Why Folic Acid is Important to Everyone

Hello [[firstname]],

When you see folic acid mentioned in an article or on a health show, it is likely connected with either expectant mothers or cancer patients. The truth is, folic acid is something that everyone needs. It is important for the overall function of the body, and in later years can help reduce the risk and chance of certain illnesses. Before you brush off the need for folic acid, or assume you have enough, consider these reasons why folic acid is important to everyone.

**Neurological Health**

Alzheimer's disease, premature memory loss, and comprehension are all issues that people worry about. You may worry about them more if you are at a higher risk for them or if you have a family history of the illnesses. By increasing folic acid in the diet, anyone can reduce their risks and chances of these issues developing. Folic acid helps with neurological development as well as neurological receptors. It helps maintain the health and keeps the brain functioning optimally.

**Reduces the Chance of Strokes**

Though many people think of family members who may have died from strokes or complications related to strokes, the same people may not think of their own risks. Stroke risk is higher in people who have lower folic acid levels in combination with family histories of strokes. By taking folic acid daily, you can help with your cardiovascular health which directly relates to reducing the chances of stroke.

**Helps with Colon Health**

Colon health is something everyone should be concerned with. If your colon is not functioning properly that means the toxins in your system are staying in your system longer. This stasis of waste and toxins in the body can lead to colon blockage, dysentery, and even leaky gut. Folic acid helps your system to keep moving and helps you to break down and absorb nutrients easily so only wastes are moving through and they are moving through as easily as possible since they are broken down further than without folic acid.

**Reduced Vision Loss**

Vision loss is another disease that people should be concerned with. Anyone, at anytime, can experience a variety of vision based diseases and illnesses that can cause partial or full vision loss. Folic acid helps to keep your vision maintained and clear. It also helps to cut down on cataracts later in life that can have complications that may lead to massive eye surgery.

These are the four main reasons that everyone should be taking folic acid. Depending on your health, your family medical history, and your personal risks the reasons may even double. Check with your physician at your next check-up for your current folic acid levels and if they fall within your normal range.

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