
UNDERSTANDING FOOD SUPPLEMENTS

HOW THEY CAN HELP YOU ACHIEVE BETTER HEALTH



Why do I need to take food¹ supplements? Can't I Just eat the right foods to get the needed nutrients for healing?

The problem is that it is virtually impossible to consume and assimilate in one day an adequate amount of the proper foods to **both** take care of the body's nutritional² needs for today **and** have enough left over to pay back nutritional debts, thus allowing for healing. This is because:

- ☒ The body's number one priority with any nutrition coming in each day is to use it to take care of today's needs. Paying back debts and healing is done with any nutrition that may be left over at the end of the day.
- ☒ Most people, especially as they begin to change to better eating will suffer from an assimilation³ problem—due to past dietary⁴ sins, thus even if they do eat well, and most aren't perfect, there is not 100% assimilation of the food. [Note: one of the benefits and goals of this program is to improve the assimilation factor, but it takes time.]
- ☒ The quality of the fresh fruits and vegetables, even the organically grown, is sadly lacking in nutritional content due to the depletion of nutrients in the soil.

It has been our experience that those who do not take supplements do initially feel better simply by improving their dietary intake, but their level of improvement begins to quickly plateau. This compared to those who take food supplements, providing they are changing their lifestyle at the same time, and have a steady improvement back to health, eventually being able to reduce dramatically or discontinue the supplements.

1 food

That which is eaten to supply necessary nutritive elements. Origin: [A.S. fōda]

2 nutrition

1. A function of living plants and animals, consisting in the taking in and metabolism of food material whereby tissue is built up and energy liberated
2. The study of the food and liquid requirements of human beings or animals for normal physiologic function, including energy, need, maintenance, growth, activity, reproduction, and lactation.

Origin: [L. nutritio, fr. nutrio, to nourish] needs for today

3 assimilation

Incorporation of digested materials from food into the tissues. Origin: [L. as-similo, pp. -atus, to make alike]

4 diet

1. Food and drink in general.
2. A prescribed course of eating and drinking in which the amount and kind of food, as well as the times at which it is to be taken, are regulated for therapeutic purposes.
3. Reduction of caloric intake so as to lose weight.
4. To follow any prescribed or specific diet. Origin: [G. diaita, a way of life; a diet]

How long will I be taking supplements?

For most of our patients, it's 4 to 6 months. We refer to this 4 to 6 month period as the *therapeutic⁵ period*. Our goal is to help you get your body to a place where it is no longer dependent on therapeutic supplement dosages. It is our philosophy that food – primarily fresh and raw, and fresh fruit and vegetable juice — should be our main source of nutrition.

Will I be taking the same amount of supplements that was initially prescribed during my entire therapeutic period?

Very rarely. We will be evaluating your progress on a regular basis, and as progress is observed, dosages will be reduced and supplements will be changed to achieve the most efficient program possible. Very frequently, one physical problem is addressed and the next problem surfaces to be handled. This is what is known as “peeling the onion”. Most people have more than one outpoint in regards the function of their body. Your body will always tell us which one is the most important to handle.

Shouldn't I always be taking some supplements for maintenance, even after the therapeutic period is complete?

Yes, everyone should. If we are eating primarily the foods that provide health, having very little intake of foods that rob health, drinking at least one glass of fresh juice per day, then a lot of supplementation is not necessary. Individuals vary in their needs for supplements. This can only be determined by physical testing or by completing questionnaires that pin-point the areas of body malfunction.

What should I do with any vitamins or supplements that I was already taking before starting the program?

Usually we recommend that you put them in the cupboard during the therapeutic period, and finish them once you've reached the maintenance phase. If you've been taking supplements that are synthetic, we recommend that you do not take these on a continuous basis as they do not contain the entire vitamin complex that is needed. More information regarding why you should not take synthetic supplements can be found at this page:
<http://www.BecomeHealthyNow.com/category/vitam>.

Here are the facts:

- ☒ Most supplements, even those purchased in health food stores, are lacking in enzymes to facilitate their assimilation. [All of the supplements we recommend contain enzymes to better aid assimilation.]
- ☒ We know how the supplements we recommend work, thus we can more efficiently adjust their doses.
- ☒ There is only so much the body can assimilate in one day; to take more than we recommend is often “over-kill” and wasteful.

Remember, healing in the long term comes by leaving off the negative foods and drinks and incorporating a dietary lifestyle that provide living nutrients. Supplements are just that — a *supplement* to a **healthy diet, not a replacement**.

Should you desire to take additional supplements above those we recommend, please ask before taking them.

What is unique about the food supplements that you have prescribed? Can't I purchase the needed vitamins and minerals⁶, etc. from a health food store or other source?

⁵ therapeutic - Relating to therapeutics or to the treatment, remediating, or curing of a disorder or disease.

⁶ mineral

Inorganic (carbon-free) elements that turn to ash when burned. of the more than three dozen known minerals, nineteen are necessary for good health.

Some of the individual minerals — arsenic; calcium; chlorine; chromium; copper; fluorine; iodine; iron; magnesium; manganese; molybdenum; nickel; phosphorus; potassium; selenium; silicon; sodium; sulfur and zinc.

There truly are major differences in food supplements. Our supplements, supplied by Standard Process™, are **food-source** supplements, which means they contain all of the components that nature provided. This is because they are derived directly from organically grown foods. The labeling laws in the U.S. are such that no differentiation needs to be made on the label as to whether the ingredients are *whole food – truly natural* or if they are processed, partially natural or laboratory produced. The word “natural” on the label means that there need only be **10% actual whole food** in the supplement for it to be labeled as such! So you see there is a wide disparity between food supplements. Standard Process supplements are 100% whole food supplements. You can find detailed information on every Standard Process supplement, (147 total), on my web site.

STANDARD PROCESS PRODUCTS

Added to this is the fact that many vitamin companies use either processed, partially natural or laboratory produced ingredients. They do this because they are far less expensive and probably, in many cases, they are ignorant to the difference.

For example, a vitamin C supplement will usually contain *ascorbic acid*. On the front of the label it reads, “Vitamin C”, but on the back it reads, “ascorbic acid”. In nature, vitamin C is a whole complex of substances, ascorbic acid being *just one*. When your body needs vitamin C, it **needs the entire complex**, not just one part of it—ascorbic acid.

When we take high doses of partial vitamins/minerals, the body is not able to fully utilize these because some of most of the components are missing. The best the body can do with the partial supplements is utilize a small amount, and eliminate the rest. This is why the urine often will be very yellow after consuming laboratory produced supplements found on the market.

Another positive with food supplement that we prescribe is that they are processed at low temperatures which does two things:

- ☒ It assures that the ingredients are still alive and vital; many food supplements have been processed in such a way that most of the living quality or enzymes have been destroyed. The enzymes are the main ingredient needed to restore health.
- ☒ With the enzymes still intact, the supplements assimilate much more efficiently. Remember that food supplements must go through the same digestion and assimilation process as food; if you have trouble digesting food, the same will hold true of the average food supplement.

What does “before meals” on the supplement instructions mean?

This means you should ideally take the supplements as you begin to eat, or 5-10 minutes before the meal, unless otherwise instructed.

What does “after meals” on the supplement instructions mean?

This means you should take the supplements as you are completing your meal, or within a few minutes after it is completed. The reason for taking these *after meals* is because they, like food, must be digested. Thus, for *best* assimilation, they should enter the stomach after the digestive process is in full swing.

What if I forget to take the “before” or “after” supplements?

Take them when you remember, even if it is an hour or two after eating. They will still be of value and beneficial. Remember, in taking the supplements you are *paying back the debts*. Would you rather make two or three payments a day? Obviously, the more payments, the faster the results.

Macrominerals are comprised of the seven minerals needed by the human body in relatively large amounts: calcium, chlorine, magnesium, phosphorus, potassium, sodium and sulfur.

Microminerals also known as trace elements or trace minerals are the twelve minerals we need in minute quantities for good health: arsenic, chromium, copper, fluorine, iodine, iron, manganese, molybdenum, nickel, selenium, silicon and zinc. many nutritionists now believe that four others should be added to this list: boron, rubidium, tin and vanadium. Origin - [L. mineralis, pertaining to mines, fr. mino, to mine]

What if I don't eat a meal or I just drink juice, should I still take the supplements?

Remember that the supplements not only aid in the digestion of your food. They are prescribed to *feed* your body or help pay back debts. Thus, the more consistently you take them the more efficient the program. Because our supplements contain enzymes, they do assimilate if taken alone, but do so much better if some food or juice is consumed when taking them.

If you skip a meal but take your supplements, it is best to have a small snack or some juice at the same time. The exception is for those supplements that are to be taken on an empty stomach.

If you prefer to fast—having only water—until noon, you may find that taking the supplements (those that are to be taken around food) cause stomach discomfort. It would be best then to take the first dose with the noon meal, the second with supper and the third does later in the evening with a small snack or juice.

I thought that it is better not to drink fluids with my meal (as not to hinder digestion); yet, to take the supplements around mealtime, I must drink a fluid to get them down. Will this not hinder digestion?

If possible, the best is simply to take the *before meal* and *after meal* supplement with only a sip of two of water, if necessary. The ideal situation is:

- ☒ For the *before meal* enzymes, take the first bite of food, chew it thoroughly, then before swallowing, pop in the supplements and allow the food to carry them into the stomach.
- ☒ For the *after meal* supplements, basically the same process: as you are coming to the conclusion of your meal, use the last few bites of the meal to transport the supplement to the stomach.

Granted, some will have difficulty with this, or you may be at a dinner party where this is not appropriate. In such cases, simply do the best for the situation, meaning, the least amount of fluid consumed the better, but if you require a lot of fluid to get them down, just do what you have to do and don't worry about it.

What if I, or my child cannot swallow pills, tablets or capsules?

The answer is to put the supplement in a tablespoon of applesauce and consume. If a capsule, open and mix with a tablespoon of applesauce. If a tablet, crush with a spoon and consume the same way. This small amount of applesauce will not interfere with digestion of whatever is being consumed for that meal. It is best not to mix the supplements in juice or water, as the crushed particles then to stick to the side of the cup or settle to the bottom.

Will any of the supplements that have been prescribed for me interfere with any prescription medications I may already be on?

Absolutely not. The reason is, that all the supplements that we prescribe are composed of natural substances, no chemicals or drugs. Think of these supplements as *food or nutrition*, *not* as a medication.

Do I need to inform my regular medical doctor about the supplements you have prescribed?

It is not necessary in that nothing that we recommend or prescribe to you will in any way interfere with or cause reactions with any medical treatment you may undertake or already be under. Remember, **these supplements are food.**

What if I feel I am having a reaction to the supplements I have taken?

In rare instances some of our patients find they experience some unpleasant effects from the supplements, e.g., increased bowel gas and discomfort, nausea, stomach cramps, headache. Generally, what is taking place is that the supplements, along with the overall change in the lifestyle, are causing a positive change in the body chemistry, but it is at such a rapid rate, that discomfort results. This is especially true if we are giving you supplements that cause the liver to empty toxins, also known as detoxification. If this occurs, let the doctor know.

If you find that you discontinue one particular supplement and it stops the discomfort, let the doctor know this as well.

What if I need extra energy in the mid-morning or mid-afternoon to control my blood sugar?

We carry an excellent food supplement called SP Complete. SP Complete offers the following benefits:

☒ Offers nutrients in a highly bio-available form

Whey⁷ - The principal protein of cow's milk and the chief constituent of cheese. contains a significant amount of important minerals and other nutrients that offer a particularly high quality source of protein.

☒ Supports a healthy cardiovascular system

Flaxseed provides omega-3 fatty acids – the essential fatty acids that are well recognized for their heart-health properties. Rutin, an important bioflavonoid⁸ in buckwheat, helps support vascular walls. Chlorophyll found in barley grass assists in the natural cleansing of impurities from the blood, while saponins from alfalfa also support healthy blood.

☒ Encourages healthy nervous system function

Brown rice contains a concentrated amount of B-complex vitamins to support healthy nerves and proper brain function. Ginkgo biloba enhances memory and cognition.

☒ Provides strong antioxidant protection to promote cellular health

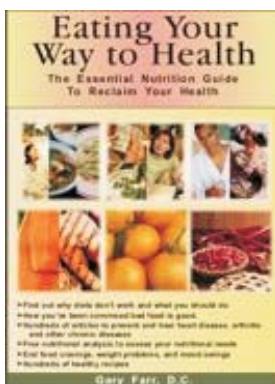
Grape seed and red wine extracts contain oligomeric proanthocyanidins (OPCs) – bioavailable sources of antioxidants that cross the blood-brain barrier. Kale and Brussels sprouts are cruciferous vegetables that are high in fiber and contain indoles, minerals, and a high percentage of vitamins A, C, and E. These nutrients provide strong antioxidant protection to help protect cells from oxidative damage, the kind of damage that can lead to many different health problems. Inositol assists in lecithin production – an important constituent of cellular membranes.

☒ Supports healthy digestive function

Barley grass helps cleanse the digestive system by providing enzymes to help dissolve substances in foods.

EATING YOUR WAY TO HEALTH

THE ESSENTIAL GUIDE TO RECLAIM YOUR HEALTH



If you've been searching for a sensible, useable book to find solutions for nutrition, this is it. With hundreds of articles that dispel the myths about nutrition, you can finally get honest advice about your diet and begin a sensible eating plan to regain your health. Find out the basics regarding carbohydrates, proteins, fats, fiber, vitamins, minerals and food supplements. We've spent hundreds of hours compiling healthful recipes that would take several cookbooks to fill. Recipes are categorized by food type.

Take a free nutritional analysis and see the results of your nutrition program. This eBook is a steal and is constantly updated!

For pricing and immediate download go to www.BecomeHealthyNow.com.

7 whey

The watery part of milk remaining after the separation of the casein. Syn: serum lactis.

Origin - [A.S. *lmaeg*]

8 bioflavonoids

Naturally occurring flavone or coumarin derivatives having the activity of the so-called vitamin P, notably rutin and esculin.z