



## David Fairlamb

# THE FIT FACTOR

### LIFESTYLE CHANGE

It may be worth considering alternative remedies and supplements to help find solutions to certain health problems, I recently went down this route for digestion and found a big improvement.

### FITNESS TIP

Some supplements may help with better performance, stamina and recovery. Talk to a fitness consultant to find out how natural remedies may support your training.

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**A**LTERNATIVE health supplements encompass a wide range of products that aim to support well-being and address various health concerns, often using natural ingredients.

These supplements have gained popularity due to their potential benefits, although results can vary depending on each individual.

Here are some common types of alternative health supplements and their potential benefits:

#### Herbal Supplements:

Derived from plants, herbs like echinacea, ginseng, and turmeric are believed to have immune-boosting, energy-enhancing, and anti-inflammatory properties.

They can be taken on their own or as an ingredient in your cooking.

#### Vitamins and Minerals:

These include essential nutrients like vitamin D, vitamin C, and magnesium. They are often taken to address deficiencies, support immunity, and promote overall health.

These can be found nowadays in most supermarkets as well as health food stores.

#### Probiotics:

These live microorganisms, usually bacteria, are thought to improve gut health and aid digestion.

They may also support the immune system and reduce the risk of certain digestive issues. They come in many forms including drinks, yoghurts, and chewable.

#### Fish Oil/Omega-3 Fatty Acids:

Derived from fatty fish or supplements like flaxseed oil, these are associated with heart health, brain function, and reducing inflammation.

They can be especially useful if you dislike seafood.

#### Amino Acids:

Building blocks of proteins, amino acids like branched-chain amino acids are used for muscle recovery and growth. Protein pow-

ders can be added into smoothies, porridge and yoghurt and can be found in larger supermarkets or bought online.

#### Homeopathic Remedies:

Based on the principle of helping your body to cure itself, these highly diluted substances are believed to stimulate the body's healing mechanisms.

They are used for a wide range of conditions.

#### Essential Oils:

Concentrated extracts from plants, these oils are used aromatically or topically for relaxation, mood enhancement, and skin benefits.

They can be vaporised or mixed with a carrier oil for massage.

Benefits attributed to these supplements vary. Some may provide tangible improvements, such as addressing nutrient deficiencies or supporting specific bodily functions.

However, it's important to exercise caution and consult a health-care professional before incorporating some alternative health supplements.

*The groundwork  
of all happiness is  
good health*

**Motivational quote  
of the day**



**> Herbal supplements derived from plants such as turmeric are believed to be immune-boosting and anti-inflammatory**