

## Why Do We Need Whole Food Supplements?

Paraphrased from the writings of R. L. Slaughter, M.Sc., D. C.; 45 years of study and practice

The human body is composed of trillions and trillions of individual cells. These cells are organized into organ systems which do all the work necessary to maintain life. Each day approximately five hundred billion of these cells grow old, die and must be replaced. Approximately every cell in your body is replaced every 7 years; every 7 years you are literally a new person.

But where does the cell of your body get the necessary building blocks to manufacture these new cells? From the foods we eat and the fluids we drink and, of course, what can be salvaged from the cells that have died. These ingredients are the “stuff of life”, literally. It does not require a great deal of intelligence to see that the **quality** of foods that are consumed are essential to the creation of healthy cells for **healthy** organs to carry on a **healthy** existence. The environment certainly plays a role in our health. How much control of the environment do you have? Genetics you may think also that you have little control. Recent research, however, supports the view that our genetics can be altered during our life by our environment *including the foods and liquids that* we consume and that those changes can and will be passed on to future generations. This is even truer of our **internal** environment. This is where the cells are located. And, inside the cells exist the genes of our existence. It is therefore, doubly important to provide for the replication of cells that the replication of the genes themselves will not be compromised.

Through eons of time humans has developed the capacity to extract those chemicals necessary to the maintenance of life from the foods we eat and the fluids we drink. The quality of what is extracted depends wholly on the quality of what we consume. Kind of like the old computer adage-garbage in and garbage out. If we do not consume high quality foods we cannot possibly obtain the chemicals we need to maintain a healthy existence. If we consume “food-like” products we will earn imperfect health.

A small example we all know about is what has happened to wheat. It is processed down to a product not even able to sustain life without “fortification”. Is the “fortification” even close to what was taken out of the original organic wholesome food product? No! Not even close. All this so manufacturers could make a “food-like” substance that has a longer shelf life and a “prettier” product to sell? You don’t agree with this? Think about it...take a natural whole-food non-processed carrot for example. Did you know that the whole-food carrot has over 200 **known** concentrated nutrients important to human nutrition and health and that more nutrients are being discovered every year? The same could be said for every vegetable, fruit and meat source known to man. Are you going to trust “food scientists” to replace what they take out of **real** food so it can last longer on the shelf, look better, be produced in mass quantities and sold cheaply? I think not. For what is the bottom line? Is it not profits? Agri-business has taken over and displaced the farmer who grew whole food. There is hardly a food that has not undergone some form of “processing” of one kind or the other. And, what of the meats we buy? We all know of the daily antibiotics and other “medications” used so they can be housed and grown under squalid conditions in massive quantities. Even after the animal is killed it can still undergo further “processing”.

Who is the loser here? Not agri-business! Not Big-pharma! Not the manufactures who bombard us with an ever-increasing array of “food-like” substances for ever greater and greater profits. We have seen diabetes triple since 1958 and still increasing annually. Obesity has become so pervasive the cost of medical care for the adverse medical effects of this obesity threatens to wreak havoc on our health care delivery system as well as our health care dollar. Billions and billions have been put into the “fight against cancer”, heart disease, diabetes and many other diseases. Despite this effort we are not gaining--we are losing! Compare our national health with the rest of the world; especially where people still consume *real, whole, unadulterated, unprocessed food!*

Did you pay attention to the World Health Organization publication in 2000 with data on the health systems of the 191-member countries? The only place the U.S. was “first” was in “responsiveness”. Why? Because it was by far the most expensive; in fact, over twice the median average of the other countries. Did all those dollars buy better health? No! Not even close! The U.S. ranking 26<sup>th</sup> in infant mortality among industrialized countries and a very low 24<sup>th</sup> on disability-adjusted life expectancy is awful. In “fairness of financing” the U.S. was the lowest and tied for 54<sup>th</sup> and 55<sup>th</sup> place. The U. S. is the only country in the developed world, except for South Africa, that does not provide health care for all citizens. And, in the “world for performance” category, U. S. comes in a sad 37<sup>th</sup>.

We ask---WHY????????? Could we be over medicated and malnourished? I believe so. We all know of the “French Paradox”. That is, the French eat lots of butter, cheeses, eggs, high fat sauces etc. Yet they have one of the lowest percentages of cardiovascular disease. They are slim. A team of scientists from the U. S. studied this phenomenon. Their conclusion? The French eat a wide *variety* of food—real food. They eat home baked bread with a hard crust. They consume many kinds of cheese. Americans tend to eat the same old diet week in and week out ad infinitum. And, this diet is full of “food-like” substances, not real food. We like it cheap, simple and easy. That kind of behavior may be slowly killing us.

Hundreds of books have been written on this subject over the past decade. Every diet book we pick up says to eat more fruits and vegetables. We all know this. But, we have been lulled by the “food scientists”, the advertising dollar of the food manufactures, “fast food” companies, even the medical profession, the FDA and Big-pharma into thinking all is well. Well yes! Who profits by this illusion? I may not be the brightest bulb on the block, but I’m also not just plain stupid.

So---what can you do about it? Here is what you can do! Buy good wholesome foods locally when you can. Avoid all the center aisles in the grocery store where the “processed” food reigns supreme. Did you know they even spray the inside of all canned goods today with the same plastic under investigation for BPA toxicity (which was banned in Japan years ago). Who can you trust? Bottom line try to eat, as much as possible, just plain food. Grow your own! Buy 100% organic. Buy the food your grandmother would recognize. Read the label. If there is anything but real, recognizable *food*, don’t eat it. Buy good whole food and cook it yourself so you will know what the ingredients going into your body are.

And even if you do eat a whole-food diet, because of the depleted state of the soil today, you still must “supplement” your diet with vitamins, minerals, oils, greens, et cetera. When you do choose to supplement, use supplements prepared from **WHOLE FOODS**. Don’t be fooled twice. If you cannot

trust the “food scientists” to “fortify” the foods they have processed down to a “food-like” substance--- do you really think you can trust them to “make” a vitamin/mineral compound any better? They cannot. In fact, scientists who have studied “nutrition” in real depth are appalled by the hypocrisy of what is being sold. For instance: Did you know that alpha tocopherol is NOT Vitamin E (synthetic or otherwise). Nor is Vitamin C *just* ascorbic acid. This is just what your government has decreed it to be (by advice of the “food scientists”). In fact, Vitamin E is a composite of a number of tocopherols and ascorbic acid is just the anti-oxidant fraction of vitamin C complex. If this weren’t enough when you buy a “natural” vitamin—the law says it can be called **natural** if only 10% of it comes from “natural” sources. Read the labels. If it reads just a bunch of chemical substances (synthesized in a laboratory) and does not read of real foods that you can recognize—don’t buy it and don’t take it. You are just wasting your money and may even be harming your health.

There are good companies existing for almost a century that do not “make” vitamins/minerals. They grow crops on land tested to be complete in minerals, which have never had a pesticide, fertilizer or other chemical contamination and who have developed and patented cold processes to capture all the natural enzymes and nutrients of the whole food from which these supplements are derived. And, you will not get MEGA doses of these vitamins/minerals with which your body must struggle to use. Instead the dosages will be consistent with what you would have consumed with the whole food. Are there circumstances when MEGA doses may be indicated? Of course, but you need a well-informed Doctor to advise you when these times exist.

Doesn’t that make more sense? And, you can find Doctors who have been trained in the use of these supplements to determine just what nutrients your diet may have been missing. Doesn’t THAT also make sense? What have you got to lose? Go for health and you will be glad that you did!