

Blood Analysis Utilizing Natural Supplements to Assist People with Health and Wellness

Type: Short Communication
Received: August 05, 2024
Published: August 16, 2024

Christina Rahm*

DRC VENTURES LLC, USA

***Corresponding Author:** Christina Rahm, DRC VENTURES LLC, USA.

Citation:

Christina Rahm. "Blood Analysis Utilizing Natural Supplements to Assist People with Health and Wellness". PriMera Scientific Surgical Research and Practice 4.3 (2024): 93.

Copyright:

© 2024 Christina Rahm. This is an open-access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

A 36-year-old female who suffered from Covid infection was treated with a proprietary blend that improved her breathing, her coughing decreased, and her headache disappeared. Turmeric and nigella sativa seeds are natural extracts that help humans to stay healthy and prevent themselves from diseases. Natural supplements are vital for adults at any age to ensure that their bodies are healthy and well. Medical personnel have recommended the consumption of natural supplements to patients and other people willing to have strong body immunity. Multivitamins from natural products are essential in ensuring healthy living and wellness for people. Fruit intake helps improve health and wellness of individuals, and the presence of vital vitamins obtained from fruits helps strengthen the human body and increase wellness. Fish oil supplements improve the health of the human body by regulating inflammation, improving blood flow, and promoting muscle and joint health. Moreover, fish oil supplements improve the human body's immune system, thus ensuring a healthy body and overall wellness.

Herbal supplements are essential naturally made health remediation dietary components. The American FDA has authorized the use of natural herbal supplements by individuals willing to have a healthy body. Vitamin B6 is a natural food supplement that improves the wellness and health of individuals. Vitamin B6 is found in potatoes and bananas and is essential for building the human body. Natural food supplements are essential in ensuring increased healthy well-being of individuals consuming them. These supplements are sometimes contaminated, but they still have importance in preventing diseases.

6 Natural supplements are essential in improving individuals' health and wellness. However, there is a need to be concerned about some of the contaminated products' incidences in making these natural supplements, especially the herbal ones. Microalgae are another essential natural product that improves the healthy supplementation of individuals. It is responsible for curing chronic and acute diseases and also contains high protein content that meets the dietary requirement of any population. Natural supplements are essential in treating multiple diseases, including inflammation and pain reduction. Moreover, natural supplements reduce tissue damage, and therefore, ensure that humans have strong bodies and live healthily.