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What's in a Multivitamin?

A key to great nutrition is ensuring that you are receiving adequate amounts of essential vitamins, including vitamins A, B, C, D and E. With the hectic lifestyles that many of us have, it is hard to be certain that we are receiving all of these vitamins each day. Vitamin A is important to maintain good eyesight, healthy skin, shiny and healthy hair, and strong immune function. Vitamin B, usually found as vitamin B complex, has a wide range of benefits, including providing adequate energy, proper sleep patterns, and healthy skin, hair and nails. Vitamin C is an important antioxidant necessary for immune system functioning, strong bones, and healthy skin. Vitamin D is also needed for strong bones, as well as calcium absorption. Vitamin E is necessary for supplying oxygen to the brain, creating hormones, and proper muscular functioning.

Other important supplements include minerals, amino acids, and enzymes. Minerals work as a complement to the previously mentioned vitamins, and support healthy circulatory functioning, bones, and joints. Amino acids are responsible for cell growth, tissue repair, immune system functioning, carrying oxygen through the body, and muscular activity. Enzymes are also key components for cell growth and development.

In order to maintain proper health and receive these essential vitamins, many people take daily supplements. Consuming a multivitamin is a great way to obtain all of these essentials, without having to take multiple pills each day. A multivitamin can also be taken in liquid form, therefore allowing absorption to occur at a much faster rate. Many people choose to consume generic versions of these vitamins; however some may contain fillers and additives, which may hinder the actual benefits of the vitamin. Be sure to read ingredient lists carefully so you know what it is that you are consuming.

This information was found on Peter Gillham's Natural Vitality Website, www.petergillham.com. Natural Vitality products can be purchased at Results Physical and Occupational Therapy in Bangor and Dexter.

What can you do now that you couldn't do before?

"I came to Results Physical & Occupational Therapy with terrible back pain. With a couple of visits, together with exercises done at home, the efforts of the physical therapists paid off and I feel one hundred percent better today. If I feel that I am in need again, for the service of this professional group, I will definitely come back to Results. Thank you so much and if I know of someone who needs your help, I definitely will recommend you highly." -E.F.

There is still time to sign up for our Summer Camps!

The **Kindergarten Readiness Camp** and **Summer Adventure Camp** began in June and will continue through the end of the summer. They are inexpensive and are led by our Occupational Therapy staff, along with aids and volunteers. Contact the Bangor office for more information!

PATRIOTIC TRIVIA

1. Who wrote the "Star Spangled Banner"?
2. What is the national bird of the United States?
3. Who wrote the Declaration of Independence?
4. What do the 13 stripes on the American Flag represent?
5. Alexandre-Gustave Eiffel, who built the Eiffel Tower in Paris, also designed what American statue?



1. Francis Scott Key 2. the bald eagle 3. Thomas Jefferson 4. the 13 original colonies 5. the Statue of Liberty

ANSWERS: