume will be reduced or altered. It doesn't really matter if you are on a low calorie, low fat, low carbohydrate or a combination program, it should be apparent that you will be getting less food and less variety, which will mean less nutrients! For this reason we feel that it is absolutely essential to take a good Full Spectrum dietary supplement every day.

Other factors that can cause a loss of essential nutrients include increased fluid loss when dieting, nutrient loss through increased exercise and nutrient loss through increased metabolism.

The end result of this is increased nutrient deficiency, which can, over time, lead to chronic disease or make existing health challenges worse. A direct side effect of nutrient deficiencies on your diet program will be an increase in appetite and food cravings and an eventual slowing of your resting metabolism.

Here's how it works. As your body becomes more and more nutrient deficient, this stimulates the appetite center of the brain to consume more food in an attempt to make up these nutrient deficits. Cravings for specific foods can also greatly increase as the body tries to meet micronutrient needs. If the body remains in a state of nutrient deficiency for too long, the internal biochemistry begins to change, perceiving the situation as malnutrition. Once this occurs, the body will start to slow the resting metabolic state, similar to what occurs during food deprivation. Between the two, it can make ongoing weight loss very difficult, if not impossible.

Remember that every day your body needs at least 100 nutrients. These include 3 fatty acids, 16 vitamins, 70+major and trace minerals, antioxidants and phytonutrients. If any of these are significantly deficient, it can affect the way the body uses all the others. The best way to prevent these problems, especially when dieting, is to take a Full Spectrum Supplement every day. The best source of nutrient intake is in a liquid form, which helps to ensure maximum absorption to the cells of the body. Your Curves offers Full Spectrum Liquid Supplements. Do yourself a favor and increase the success of your weight management program by taking a Full Spectrum Supplement every day!