

WHY WHOLE FOOD SUPPLEMENTS

Your body uses nutrients first for day to day survival. Healing is it's second priority. It's only when nutrients are left over at the end of the day that your body can begin to heal. So if you're not consuming all of the vitamins, minerals, enzymes and antioxidants your body needs on a daily basis, which is nearly impossible with today's foods, then your body is not being given a chance to heal on it's own. Only with organically grown whole food supplements can your body even begin to heal!

Whole food supplements are exactly as they sound - whole foods with all the water and fiber removed; just dried, highly condensed foods. Because they are pure foods, your body can easily recognize and assimilate them just as it would with food. Supplements labeled as "all natural" are rarely whole-food supplements. The difference between these two is that "natural" vitamins do, in fact, contain natural ingredients but most also contain synthetic ingredients. More importantly, they do not have the same potency.

The Annual Review of Biochemistry stated that "natural forms of vitamins may lose up to ninety-nine percent of their potency when separated from their natural synergists". This is why synthetic vitamins have what looks like generously high doses. But, as always, quantity is never more important than quality. Potency is the most important factor in choosing a vitamin; not the dosage.

Instead of providing large doses of fractionated vitamins, whole food supplements contain several different ingredients such as vitamins, minerals, enzymes, antioxidants, amino acids, fatty acids and trace minerals with high potency. These supplements can contain so much more because all of these wonderful things are naturally present in raw, organic foods.

As you can see on the labels to the right, whole food supplements have much smaller doses. This is because they are pulled from organically grown whole foods and therefore work much harder for your body. For example, the vitamin B in Catalyn is straight from yeast, rice bran extract,

and oat flour. By consuming a vitamin directly from food, you are receiving the entire vitamin complex. The so-called vitamin B in the synthetic multi is riboflavin, which is only part of the vitamin B complex.

Catalyn

(a whole-food multivitamin)

Supplement Facts	
Serving Size 3 Tablets	
Amount per serving	
Vitamin A	1200 IU
Vitamin C	4 mg
Vitamin D	312IU
Thiamine	0.2 mg
Riboflavin	0.2 mg
Vitamin B6	1 mg
Proprietary Blend..... 832 mg Defatted wheat germ, carrot root (A complex), calcium lactate, nutritional yeast (B complex), bovine adrenal, bovine liver, bovine spleen, ovine spleen, bovine kidney, dried peavine juice (A & E complex), dried alfalfa juice (A complex), mushroom powder (C complex), oat flour (B complex), soy bean lecithin, and rice bran extract (B complex)	
Other Ingredients: Honey, Magnesium, glycerine, arabic gum pyrodoxine hydrochloride, gelatin, cocarboxylase, and riboflavin	

Generic Synthetic Multivitamin

(which advertises as being "all natural")

Supplement Facts	
Serving Size 1 Tablet	
Amount per tablet	
Vitamin A (from cod liver oil)	5000 IU
Vitamin C (from ascorbic acid)	250 mg
Vitamin D (as ergocacilerol)	400IU
Vitamin E (as d-alpha tocopherol)	150 IU
Thiamine (as thiamine mononitrate)	75 mg
Vitamin B (riboflavin)	75 mg
Niacin (as niacinimide)	75 mg
Choline (as choline chloride)	100 mg
Betaine (as betaine hydrochloride)	25 mg
Glutamic Acid (as L-glutamic acid)	25 mg
Inositol (as inositol monophosphate)	75 mg
Para-Amenobenzoic Acid	30 mg
Deoxyribonucleic Acid	50 mg
Boron	500 mg

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WHY NOT SYNTHETICS

Synthetic (sin thettik) adj:

1. made by a chemical process of synthesis, especially so as to resemble a natural product
2. insincere; not genuine

Seventy percent of Americans take some type of vitamin or food supplement. Odds are you are one of them. You may think that what you are taking is natural because that's what the bottle says but it is most likely not. The FDA only requires a product to be 10% natural in order to be labeled as such. The bottle may say "the most natural form of vitamin B" when in fact 90% of that was drawn from petroleum and coal tar and only 10% from actual food.

The process of making synthetic vitamins actually creates a mirror image molecularly of the real, organic nutrient. Your body is only able to absorb about 10% of the created nutrient because it is like trying to fit a right-handed glove on your left hand. Then at least 90% of the synthetic nutrient is simply discarded. So the bottle may say 1000 mg of ascorbic acid, but you are really only receiving about 75 mg of vitamin C.

High-potency synthetic vitamins act as a drug or stimulant would, not as a healing agent. Therefore they are only providing symptomatic relief. You may feel quick results with synthetic vitamins, maybe even a slight "rush" but because it is not actually helping your body to heal you will always be taking that vitamin. With whole food supplements, your body is given a chance to heal and with a proper diet, over time, you can severely reduce the amount you take.

Vitamins are very complex with many different parts to them. Here is a very simplified diagram of a **Vitamin C Complex**.



When you take a synthetic vitamin you are only getting one or two parts instead of the whole vitamin complex. When you take ascorbic acid (the synthetic form of vitamin C) you are only getting one part of the actual vitamin your body needs. It's like eating an egg shell and thinking you've received the same amount of protein as if you were to have eaten the whole egg. But an even bigger problem with only digesting part of a vitamin is that your body doesn't recognize just that part by itself so it looks for the other parts of that complex.... from within. This causes your body to actually pull the other ingredients from your own system in order to create a whole vitamin and then try to deposit it where it is needed.

Remember what I said earlier about synthetics being molecularly opposite so they can't attach where needed because they are mirror-images? This is exactly where that happens. The body draws the other parts of the vitamin complex out of your system to create a whole vitamin before trying to deposit it where it is most needed and then since your system cannot use it because it is a mirror-image instead of the real thing, it simply throws it *all* out. Even the parts of that complex that were already in your body from your foods or whole-food supplements! So taking synthetic vitamins can actually cause a vitamin deficiency!

You can almost always tell which vitamins are synthetic by looking for expiration dates. Synthetics are so heavily treated with preservatives that they are not required to have expiration dates and can therefore sit on a shelf for years before being purchased. Here are some ingredient names that you might see on a bottle of synthetics but never on a whole-food supplement.

INGREDIENTS TO AVOID

Acetate	Palmintate	Retinol
Beta Carotene	Thiamine	Mononitrate
Hydrochloride	Niacin	D-Alpha
Ascorbic Acid	Tocopherol	Succinate
Viosterol	Picolinate	Phosphate
Oxide	Sulfate	Chloride



STUDIES SHOW.....

Dr. Royal Lee, the inventor of a whole food multivitamin called Catalyn, introduced his product in 1929 and distributed it to doctors and patients. The results were tremendous and the business took off, but Dr. Lee did not want to be in the vitamin industry. He was an engineer and inventor, so he took his blossoming company to other "vitamin" distributors and offered to sell them everything - the farm, equipment, patents and processing techniques. Several companies denied his offer and one decided to test his product against their own synthetic products first.

The company took three groups of lab animals and starved them nearly to death. Group A was fed nothing, group B was given Catalyn and group C was given the company's chemical vitamins. In the first thirty days, all of the animals in group A died. Group B with the Catalyn improved 25%. Group C with the synthetic vitamins improved about 50%. In the next thirty days, the Catalyn group improved another 25% and the synthetic group improved to almost 100% - nearly fully recovered.

At the end of the next thirty days (90 days in all) the animals in the Catalyn group continued to improve yet another 25% and the animals in the synthetic vitamin group all died. When you deprive your body of real, organic, living nutrients while putting synthetic nutrients into your system, it is like slowly poisoning yourself. So imagine all of us out there who are not getting the nutrients we need from our foods so we take synthetic supplements. We are slowly causing way more harm than good to our bodies.

The synthetic form of vitamin B is called thiamine. A study published by the *Journal of Nutrition* in 1939 found a link between the use of thiamine and sterility in rats. A daily dose of 100 micrograms of thiamine resulted in female sterility in the second generation rats. A daily dose of 200 micrograms resulted in the presence of obvious toxins in the lactation of the third generation. A daily dose of 400 micrograms of thiamine resulted in complete failure of lactation in the fourth generation.



Three cases of hemorrhagic intestinal disease did not improve after daily intravenous injections of ascorbic acid, but were entirely cured with lemon juice.

-British Journal of Chemistry & Physics

Whole foods such as raw fruits and vegetables work as an antioxidant to fight cancer. Beta carotene, which is one of hundreds of carotenes in vitamin E which is one of hundreds of nutrients found in fruits and vegetables, has actually been shown to make some cancers worse.



In a study comparing synthetic vitamin E with wheat germ (a natural source of vitamin E), the vitamin deficient lab animals fed synthetic vitamin E died much sooner than the control animals with no vitamins at all.

