

4 Extremely Important Supplements For Fat Loss, Strength And Health.

When people talk about supplements for fat loss you don't usually think of micro-nutrients like minerals or essential fatty acids like omega 3. But these vitally important supplements could be the thing holding your back from achieving your goals you have been working so hard towards. So ditch the meal replacements, diet pills, protein shakes and give these cheaper options a go.

Magnesium

Magnesium is one of the most important mineral compounds for your body. Around 70% of the population are deficient in magnesium and if you train then you are even more likely to be deficient as training (especially resistance training) increases the bodies magnesium requirements.

Just a few of the important jobs for magnesium in the body is being responsible for over 300 enzyme reactions, building and repairing lean tissue, cortisol reduction (probably the reason your struggling with belly fat!), hamper your insulin sensitivity which makes it harder for you to get lean and to store glycogen so you can recover from workouts, increase the attention span in children by reducing hyperactivity, reduce inflammation in your body, increase your memory, deficiency in magnesium keeps your sympathetic nervous system in overdrive which makes it hard to get a good nights sleep.

When selecting your magnesium make sure that you don't go for a cheaper magnesium oxide as your body can't absorb it. Instead go for magnesium lactate, orotate, cyrate and glyconate. Also try to find them in their chelated forms as this means an amino acid has been bound to them to further assist in absorption. Constipation is big clue that you are deficient in magnesium. Another sign that you are deficient in magnesium is poor energy levels. Bringing peoples magnesium levels back up to normal often increases their energy levels. The Palaeolithic mans calcium to magnesium ration was around 1.3:1. Today it is around 5+:1. This is mainly due to the overconsumption of dairy which contains small amounts of magnesium and large amounts of calcium. Also the consumption of calcium and magnesium together can counter each others absorption so if your supplementing with both you should take them separately.

Zinc

Zinc deficiency is not only one of the most common but one of the most serious mineral deficiencies. This may sound a bit of a guess but its actually very likely to be right, that's if your wondering if your deficient in zinc...you are! A slight deficiency in zinc can result in decreased lean body mass and low serum testosterone. In fact testosterone can not be created without zinc and for get all these expensive testosterone boosters, if you bring your likely zinc deficiency back up to normal you will increase your testosterone by a significant amount. Another interesting symptom of zinc deficiency is an altered sense of taste leading to cravings of saltier and sweeter foods!

Combining zinc with magnesium can really help to increase the depth and quality of your sleep which give a world of benefits alone. If your zinc levels are low you will also have an inability to reduce cortisol and low thyroid T3 levels which means less muscle and more fat.

Again here you should avoid the zinc oxide and gluconate and go for a chelated zinc where the bound amino acid will help absorption. The best type is zinc orotate but picolinate and acetate are all still great.

Vitamin D3

Vitamin D3 is now becoming thought of as one of the most important supplements you could take. Just about everyone is deficient in vitamin D3 and virtually every disease and adverse health condition is related to low vitamin D levels. The benefit that you are probably aware of is its link to

bone health and reducing osteoporosis and other bone diseases. However this vitamin (or more accurately pre hormone) is involved in a huge number of other functions. Some of these involve reduced cancer rates, lowered immune system, cold and flue, depression, hypertension, blood sugar regulation and much more. Perhaps more relevant and interesting for you though is that vitamin D3 causes muscle weakness. Increasing your vitamin D3 levels to normal and beyond will significantly increase your muscle function. Also vitamin D3 can aid significantly in weight loss.

So you now can't deny that vitamin D3 is extremely important, lets look at how you would get your levels to optimal. If you supplement is 5000IU of vitamin D3 every day it would take about 3 months to get you into the normal range. Another approach and perhaps a better approach is to supplement high amounts for a few weeks and then drop back to a lower dose once your at normal levels.

Cod Liver Oil

Cod liver oil is pretty much on a par with vitamin D3 as being one of the most important supplements you could take. Firstly it contains more vitamin A and D than any other food per unit weight. Vitamin A and D are very often deficient in our diets but are vital for good health and athletic performance. Supplementing with cod liver oil can also burn fat, improve mood, strengthen cell walls, reduce the amount of sugar your body will absorb, reduce inflammation and increase bone health. There is barely a disease in the books that doesn't respond well to cod liver oil. Yes cod liver oil is know for its essential fatty acids but what's important here is that its high in omega 3 fatty acids and low in omega 6 fatty acids. Our diets should be a ratio of 1:1 or 1:4 maximum in the favour of omega 6 fatty acids. However with all the omega 6 containing vegetable oil that we consume to day this ratio is around 1:20+ with cases being as much as 1:50! Among other problems, this causes lots of inflammation in our bodies which consuming more omega 3 and reducing omega 6 can reduce.

Conclusion

In choosing these supplements it is vital that you go for quality as you really do get what you pay for. It really is worth taking a quality multivitamin as an insurance for most nutrients and also take these four supplements in a high dose for a months and then come back down to a smaller dose. These supplements will only cost you a few £s per day maximum so increased fat loss, energy, mood, strength, health and fitness has got to be worth that.