# Nutrients And Assimilation

Minerals are difficult for the body to break down in their raw form. Alternately, plants are designed to uptake the mineral components from the ground. When we consume the plant, we get the pre-digested more easily assimilated and synergistic nutrients. Synergistic is to work in synergy with each other, complementing one another. We do not have a “magnesium” or “vitamin B deficiency”, but a food or enzyme deficiency! However the body became deficient in a nutrient, it is also deficient in all its co-factors! Therefore supplementing with a chemical isolate does not create balance; only nature can do that. Our bodies are incredibly made but not designed to turn chemicals into nutrients…..



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If you only knew… You would never supplement with anything other than whole food supplements!

"Our founder, Dr. Royal Lee, believed that good health came from good nutrition and the best nutrients came from whole foods. He also believed that the proper use of whole food supplements was best accomplished through the informed guidance of a health care professional and a professional assessment of the individual's nutritional status. These are two philosophies that Standard Process Inc. has upheld since the company's founding in 1929."

Standard Process Clinical Reference Guide

If you only knew how toxic "nutritional supplements" really are, made from petroleum, coal, and chemicals; you wouldn't believe taking them would benefit your health. There are four primary ways to determine if your supplements are made from food or toxic carcinogenic substances. In the *Supplemental Facts* (found on top half of label), the vitamin will be listed as such; Vitamin A (as beta carotene), Vitamin C (as ascorbic acid), etc. This tells you that your vitamins are a chemical isolate rather than from plant sources. If it does not list "(as…)" see below in the Ingredients section. Secondly, the *Percentage of Daily Value*; if high (in the 100's or 1,0000's of percent) it is only probable the supplement is from chemicals. Lower daily values, as with whole food supplements contain many other synergistic components that make the nutrients more bio-available! The third thing to look for is the *Ingredients* and *Other Ingredients*. Here you will often see artificial flavors, food coloring etc. These are obviously toxic, even in small amounts! The fourth sign to be wary of is anything that is Trademarked. In most cases, this means the nutrient has been changed in some way to substantially change it from nature (natures products cannot be trademarked).

Vitamins are not synthesized by the body in sufficient amounts, thus are compounds needed in small amounts from an outside source. Ideally these nutrients should be from wholesome foods and whole food supplementation. The term vitamin is derived from the two words *vital* and *amine,* meaning amine of life. In the late 18th and early 19th centuries, denervation and diseases lead to the study of vitamin identification and isolation (see chart below). Today vitamins are classified as either water-soluble or fat soluble. Out of the fifty essential nutrients, here are 13 vitamins, four of which are fat-soluble (A, D, E and K) and nine that are water-soluble (the B vitamins and Vitamin C). Water-soluble vitamins are readily excreted from the body, therefore are needed daily because they are not stored as are the fat soluble vitamins are. Fat-soluble vitamins are absorbed through the intestinal tract with the help of lipids (fats). Fat soluble vitamins are more likely to accumulate in the body and can lead to hypervitaminosis.

The value of eating a certain food to maintain health was recognized long before vitamins were identified. The ancient Egyptians knew that feeding liver to someone with night blindness, an illness now known to be caused by a vitamin A deficiency, would help to cure the condition. However, today's health food industry has us to believe that supplementing with vitamin A will help. It may help but will not dramatically make a difference without the synergistic nutrients of liver. There are different forms of vitamin A and most supplements only contain beta-carotene. There has been several identified types of vitamin A; alpha-carotene, beta-carotene, gamma-carotene; the xanthophyll beta-cryptoxanthinretinol, and retional (the form of vitamin A absorbed from eating animal food sources). This is just one example of a nutrient synthetically produced as an isolate

Below are some of the listed well-known activators that co-exist with organic nutritional-sourced supplements/nutrients:

Enzymes
Co-enzymes
Trace Elements
Precursors
Antioxidants
And more (known and unknown)

Vitamin supplements are not the only problem supplements found in grocery stores, health food stores, pharmacies, and sold by various individuals; minerals are difficult for the body to break down in their raw form. Plants are designed to uptake the mineral components from the ground. When we consume the plant, we get the pre-digested more easily assimilated and synergistic nutrients. Synergistic is to work in synergy with each other, complementing one another. We do not have a "magnesium" or "vitamin B deficiency", but a food or enzyme deficiency! However the body became deficient in a nutrient, it is also deficient in all its co-factors! Therefore supplementing with a chemical isolate does not create balance; only nature can do that. Our bodies are incredibly made but not designed to turn chemicals into nutrients…..

Beginning in the mouth and ending in the intestines, digestion and assimilation occurs. The informative articles *Digestion 101, Rules for Digestion, and Food Combing* are available by request. These are truly complementary to the understanding of bio-availability of nutrients. If digestion is faulty health will surly deteriorate! Enzymes are released by the chewing of food which also sends messages to the brain to activate various nervous system and organ systems to initiate digestion. In the intestines is where the majority of nutrients are absorbed. Along the roughly twenty feet or so of the small intestine is where the villi is. Villi is what lines the intestine and also contains microvilli which greatly increases the surface area available for nutrient absorption. The villi plays a very important role transporting the nutrients via tiny blood vessels into the blood stream as well as acting as a filter and barrier from undesirable substances to a absorbed. Pharmaceuticals, pesticides from food, and other environmental pollutants as well as chronic irritation from various digestive issues, pathology, or pathogens can damage the villi casing malnutrition. Genetic and acquired nutritional needs are present in virtually everyone. Holistic evaluations such as iridology and kinesiology are viable assessment methods. Iridology is an especially valuable tool for children. Genetically inherited weaknesses or areas of susceptibility can be addressed early in life thus preventing possible disorder.

The people during the Renaissance on ocean voyages obviously went prolonged periods without fresh fruits and vegetables in which many illnesses from nutritional deficiencies were common among ships' crews. It is vital to consume a variety of fresh produce. Equally important, is to remember that supplementing with nutritional supplements (including whole food supplements) does not take the place of a healthy diet of macronutrients (fats, proteins, and carbohydrates). Also keep in mind that just because you are getting pharmaceutical grade or supplements sold by a health care professional, does not mean they are automatically good. Standard Process is used by more than eighty percent of doctors (naturally inclined), following next is Metagenics. Both companies provide professionals with proven effective protocols. As a natural health care provider it is easy to get caught up in the "health food" industry. With out the guidance of a professional trained to test for nutritional needs, it is like being feed to the wolves. Additionally, too much un-necessary money is often spent.

The developer of Standard Process's foundational supplements originated from with the desire to find a cure for his mother's heart condition. He gave her the tissue of animal heart (as the indigenous people did) and her condition improved! From this, eventually lead to what is now a patented extraction of glandulars called *Protomorphogens* meaning "promotes healing over time". This would be an example of a term truly worthy of trademarking; Protomophogen which is an extraction process to retain the specialized counter-parts of the gland with low heat and vacuum packed.

For those of you that go out and purchase supplements at stores such as *Centrum* and *One A Day,* and likely at least 80% of other products*,* are literally adding to the toxic load of the body. Compare the below supplement ingredients. Minerals followed by the suffix "oxide" are rock forms of minerals; although less expensive, they are much harder to assimilate.

Below are some recommended resources on the topic of health, diet, and nutrition:

Weston Price Foundation (westonaprice.org)
International Foundation for Nutrition and Health (ifnh.org)
Book *Why Do I Need Whole Food Supplements?* Lorrie Medford

**Centrum Multi Vitamin:**
**INGREDIENTS:** Calcium Carbonate, Potassium Chloride, Dibasic Calcium Phosphate, Magnesium Oxide, Microcrystalline Cellulose, Ascorbic Acid (Vit. C), Ferrous Fumarate, Pregelatinized Corn Starch, dl-Alpha Tocopheryl Acetate (Vit. E). **Contains < 2% of:** Acacia, Beta-Carotene, BHT, Biotin, Boric Acid, Calcium Pantothenate, Calcium Stearate, Cholecalciferol (Vit. $D_3$), Chromium Picolinate, Citric Acid, Corn Starch, Crospovidone, Cupric Sulfate, Cyanocobalamin (Vit. $B_{12}$), FD&C Yellow No. 6 Aluminum Lake, Folic Acid, Gelatin, Hydrogenated Palm Oil, Hypromellose, Manganese Sulfate, Medium-Chain Triglycerides, Modified Food Starch, Niacinamide, Nickelous Sulfate, Phytonadione (Vit. K), Polyethylene Glycol, Polyvinyl Alcohol, Potassium Iodide, Pyridoxine Hydrochloride (Vit. $B_6$), Riboflavin (Vit. $B_2$), Silicon Dioxide, Sodium Ascorbate, Sodium Benzoate, Sodium Citrate, Sodium Metavanadate, Sodium Molybdate, Sodium Selenate, Sorbic Acid, Stannous Chloride, Sucrose, Talc, Thiamine Mononitrate (Vit. $B_1$), Titanium Dioxide, Tocopherols, Tribasic Calcium Phosphate, Vitamin A Acetate (Vit. A), Zinc Oxide. **May also contain < 2% of:** Ascorbyl Palmitate, Maltodextrin, Sodium Aluminosilicate, Sunflower Oil.

**Centrum Chewable:**
**INGREDIENTS**: Sorbitol, Dibasic Calcium Phosphate, Mannitol (Wheat), Calcium Carbonate, Microcrystalline Cellulose, Pregelatinized Corn Starch, Ascorbic Acid (Vit. C), Magnesium Oxide, dl-Alpha Tocopheryl Acetate (Vit. E), Gelatin. **Contains < 2% of:** Acacia, Ascorbyl Palmitate, Aspartame,** Beta-Carotene, BHT, Biotin, Calcium Pantothenate, Cholecalciferol (Vit. $D_3$), Chromic Chloride, Citric Acid, Corn Starch, Crospovidone, Cupric Oxide, Cyanocobalamin (Vit. $B_{12}$), FD&C Red No. 40 Aluminum Lake, Folic Acid, Lactose (Milk), Lutein, Magnesium Stearate, Maltodextrin, Manganese Sulfate, Modified Food Starch, Mono- and Diglycerides, Natural and Artificial Flavors, Niacinamide, Nickelous Sulfate, Partially Hydrogenated Soybean Oil (Soy), Potassium Iodide, Pyridoxine Hydrochloride (Vit. $B_6$), Riboflavin (Vit. $B_2$), Silicon Dioxide, Sodium Ascorbate, Sodium Benzoate, Sodium Citrate, Sodium Metasilicate, Sodium Metavanadate, Sodium Molybdate, Sodium Selenate, Sorbic Acid, Stannous Chloride, Stearic Acid, Sucrose, Thiamine Mononitrate (Vit. $B_1$), Tocopherols, Vitamin A Acetate (Vit. A), Zinc Oxide. **May also contain < 2% of:** Magnesium Borate, Sodium Aluminosilicate. **Contains:** Milk, Soy, Wheat.

**Standard Process Catalyn- the original whole food supplement**
**Proprietary Blend: 766 mg**
Defatted wheat (germ), carrot (root), calcium lactate, nutritional yeast, bovine adrenal, bovine liver, magnesium citrate, bovine spleen, ovine spleen, bovine kidney, dried pea (vine) juice, dried alfalfa (whole plant) juice, mushroom, oat flour, soybean lecithin, and rice (bran).
**Other Ingredients:** Honey, glycerin, arabic gum, ascorbic acid, calcium stearate, cholecalciferol, pyridoxine hydrochloride, starch, sucrose (beets), vitamin A palmitate, cocarboxylase, and riboflavin.

The "other Ingredients" listed in the Standard Process supplement are natural binders for the tablet form that easily dissolve and is assimilated as naturally as food.

Again, the four things to look out for are a vitamin or mineral listed with "as ascorbic acid", for example in parenthesis, meaning a chemical isolate, the Percentage of Daily Value (high percentages can't come from food sources). Look at the ingredients and other ingredients and if it is Trademarked. Many smaller companies simply get their ingredients from larger suppliers and make a few additions then trademark their product. Stick with nature and verifiable pure products from reputable companies. This is a popular market and the pharmaceutical industry owns most of it.