Why is Supplementation Important?

Supplementation – "Make addition to something; to increase, extend or improve something by adding to it."

We have always heard that if you eat a well-balanced diet, you don't need to take vitamin supplements, right? Let's review a few facts:

- In 1940 if you ate a bowl of salad there would get a certain amount of nutrition in that bowl of salad. If you ate a bowl of salad today there would be a certain amount of nutrition in that bowl of salad. How many bowls would you need to eat today to get close to the same amount of nutrition in a bowl of salad in 1940? (15-20)

- US Senate Report – "Do you know that most of us today are suffering from certain dangerous diet deficiencies, which cannot be remedied until the depleted soils from which our foods come are brought into proper mineral balance? The alarming fact is that foods – fruits and vegetables and grains – now being raised on millions of acres of land that no longer contain enough minerals, are starving us no matter how much we eat." What year did Rex Beach present this report to the US Senate? (1936)

- What percentage of fresh salads and cut vegetables and fruits nutritional value is lost when they sit for more than three hours? (40-50%)

- Baking at 121 degrees C decreases nutritional components by what %? (90%)

So it is not possible to get everything that you need from the food we eat. But how could this be? People have lived on this planet for a long time they must have been able to get everything from their diet. The answer has to do with modern farming techniques, fertilizers, modern processing and food storage and preparation.

Five major minerals and at least sixteen trace minerals are essential for optimal health. Plants cannot create minerals. They must absorb them from the soil. And if our soils do not have minerals, our plants will not have them either.

Depletion of soils components results from:

a. We only till 18-20" deep so the same dirt is tilled over and over each season.
b. Following the Second World War, chemical manufacturers were sitting on huge stockpiles of phosphates and nitrates that were initially intended for use in explosives. They discovered that when they spread these same phosphates and nitrates on the soil where plants were growing, the plants grew bigger and looked healthier. Thus began the boom of the fertilizer industry.
c. Modern fertilizers do not replace trace minerals such as chromium, zinc and copper, as do cow manure and other natural fertilizers. Over time these trace minerals become more and more depleted from the soil and, consequently our food supply becomes more depleted as well.

Green harvesting means picking fruits and vegetables before they are mature. Shipping food over long distances requires cold storage and other preservation methods, which allows for depletion of vital nutrients. Our food is highly processed. Overcooking, delay in preparing fresh foods, and freezing foods are some of the reasons our foods lose nutritional value.

Optimal Levels versus RDA Levels

The RDA's started in the early 1920's & 1930's as minimal requirements of ten essential nutrients that help us avoid acute deficiency diseases like scurvy and rickets. The list of nutrients included in the RDAs grew over the next two decades, and in the early 1950s the definition expanded to include the amounts of nutrients needed for normal growth and development.

Substantial evidence that taking doses of a class of nutrients called antioxidants far exceeding the RDA minimum can help prevent heart disease, help to mitigate some of the detrimental effects of environmental pollutants, and help promote healthy immune function. Need to supplement at the optimum level based on research not at the usual minimal RDA requirements.

It's too expensive to get the food industry to provide good nutrition so it is your job to know this so that you can supplement because we're not going to change the food industry. It's not going to happen.

Sources:
Dr Maurice Pisciottano , "Peak Energy Solutions"
Dr Bob Hoffman and Dr Jason A Deitch, "Discover Wellness – How Staying Healthy can make you Rich"
Dr Ray D Strand , "What Your Doctor Doesn't Know About Nutritional Medicine May Be Killing You"

Enzymes and Health:

Without the life of enzymes we would be nothing more than a pile of lifeless chemical substances—vitamins, minerals, water, and proteins. In both maintaining health and in healing, enzymes and only enzymes do the actual work. They are what we call in metabolism, the body's labor force. They are the workers responsible for every activity of life; even thinking requires enzyme activity.

In order to fully understand the importance of enzymes in health, we need to point out that each one of us is given a limited supply of bodily enzyme energy at birth. This supply, like the energy supply in your new battery, has to last a lifetime. The faster you use up your supply without replacing them, the shorter your life. The habit of cooking foods, eating processed chemical ridden foods, the use of alcohol, drugs and junk food, all draw out tremendous quantities of enzymes from our limited supply. A body in such a weakened, enzyme-deficient state is a prime target for cancer, obesity, heart disease and other degenerative problems.

The cooking of foods is the primary reason for such an enzyme depleted population in the U.S. Prolonged heat, over 118 degrees, kills 100% of the enzymes contained in foods. This means that if we are not consuming the enzymes needed to run our bodies, we will deplete our own supply and become deficient and contribute to the disease process. If we run out of the enzyme lactase, we become lactose intolerant. If we run out of the enzymes to digest carbohydrates, we become hypoglycemic or even diabetic. If we run out of the enzymes to digest fat, we become overweight or obese.

Whales, which carry a layer of fat up to six inches, yet have completely clean arteries, free of cholesterol; and the Eskimos, who sometimes eat several pounds of fat per day. Yet, medical officers in exploration teams unanimously found clean arteries and no obesity among them. The reason for this is because they both eat raw foods with a full complement of lipase, the fat digesting enzyme found in abundance in uncooked animal or vegetable fat. The repercussion of not eating enough raw foods and getting enough enzymes are endless, even if we "feel fine". Some have dental carries, thin hair, approaching baldness, acne or allergies, headaches, impaired vision, constipation, fatigue, decreased brain function and so on for infinity. There are three classes of enzymes. Metabolic enzymes, which run our bodies; digestive enzymes, which digest our food; and food enzymes from raw foods, which start food digestion. Since good health depends on all of these metabolic enzymes doing an excellent job, we must be sure nothing interferes with the body making enough of them.

Probiotics and Health:

We have all heard of antibiotics. The word means "against life". Probiotics means "for life". Antibiotics kill all of the bacteria, good and bad. So many times women can get a yeast infection, due to not having enough friendly bacteria to fight back. The easiest way to explain bacteria in your gut is to compare them to cars in a parking lot. Lets say your gut has 3 million parking spots. If all of those parking spots are not filled with the friendly bacteria that assist us in digestion and absorption of nutrients, then bad bacteria can take up spaces causing digestion problems. If the friendly bacteria take up all of the parking spots, then the bad bacteria will not have anywhere to park and cause problems. We should have up to 3 pounds of friendly flora if we are to be healthy. Most Americans have only half of this.

How do I find a good quality enzyme supplement?

If we are not eating enough raw foods that supply us with an adequate amount of enzymes, we will deplete our bodies own supply. Most supplements only contain enzymes that breakdown the major bonds in a food. They may only contain amylase, which breaks carbohydrates down to smaller forms such as maltose and lactose. But we also need the enzymes maltase and lactase to break them down completely to a form the body can use. Just as most supplements contain only protease, which will break down protein into only peptides. We also need peptidase though to fully break proteins down to amino acids, a form the body can use more easily.

We also need to look for certain characteristics when looking for a good probiotic. First, and most important, is to make sure you are getting stabilized bacteria, so they are able to get passed the highly acidic stomach. DDS-1 Lactobacillis acidophilis is a strain that should also be present in your probiotic choice. This is the most extensively researched and highly regarded strain of acidophilis in the market place today. DDS-1 L. acidophilis also does the following:

- Inhibits the growth of 23 toxic producing microorganisms
- Produces enzymes such as proteases and lipases
- Produces B vitamins, particularly folic acid and B12
- Produces significant quantities of the enzyme lactase, alleviating lactose intolerance
- Enhances calcium absorption
- Helps reduce serum cholesterol levels
- Reported to be resistant to several common antibiotics