

Deficiencies In Our Foods

- Majority of American farm soil has been **hopelessly depleted of the nutrients** that were present before the advent of petrochemical-based farming in the 1950's
- Refining and packaging of food **strips the nutrients out** of the food in order to achieve extended shelf life. Not even bugs and rats will eat the majority of foods that the average American exists on
- These **devitalized foods are now anti-nutrients**, in that they require your body to provide the nutrients to metabolize them, that is, to remake yourself with, and to provide you with energy

Whole Food Supplements

- Fallacy of “high dosage = high potency”
 - Large quantities of dead chemicals lack potency
- Fact: a vitamin needs all of its synergists to function
- Vitamins In the natural state
 - Always exist as living complexes with the following:
 - Specific Synergistic Co-factors
 - Enzymes
 - Phytonutrients
 - Organic Mineral Activators
- Whole-food natural vitamins
 - Small quantities will have all their naturally-occurring synergists
 - More potent than synthetic imitation vitamins

Natural Vs. Synthetic Vitamin

How To Read A Vitamin Label

- Crystalline = natural food has been treated with various chemicals, solvents, heat and distillations to reduce it down to one specific “pure” crystalline; synergists are destroyed
- Synthetic vitamin = drug-like
 - Attempt to reconstruct the exact structure of the crystalline molecule by chemically combining molecules from other sources
 - Sources are non-living foods... DEAD CHEMICALS
- Reading vitamin label
 - Acetate, Bitartrate, Chloride, Gluconate, Hydrochloride, Nitrate, Succinate