



Nutrition

“We have drifted into this deplorable position of national malnutrition quite inadvertently. It is the result of scientific research with the objective of finding the best ways to create foods that are non-perishable that can be made by mass production methods in central factories, and distributed so cheaply that they can sweep all local competition from the market. Then, after there develops a suspicion that these “foods” are inadequate to support life, modern advertising steps in to propagandize the people into believing that there is nothing wrong with them, that they are products of scientific research intended to afford a food that is the last word in nutritive value, and the confused public is totally unable to arrive at any conclusion of fact, and continues to blindly buy the rubbish that is killing them off years ahead of their time.”

“One of the biggest tragedies of human civilization is the precedence of chemical therapy over nutrition.” Dr. Royal Lee

Here is a partial list of nutrients lost in the processing of food

- Vitamins B1, B2, B3, B4, B5, B6
 - Vitamin E
 - Biotin & Folic Acid
 - Chromium & Iron
 - Calcium, Potassium & Magnesium
 - Zinc
 - Manganese & Cobalt
 - Molybdenum, Selenium & Vanadium
 - Fiber
 - Essential Fatty Acids
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“From the Land Or From The Lab – The Choice is Yours”!

~Dr. Royal Lee



Of Foods & Supplements

“Nature does not produce vitamins, minerals, trace minerals, or any other food components in concentrated or segregated forms, but merges and blends them – synchronizes them – for the body’s needs. The idea that ‘if a little is good, more is better’ leads to ingestion of mega doses of ‘high potency’, refined, separated, ‘nutrients’, dismantled, disassembled, or artificially manufactured chemical supplements. This will ‘work’ for a short time – pharmacologically stimulating or suppressing. Eventually, this method backfires and causes complications, imbalances. The body works to eliminate the excess and what it perceives as foreign, non-food. It attempts to combine the isolated chemical and other members of the complex, which normally appear in food, taking rather than giving. Such supplements do not contribute to health they only disrupt it. Balance and function - not quantity – are the keys.”

“Nutrition News and Views” Judith DeCava, C.C.N., L.N.C. Vol. 3, No. 3

“The assumption that human technology could improve on the wisdom of Nature has become a primary cause of disease in the modern world. We dissect food, take out the most glaringly obvious parts, attempt to recreate them in a laboratory, and label them as ‘active ingredients.’ In fact it is the symphony of nutrients working synergistically that provides the quantum healing power of whole foods.”

September 2002 issue of the *American Journal of Natural Medicine*, feature article by Patrick Quillan, PhD.

This year alone each person will consume 180 lbs of sugar. This statistic does not include artificial sweeteners, corn syrup.

What is Foundational Nutrition?

- Diet / Lifestyle
- Digestion
- Glucose Metabolism and Sugar Handling Problems
- Liver / Gallbladder

Stomach Pancreas Gall Bladder are the Big 3 in Nutritional Therapy
Your body is only as good as it can digest and absorb what you are feeding it!
