



TRINITY
school of natural health



Live Naturally:

Beneficial Supplements for Women

BY TRINITY SCHOOL OF NATURAL HEALTH

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Why Natural Supplements?

Our bodies go through stress every day—physically, mentally, and emotionally. To maintain health, your body needs a consistent intake of vitamins and minerals. Natural supplements can be a great way to help maintain and support your body's nutrient levels. Unlike other supplements, which can be made synthetically, natural supplements¹ are derived from natural sources, such as plants, and can be digested more easily.

6 KEY SUPPLEMENTS FOR WOMEN

Several natural supplements are beneficial to women. These benefits² can range from supplementing dietary deficiencies, supporting the symptoms and root cause associated with specific health conditions, and boosting overall wellness. However, speak with your healthcare provider before beginning a new supplement, especially if you take medications that could interact with supplementation. Here are six supplements that can help provide the vitamins every woman needs:

1. Iron


Your body's ability to make red blood cells is dependent on your iron level. If you do not get enough iron, your body uses up its stored amounts and slowly loses its ability to transfer oxygen throughout your body and eliminate carbon dioxide. This results in a condition known as "iron-deficiency anemia." One in five women³ of childbearing age experience this issue. Pregnant women need twice as much iron, but many do not get enough. If you discover that your iron levels are low at any stage of life, taking natural iron supplements can help your body regulate its levels. Additionally, eating foods high in vitamin C can help your body absorb iron better. For example, eating an orange with your supplement is a simple way to improve iron uptake.

2. Vitamin B

Do you ever feel fatigued from daily activities? The B vitamins are essential in providing the necessary energy for everyday life. B vitamins are water-soluble and can be found in many foods,⁴ such as whole grains, fruits, and vegetables. Vitamins B6 and B12 can help reduce a woman's risk of heart disease by helping her body's homocysteine level stay low.⁵ Natural supplements of B complex can be beneficial to all adult women but are especially helpful to those who exercise regularly and burn more calories and women over the age of 50.⁶

3. Evening Primrose Oil

Evening primrose oil (EPO) is derived from a plant⁷ native to North America and is beneficial in common instances like bruises, sore throats, and digestive problems. However, taking EPO has shown to benefit women in additional ways. EPO is known to help decrease acne in some circumstances.⁸ EPO also includes an omega-6 fatty acid found in plant oils that can reduce skin inflammation and help retain moisture. It can also help relieve PMS symptoms⁹ and provide a natural aid for symptoms like depressed mood, irritability, and bloating. EPO's ability to reduce inflammation can also help minimize breast pain. For women over the age of 50 who are going through menopause, EPO has been known to help reduce hot flashes.



Reap the benefits that collagen can bring while giving yourself a natural way to slow the aging process.

4. Red Raspberry Leaf Tea

The greatest benefits of red raspberry leaf tea lie in its nutritional value and support of uterine health.¹⁰ The herb contains various nutrients, including vitamin B, vitamin C, potassium, magnesium, zinc, phosphorus, iron, and several antioxidants.¹¹ Ingesting red raspberry leaf tea can limit premenstrual symptoms, such as nausea and cramping. It can also aid in pregnancy; the herb can relieve symptoms like nausea while strengthening the uterus to prevent excessive bleeding.¹²

5. Fish Oils

Fish oils are high in omega-3 fatty acids essential to overall health. The greatest benefit of taking fish oil is heart support, as it helps to maintain a regular rhythm, reduce blood pressure, lower blood lipid levels, and slow down the rate at which arteries clog.¹³ Additionally, fish oils can lessen menstrual pain and rheumatoid arthritis, which women are two to three times more at risk for than men.¹⁴ Taking fish oil can also boost your mood and help prevent osteoporosis, which women become more prone to during and after menopause.¹⁵ If you're a vegan, don't worry—there is still an option for you. Algae-based supplements can provide a good source of omega-3s as well.

6. Collagen

Collagen is one of the most abundant proteins in your body, working to connect tissues and provide the skin, muscles, tendons, and ligaments with strength and structure.¹⁶ The biggest benefit for women is collagen's ability to keep skin firm, soft, and supple when wrinkles and dryness threaten it. Collagen can also help alleviate joint pain, prevent bone loss, boost muscle mass, and promote heart health.¹⁷ Reap the benefits that collagen can bring while giving yourself a natural way to slow the aging process.



Conclusion **Live Naturally: Beneficial Supplements for Women**

Natural supplements can contribute to a healthier, happier lifestyle. This list is by no means extensive, and other supplements like vitamin D, iodine and selenium for thyroid support, black cohosh for reproductive support, and ashwagandha for stress modulation can be beneficial to women's health as well. Consult an expert to learn what support is right for you and your lifestyle.

At Trinity School of Natural Health, we teach you how to maximize your natural wellness, adopt a healthier lifestyle, and equip others to be healthy too. Enroll in our Certified Nutritional Consultant program today by calling 800-428-0408, option 2, or visit our website to learn more at TrinitySchool.org/CNC.



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