

This was previously published. I have done a lot of research on vitamins, and I thought I would republish it now.



Better Health Begins with Simple Steps

I think sometimes we all need a reminder of the positive steps we have made in life.

I was at a show this weekend with the vitamin patches. I have used them for three and a half years, and seeing the people at this health fair reminded me of where I was health wise and why I started.

I hadn't taken vitamins as a health solution seriously. I had taken supplements for years and not noticed much difference. When I ask, most people tell me they don't feel much of a difference either.

Not all supplements are the same. When I tried the patches, I was pleasantly surprised at the difference they made in my life and others'.

When you feel the difference, it is much easier to believe in something than when you don't.

When you are overweight, don't feel good and are just plain frustrated, life isn't fun. Life is meant to be enjoyed and I am at the stage where I want to start getting the rewards like traveling and trying new things. The people at the show reminded me that there are still people out there that need to start their health journey, and I want to help them.

If you or someone you know needs to start or restart a health journey, please share what has worked for you with them. We can all learn from each other. I had nurses come to my booth as well as someone who has just been diagnosed with diabetes. Many that came didn't know you could get vitamins in a patch. I talked to people that wanted to lose weight, don't like to take pills, they don't like the upset stomach they get and there was more. Whatever your reason we all need to give our bodies and brains what they need to function properly.

Mania, Schizophrenia, Fatigue and Anxiety are just of the few issues that are affected when your B vitamins are low.

Remember, if you are taking a medication, prescription or over the counter, those medications usually deplete vitamins so you may need extra.

Please share this with others that would enjoy this type of news. Don't hesitate to send your questions or comments to me here <https://lisambell.com/contact-us> . I love to hear from you!