

Dear Rick 6 - Vitamins, Minerals, Supplements

Scott Douglas Jacobsen and Rick Rosner

December 4, 2016

Scott: What vitamins, minerals, supplements should people be taking? I have skepticism here.

Rick: Some stuff gets debunked, like Vitamin E is currently not popular because some studies have debunked its efficacy. Besides vitamins or supplements at all, I'd say floss your teeth to lower the probability of getting heart disease. But still, dude, don't have a bunch of crap caught in your teeth to create a bunch of bacteria that very time you swallow it goes into your thorax area and maybe add to inflammation, which can add to coronary artery disease.

My favourite one is Metformin, which is the most popular diabetes drug in America. It lowers blood sugar. Take a baby aspirin, it has heart protective action. Turmeric or curcumin, it is an orange powder used in India. When you use it in your food, but you're not going to get it in your food, it may get some cancer and inflammation preventative effects.

It seems pretty effective. I like SODzyme. There's anecdotal evidence. You can't go too wrong with a bunch of anti-oxidants or a lot of the other specialized drugs. They tend to function as antioxidants. With anecdotal evidence that it slows down the graying of hair, I think it does.

I take a lot of it. It may create euphoria. I am a lot happier than I should be because I have been unemployed for a couple years. You can take fish oil, which may or may not help. It's just fish

oil. If you eat bad food, you want to counteract the effects of bad food by taking carb or fat blockers.

You're going to pay the price in uncomfortable intestinal distress. You're going to fart and have exploding poo. It may teach you to not eat so many carbs and fatty food. You'll strain less in the bathroom, not absorb as many calories and will serve to replace the dieting discipline you might have otherwise.

License and Copyright

License



In-Sight Publishing and *In-Sight: Independent Interview-Based Journal* by [Scott Douglas Jacobsen](#) is licensed under a [Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License](#).

Based on a work at www.in-sightjournal.com.

Copyright

© Scott Douglas Jacobsen and Rick Rosner, and *In-Sight Publishing* and *In-Sight: Independent Interview-Based Journal* 2012-2016. Unauthorized use and/or duplication of this material without express and written permission from this site's author and/or owner is strictly prohibited. Excerpts and links may be used, provided that full and clear credit is given to Scott Douglas Jacobsen and Rick Rosner, and *In-Sight Publishing* and *In-Sight: Independent Interview-Based Journal* with appropriate and specific direction to the original content.