



## WHY DO YOU NEED TO TAKE NUTRITIONAL SUPPLEMENTS?

Years ago we could get all the vitamins, minerals, enzymes, coenzymes, phytonutrients, amino acids and trace elements from our food supply. This is very difficult to achieve today because:

- Soils have been depleted of vital nutrients, especially trace nutrients from over farming
- Pesticides and insecticides are used much more extensively.
- Too many chemicals and preservatives are added to our foods.
- To prolong shelf -life, food is over processed, removing essential nutrients.
- Air and water pollution put a strain on our bodies detoxification systems.
- Today's lifestyle is faster paced and full of stresses.
- We eat far fewer of our foods raw.
- Foods are "enriched" (ha, ha) with synthetic vitamins that may in themselves cause health problems.
- More harmful substances - prescription drugs, tobacco, and alcohol are being used than ever before.
- There is a tremendous consumption of devitalized convenience foods, and fast foods high in sugar, rancid, harmful fats and salt.
- Simply put: It's very difficult to get good, nourishing food.

Is there any wonder that one of the fastest growing industries in our country is the drug and medical industries? We are making ourselves sicker and sicker with **what we eat and don't eat** and then trying to cure ourselves with the latest drugs and medical "miracles". If all that worked so well, why do we constantly need new drugs, more hospitals and more doctors?

Not much good can be said about the health food industry either? There is so much confusion and hype in the health food industry that it has become ridiculous. If we were to believe everything that came in our mailbox or was advertised to cure this disease or that ailment, we would already have found the cure for all of mankind's ills - all without changing our diet or lifestyle at all. While many people are searching for the latest "magic silver bullet", most of the get-well-quick schemes are just that "SCHEMES" that are pure bunk and prey upon people when they are at their most vulnerable – while they are ill.

So, yes, despite the confusion and outlandish claims from the health food industry, you do need to take nutritional supplements but **what kind, what particular products, how much of each, how often, how long** are questions that can only be answered for each individual on a personal level.

The average person who uses nutritional supplements seems to believe that **more is better** and that **all supplements are the same**. Nothing could be further from the truth. **Nutritional supplements should provide nutrients in the same form found in whole foods**. Doesn't this make sense? If you were eating a diet of whole foods grown on rich, fertile soil, you would be getting your nutrients in small amounts but in a **complete form**. You see, vitamins occur in very small amounts as part of a complex of synergistic elements and compounds.



In nature, vitamins never occur as the isolated chemical name you find on your vitamin bottle. True biologically active vitamins and minerals are actually a **group of chemically related compounds**. Synthetic vitamins are pure, isolated chemicals similar to drugs produced in a laboratory.

Most so-called natural vitamins are no better because they are fractionated, (split away with heat or chemicals) from their related chemical compounds also leaving behind only a fraction of the whole complex. This fractionating converts the whole vitamin compound from an active, biological, physiological nutrient into a disabled, debilitated chemical of dramatically lowered efficiency, activity and usefulness in your body.

The reason that synthetic or fractionated vitamins are vastly less effective in your body is that the body needs **to reassemble the whole vitamin compound** in order for it to work in your body. This is accomplished by robbing your body's reserves of the **synergistic components** that are missing from the synthetic or fractionated vitamin. In this way **these products can actually create nutritional deficiencies** rather than correct them. In fact, synthetic or fractionated vitamins can actually worsen the same conditions that their whole food counterparts help such as synthetic beta carotene worsening lung cancer.

A vitamin product claiming to be **natural** or **organic** is often also synthetic or fractionated. **Natural** means anything that ultimately comes from nature. Even synthetic vitamins could be claimed to be "natural" because they were derived from the chemical breakdown of petroleum, which is found in nature. If you grind up a stone and put it in tablet form and sell it as a natural product, you would not be telling a lie. What about **organic**? This means anything that contains the carbon molecule. The oil and tires of your car contain the carbon molecule! Are you getting it? **These terms alone are meaningless** when it comes to trying to evaluate whether or not a particular product will help you ***build health***.

**Whole food supplements** are just what the name says. They are made from whole foods that have their nutritional components **concentrated**. And, just as important, **quality whole food supplements are processed without heat so that the vital, biological catalysts are not destroyed**. Whole food supplements supply you with high quality nutrients just as though you were eating a diet rich in those very nutrients. These are the kinds of supplements that will correct the **nutritional deficiencies** that can lead to ill health. They will help you ***build health, not*** just treat symptoms like medicines and most other vitamin products.

The benchmark of whole food nutrition has been, for over 80 years, a company called **Standard Process Laboratories**. Some of their products take up to six weeks to produce. They control the entire process from the planting of the seed, growing of the food, to the testing and finally the packaging.

These products have been used for over 80 years by thousands of doctors to help millions of patients.

These are the products that will make up the core of the **"support the recovery"** portion of your "Designed Clinical Nutrition". Remember, the process of helping your recovery your health and vitality is about **removing barriers** and **supporting the recovery**