

WHY YOU NEED CLEANSING NUTRIENTS!

"Why do I need to take supplements of any kind?" Many health professionals believe that eating a balanced diet provides all the vitamins you need. This is not true, not today. In order to address this question, we need to explore a number of different but equally important considerations: genetics, environment, agriculture, stress and a person's health history, and of course, your lifestyle habits.

Genetics

In human beings the blood plasma provides nourishment for the cells, and needs a constant and abundant supply of all the nutrients. This requires both a healthy diet, lots of clean water, adequate oxygen and supplements.

Supplements enhance a healthy diet, especially cleansing supplements; they are not a substitute for it. They simply supplement it. People can get a false sense of security if they use supplements, and as a result they may not seek out the healthiest foods. It is my experience, on the contrary, that the people who elect to use supplements are usually the ones who also eat a healthier diet. These detractors are usually the same people who defend the highly processed and preserved, westernized, or "industrial" diet that is a prime cause of degenerative disease and chronic health problems.

Another reason one will benefit from dietary supplements is the poor quality of the environment in which we live. Whether it is toxins in food, water, and air or other exposures such as mercury in dental fillings or aluminum in cookware, lipsticks and antiperspirants, our bodies have an excessive burden to overcome. This environmental burden taxes our detoxification capacity and may lead to many health problems as our natural cleansing processes become limited.

You already know that the air we breathe is polluted. Everybody is subjected to toxic exposure from a wide variety of pollutants in the air they breathe. Among the many toxins in the air are:

1. Carbon monoxide and lead from fuel exhaust (most of the lead has been reduced in the United States, but it is still found elsewhere).

2. Hydrocarbon pollutants from industrial waste.
3. By-products from the burning of fossil fuels.
4. Radiation leakage from nuclear power plants and radon in the home. Radiation, like radon gas, is a contaminant that cannot be seen, smelled, or tasted and is therefore more insidious than some of the more familiar pollutants.
5. Tap water, unfortunately, contains more than water. It is often contaminated with toxic heavy metals such as lead, cadmium, and fluoride (associated with an increased risk of cancer, digestive disorders and kidney disease). Often, industrial chemicals and wastes, pesticides and other farm chemicals have seeped through the soil to contaminate the water table (Aquifers). Volatile chemicals (those hydrocarbons that readily vaporize) can combine with chlorine to form even more toxic products.

These and most pollutants lead to an increase of free radicals. These free radicals can severely damage tissues and cells, destroy nutrients, and lead to premature aging, heart disease and cancer. All of these environmental problems increase your need for nutrient supplementation, and many supplements can help control the damage of toxic exposures and increase cleansing potential.

Free Radicals

In the normal course of metabolism, your body produces small, high-energy particles that have a single electron in their outer shell (such molecules are unstable because electrons prefer to be paired). These are called free radicals, and they can be very damaging in their search for another electron. Free radicals derived from oxygen are the most abundant and damaging of the species.

These free radicals are channeled into energy production. In some cells they may be used as the weapons to kill viruses and bacteria. Unfortunately, if too many of them are produced, their extremely high energy can also be damaging to normal cells. Free radicals disrupt the normal production of DNA, the genetic material within cells, and alter the lipids (fats) in cell membranes. They also affect the blood vessels and the production of prostaglandins. (Prostaglandins are hormone-like substances that regulate many physiological functions, and their production is very sensitive to many metabolic influences.)

We are also exposed to free radicals that are found in the environment or generated by exposure to environmental chemicals. There are many sources of excess free-radical exposure, including cigarette smoke; air pollution; some highly processed foods and food additives such as colorings and preservatives; ultraviolet sunlight and radiation; processed oils such as commercial vegetable

oils, margarines and shortenings; charcoal-broiled foods and any charred or burned foods; heavy metals (lead, cadmium, aluminum, and mercury) found in processed foods; excessive iron; pesticides; and yes, even prescription medications. Many of the chemicals found in municipal water supplies are toxic because they generate free radicals. It is good to drink a lot of water but to avoid tap water as much as possible.

Recently, it has been confirmed that excessive accumulation of iron, common in meat-eating populations, may be a highly significant risk factor in the development of heart disease. This is probably due to this transition metal being a generator of free radicals.

By careful lifestyle choices you can slow down the aging process, decrease the risk of cancer and heart disease and promote high energy and a vital, healthy feeling of well-being. One way to protect yourself from free-radical damage is to take dietary supplements that promote effective cleansing such as trace minerals, aloe vera, burdock root, fennel seed, peppermint, Pau d' arco and suma. We need these nutrients to help prevent the harmful effects of these toxic chemicals. These incredible cleansers may help prevent cancer, heart disease, premature aging and tissue degeneration. These herbs also help in the fight against excess free radicals.

Over farming

Modern agricultural practices have adversely affected the quality of our food supply. Growing foods with methods designed to increase quantity, or to facilitate transportation and storage are detrimental to their nutritional value. Nutritional value is rarely considered when developers play with the genetics of plants or soils.

Soil quality has been degraded through modern farming methods. Most chemical fertilizers do not replace all of the minerals needed for human nutrition. Most of the time the farmer only supplements with NKP. Organic foods have been shown to have a higher nutritional value than conventionally grown foods. They are also free of the pesticides, herbicides and thousands of other risky chemicals that are added to foods during processing. There is also wide variation in the natural mineral content of soils. For example, in eastern states and other places the soil has a very low selenium content.

Selenium is important for protection from heart disease and cancer as it is a very powerful antioxidant. Research has shown that people living in regions with low soil selenium have a higher risk of cancer and illness. Although selenium, as well as

chromium and iodine, are essential for human health, they are not required for plants. They are not added to the soil in fertilizers for agricultural purposes.

Fruits and vegetables are often picked before they are ripe and allowed to artificially ripen in transit, at the grocer or during home storage, as a result of this they do not acquire their full spectrum of minerals and vitamins, which frequently increase greatly during the later stages of natural ripening. In addition, transportation and storage of foods, whether in the grocery store or at home, allows time for nutrients to deteriorate and actually lose vitamins and mineral content.

Fruits and vegetables can lose significant amounts of vitamin C after 3 days in cold storage, and even more at room temperature. Dried fruits also lose vitamins A, C and E if exposed to oxygen and light. This is another reason why supplementing or taking supplements is very important.

You can overcome some of these challenges if you grow your own food or buy organically grown fruits and vegetables (which are fresher because they cannot be stored as long).

Commercial fruits and vegetables are frequently sprayed with toxic chemicals to preserve them during storage and transit. Many of these substances are harmful, and they accumulate in body fat, with residual health effects over the years. A good example is DDT, which is still present in human fat tissue although its use was banned many years ago.

Many of the pesticides prohibited in the United States have been freely sold to third world countries, which then export foods to America. Controls on the use of pesticides and other chemicals are not strict in many of these countries. I find it very interesting that the workers in these countries who apply these chemicals frequently are afflicted with diseases that are the result of their high exposures. Certain nutritional supplements such as aloe and burdock can help counter the ill effects of many of these toxic materials. They include vitamins C, E and B complex, chlorophyll, antioxidants, carotenes, bioflavonoids, and others. It is wise to choose natural foods and uncooked foods that are naturally ripened as much as possible.

Stress

We live in a time of great stress. Stress adversely influences human health. Earlier generations did not have the advantage of specialty nutrients to help diminish the toll of these stressors in their lives.

Stress depletes the body of nutrients, especially vitamin C, the B complex and zinc. Vitamin B6 and pantothenic acid are also very important in times of stress. Vitamins C and E and zinc promote the healing process. Many herbs and botanicals promote these nutrients naturally, especially aloe vera. A comprehensive approach to good health includes practices that aid in stress management, a mineral rich diet and regular exercise. Diet rich in minerals and cleansing nutrients as well as other nutritional supplements provide the building blocks that help prevent premature aging, sickness, obesity and chronic stress

Genetics

Your grandparent may have lived to a ripe old age with little attention to diet or nutritional supplements. They may have drunk alcohol and smoked cigarettes. This is quite possible. However, it is important to realize that potential human life span is well over 100 years. Living to 80 or 90 years may result from growing up with cleaner air and cleaner water, fresher and better uncooked foods, fewer chemical exposures and lesser availability of highly processed and preserved foods. Conversely, many people who live or should I say survive a long time have many health problems. In spite of people living longer nowadays, we are seeing more frequent and earlier degenerative diseases as cancer, heart disease and diabetes are now epidemic in the US.. Remember, the quality of life is more important than the quantity. Dietary supplements, minerals and botanicals can promote good health, energy and vigor in all stages of life.

There individual genetic variation. You may have inherited a strong biochemistry, but is it really wise to wait 40 or 50 years to find out? Many poor health habits, such as consumption of cooked foods, sweets, alcohol, cigarettes, caffeine, highly processed foods and artificial food additives, lack of exercise and high stress, increase nutrient needs. The typical American diet is a sad (Sick And Dead) joke. It would be hard to actually design a diet that could do more harm to human health than the one most Americans eat every day.

There are thousands of species of animals on earth, yet man is the only animal that must cook his food before he eats it. Man is the only animal that must have a variety of food. Then man wonders we he is sick and ill all the time.

Stress reduction and relaxation techniques as well as exercise programs are part of promoting good health, but nutritional supplementation of minerals and herbs are extremely important to the comprehensive approach to preventive medicine and good health. Chronic and acute illnesses are actually treated therapeutically with large doses of nutrient supplements, minerals and herbs all over the world.

They can usually reduce or eliminate the need for drugs or surgery. Remember this; For every disease on earth there is a natural cure somewhere. It is only allopathic and traditional medicine that say, "Disease are incurable."

After considering all these issues, the last and perhaps most important point is that your future health and longevity depends upon your current lifestyle practices, after all most insidious diseases are lifestyle disease that come about as a result of your choices. You can chose health. Taking herbs and nutrients that cleanse and revitalize the system will almost certainly help you overcome many of your current health problems, your weight challenges and enhance your energy. And they will protect you from disease and premature aging.

RDAs

Many researchers question the value of the RDAs. They make the highly processed American food supply look more nutritious than it really is, and they appear to be influenced by the food and drug industry. The RDAs are not useful in establishing optimal health and never have been You are at little risk of developing the deficiency diseases--pellagra, scurvy, or beriberi. Our concerns today are not deficiency diseases but degenerative diseases and parasites. Nutrients play an important role in preventing these conditions.

The sad truth is, if you look around, you will see many people who do manage to get the RDA levels of most nutrients, but they still develop heart disease, cancer, arthritis, and diabetes. They have frequent viral and bacterial infections they are overweight and obese, and they lose their teeth to decay and gum disease. In terms of life expectancy the average American has a lower life expectancy than citizens of some third world countries.

The average American will die early of heart disease, stroke, diabetes or cancer. You can improve your health and reduce your risk of developing these chronic illnesses.

Taking cleansing dietary supplements and herbs are two of them. Deep breathing is another.

CHOOSE LIFE NOT DEATH!