

VENICE PLASTIC SURGERY

A.E. HAAS, M.D.

Cosmetic, Reconstructive, Face, Breast, and Hand Surgery

What are the essential nutrients

Vitamins are chemicals that your body needs yet is unable to make. Most substances your body needs can actually be made from the things we eat. Carbohydrates can be made into proteins or into fats. Fats can be made into cholesterol, steroids, hormones or back into carbohydrates. Proteins can be made into fats or carbohydrates and visa versa.

There are other substances that your body needs but cannot make. You must eat foods that contain these nutrients. There are certain fats, minerals, protein derivatives and other substances your body requires but does not produce. Generally your body has a supply of these that lasts for long periods of time. For example the vitamin C that is needed for wound healing comes from fruits and vegetables. Years ago when sailors went to sea for 6 to 12 months at a time they did not get these fresh vegetables. Slowly, in some individuals the condition known as scurvy resulted in poor healing.

Note that the complete absence of the vitamin for many months is required before the disease state develops. People often think they need all types of nutrients every single day to remain healthy. This is not the case. You need an average of say 100 mg of one substance each day but it is well enough to consume 300 mg every third day.

There are two types of fats that your body cannot make. It may take years to run out because your body has a lot stored up. These two fats must be consumed in your diet. Proteins are made of smaller units called amino acids, most of which your body can manufacture. There are a few that your body cannot make. These facts together indicate that humans must be omnivorous. We must eat meat and plants. While some animals can thrive eating only meats or just eating grass, we cannot.

The basic principals are that our diets must supply certain nutrients only available in specific food groups. A balanced diet is best however not every nutrient must be consumed every day. The body stores large supplies of each nutrients. Also just because something is good for you does not mean that a lot more of the nutrient is in any way better for you. While vitamin C is needed for healing more than the normal amount will not accelerate healing.

**The above represents the opinion of A. E. Haas, M.D.
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Just call us directly. No referral needed unless required by your insurance company

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