

## Switching Up Your Supplements

Written by AZFoothills.com  
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Maybe you're an old head about health and nutrition, so you've been taking care of your body through health and exercise for decades, or at least years. And, if that sounds like you, chances are you're highly aware of what you put in your body and the benefits they bring you. If this sounds like you, you're probably already using additional vitamins to supplement your healthy lifestyle. There are a ton of old faithfuls out there that a lot of people take daily, like Vitamin C, Calcium, Omega Fatty Acids, Fish oils. But, there's a ton of things you can do to switch up your supplement game and get you feeling better than you have in a long time. Here are a few standouts that you'll hopefully add to your daily regime.

### Magnesium

Did you know that most people are deficient in Magnesium? In fact, it's estimated that almost a whopping ninety percent of Americans are deficient in this vital nutrient. Symptoms of Magnesium deficiency include anxiety, depression, muscle cramping or spasms, high blood pressure, low energy, and sleep problems. So, you'll definitely want to add a magnesium supplement to your daily routine. The added benefit to consuming magnesium aside from the inflammation reduction is it promotes a calming and relaxing feeling and may help with occasional bowel issues. You'll be feeling regular in more ways than one in no time!

### Ashwagandha

Another supplement you simply must get on is an [Ashwagandha supplement](#). What makes Ashwagandha so powerful is it's a powerful adaptation. Adaptogens are amazing because they are a unique class of healing herbs and plants used for centuries in traditional Chinese and Ayurvedic medicine that promotes the restoration, balancing, and protection of the body from adverse influences, such as stress. So, what makes them so fantastic is their ability to recognize what needs assistance in your body on a cellular level and react to and repair it. Adaptogens help your body's cortisol levels and help you react to [stress](#) more healthily. If you haven't heard of adaptogens yet, you will as they're quickly gaining steam in the wellness community for their ability to heal across such a large spectrum. Other noteworthy benefits of Ashwagandha are lowering blood sugar levels, boosting brain function, and fighting anxiety and depression.

### Fulvic Acid

You've probably never heard of Fulvic Acid, but the effects it can have on your already lifestyle are immense. A long time ago, our soil wasn't depleted of the vital nutrients that we needed to thrive as a human race. Today, unfortunately, our fruits and vegetables are not grown in the same quality of soil that they once were. Fulvic and Humic acid can help you pick up where soil depletion lets us down. Aside from boosting your energy levels, taking these acids daily, you'll see a marked difference in your skin, hair, and nail health. Studies have also shown that Fulvic acid strongly helps in the chelating process. If you're not familiar with what that means, essentially, it helps the body draw only the minerals it needs from what you're consuming. Because it helps the body get all the nutrients it needs, then you have considerably fewer food cravings, which drastically reduces your waistline, which will ultimately boost your health greatly. Fulvic and Humic acid are also anti-aging as well as water balancing. One word of advice - these are to be used as part of a healthy lifestyle, if you are a heavy drinker, smoker, or eat processed foods, these acids will also cause you to absorb more of the toxins in said items, so don't use this supplement if you're not committed to a completely healthy lifestyle.

### Vitamin D

We talked earlier about how most Americans are deficient in Magnesium. The same is definitely true about Vitamin D. With the Covid-19 pandemic, we sadly learned this the hard way. Vitamin D quickly became a hot topic in supplements we should be taking to stave off the illness.

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But, it's really something we should be getting naturally too. Make a habit of spending time outside in the sun and absorbing its healing properties. While skin cancer or fine lines and wrinkles are a real threat from spending time in the sun, SPF isn't needed all the time. If you're going outside for an hour here or there, let your body receive the essential vitamin the Sun has to give it. You'll feel and look better for it. If you do want to incorporate Vitamin D in your diet, it's good to check with a doctor to get your accurate levels to read. And if you're supplementing, make sure it's D3 and that it's a spray so it's easily and quickly absorbed.

So there you have it. Keep up your [healthy lifestyle](#) and continue taking any supplements you may already be using, but give the aforementioned a try. You'll be amazed at how great you feel!