

NUTRITIONAL BALANCE

Daily good nutrition is ESSENTIAL to your health. But what choices are necessary on a daily basis to ensure good health? Nutritional **balance** is necessary to maintain wellness and promote vitality in your life.

Whole Foods

Nothing replaces a natural diet consisting of whole foods. Pesticide free, organic fruits, vegetables, legumes and whole grains should make up the majority of the diet. Eat all fruits and most vegetables raw. Forty to sixty percent of the diet should be raw. Free range, drug-free, organic beef, poultry and eggs are excellent sources of protein and may be carefully used by most people. Deep water, cold ocean fish is also a good source of protein and essential fatty acids. For those who choose a vegetarian lifestyle, care must be taken daily to properly combine foods to ensure an adequate intake of complete proteins. Fats and oils are an essential part of the diet and should be used in moderation to promote optimal health. Always purchase the highest quality, unrefined oils that are available. We recommend extra virgin olive oil, unrefined organic sesame oil, high-oleic safflower oil and flax oil. Use caution when choosing oils for cooking. Heat has a detrimental effect on all oils, some more so than others. Never cook with flax or olive oil, they are simply too delicate to withstand the cooking process. Use butter, high-oleic safflower, or sesame oil for cooking; but, remember to cook at the lowest temperature possible to get the job done. We also recommend the use of organic butter, rather than any form of margarine. We recommend you avoid ALL hydrogenated and partially hydrogenated oils and fats. These fats are poisons and therefore, they should not be consumed. Please learn to read labels and make choices to avoid these fats.

Pure Water

Your body is made up of approximately 70% water. Pure water is essential to your good health. Unfortunately, most people do not drink enough pure water systematically throughout the day to satisfy the body's demands for water. Water is the perfect solvent and is necessary for countless biochemical reactions to occur in your body. Nothing cleanses your inner body like pure water. Pop, coffee, hot cocoa, kool-aid and other junk beverages are not water and they are obviously not cleansing to the body. Have you ever tried taking a bath in coffee or pop? As a general rule, we recommend you systematically drink a minimum of 8 glasses (80oz. each) of water per day, or a half gallon daily. Another rule of thumb is to drink 80% of ½ your body weight in ounces per day. For a 200 lb. person, this would be 80 ounces per day (10 glasses of water). In certain circumstances, we recommend 2/3 of an ounce of water per pound of body weight per day. For more information, please read [Your Body's Many Cries for Water](#), by F. Batmanghelidj, JD. We recommend steam distilled or reverse osmosis purified water.

Natural Food Concentrates vs. Synthetic Vitamin Supplements

We believe the best way to nourish the body is by eating whole foods. Whole foods were designed to provide EVERYTHING, including all KNOWN and UNKNOWN vitamins, minerals, trace minerals, phytonutrients, enzymes, co-enzymes, fats, proteins, carbohydrates and fiber needed to sustain life on earth. We believe there are factors in whole foods that have yet to be discovered, that are essential to your good health. We do not believe that whole foods can be replaced with SYNTHETIC FRACTIONS of whole foods known as vitamin supplements. A true "vitamin" is an intricate, interrelated, united organic nutritive group of biochemical factors. We do not believe they can be synthetically manufactured by men in a laboratory and have the same effects as whole foods as found in nature, made by our Creator. For more information on this vital subject, we highly recommend you read, [The Real Truth About Vitamins and Antioxidants](#), by Judith DeCava, MS, LNC, CCN. It provides excellent scientific documentation to support our concept of using whole foods and not synthetic vitamins to nourish the human body.

In today's world, it is becoming increasingly difficult to find good quality whole foods. Modern farming and food processing methods produce massive quantities of crops at the expense of quality. Forty years ago, Kansas wheat was 16% protein and today it is approximately 7% protein. Yet, we can produce far more wheat today. When purchasing food, buy organic. Organic farmers avoid the use of pesticides and they use painstaking methods to ensure the health of the soil so that QUALITY crops are produced. For more information on the relationship between the health of the soil and the health of the human race, please read, [Empty Harvest](#), by Dr. Bernard Jensen and Mark Anderson. If you take the time to read the books listed in this paper, it will forever change the way you think about nourishing yourself and your family.

Due to our toxic environment, stress, genetics, bad habits, poor food and lifestyle choices, past history and countless other factors, there are times we need extra nutritional support. There are simply times when we need more vitamins, minerals enzymes, phytonutrients, etc., than we can obtain from eating whole foods. One solution is juicing fresh vegetables and fruits. This is an excellent way to consume a higher amount of nutritional factors than one could obtain from eating the whole foods themselves. Another excellent way to upgrade the diet is through the use of specifically designed **WHOLE FOOD CONCENTRATES**. In this office, we do not recommend the use of a daily “multi-vitamin.” We feel most vitamins sold today are simply not effective because they are **synthetic fractions** of whole foods that are not optimally used by the body. Instead of a daily multi-vitamin, we recommend 4 basic whole food concentrates that are loaded with all the nutritional factors needed by the body to promote optimal health. All of the following whole food concentrates have withstood the test of time (notice product introduction dates) being used by thousands of holistic physicians. They are loaded with vitamins, minerals, enzymes, co-enzymes and phytonutrients from whole food sources. That is what makes these products unique. Don't be deceived by “RDA potencies” on labels. Be sure your supplements are **WHOLE FOOD CONCENTRATES**, not a bottle of synthetic chemicals. **Read labels and look for whole foods!**

The Basic 4 Food Concentrates

CATALYN – This is the food based multivitamin developed in 1929 by Standard Process. It was designed to be a complete food based multiple vitamin and trace mineral product. It was designed to contain all of the vitamins and trace minerals found in nature. Whenever a new trace element is “discovered,” CATALYN is analyzed and invariably it contains the “new” nutrient. This is because Catalyn is made from **WHOLE FOODS**. The complexity of the human body can only be matched by the intricacy of whole foods. Catalyn comes from the finest of whole foods raised on an organic farm. Like all products produced by Standard Process, CATALYN is produced without heat so ALL its nutritional factors remain alive.

MIN-TRAN – This unique whole food concentrate, developed in 1960, serves as an excellent source of organic minerals. It contains **calcium and magnesium** in proper balance. It contains **alfalfa**, a rich source of trace minerals and vitamins. The roots from the alfalfa plant grow as deep as 130 feet extracting many trace elements from the earth. MIN-TRAN also contains **kelp**, a seaweed loaded with trace minerals and vitamins, especially B vitamins. Kelp is a source of naturally occurring iodine, necessary for a healthy thyroid. MIN-TRAN is a natural muscle relaxer. It helps to combat stress due to its natural tranquilizing effects. MIN-TRAN is short for “mineral tranquilizer.”

CHLOROPHYLL COMPLEX PERLES – (introduced in 1948). Chlorophyll is known as the life blood of plants. It is similar to a molecule of hemoglobin, except a molecule of chlorophyll has an atom of magnesium at its center, instead of an atom of iron. This makes chlorophyll the supreme food source of organic magnesium. It is an excellent source of the fat soluble vitamins A, E, F, and K. Vitamin K is essential for blood clotting and healthy bones. Chlorophyll contains many other naturally occurring minerals from the earth.

CARDIO-PLUS – Cardio-Plus, introduced in 1956 is food based support for the cardiovascular system. It is actually 4 separate products in one. It contains Cataplex G, as a source of B-complex vitamins. It contains Cardiotrophin, a product made from beef heart that is a natural source of Coenzyme Q 10. It contains Cataplex E2, a food based source of vitamin E and selenium, two natural antioxidants. It also contains Cataplex C, a food based source of REAL vitamin C complex. Real vitamin C is a complete complex found in whole foods, not merely ascorbic acid.

The following are general recommendations only, to enhance w whole food diet.

<u>MEN:</u>		<u>WOMEN:</u>		<u>CHILDREN:</u>	
Catalyn	3 to 6	E-Poise	2	E-Poise	2
Min-Tran	3 to 6	Min-Tran	3 to 6	(or Catalyn)	1 to 2
Cardio Plus	3 to 6	Cardio Plus	2 to 4	Biodent	1 to 4
Chlorophyll	2	Chlorophyll	1	(or Min-Tran)	1 to 4

For more information pertaining to our “Healthy Life by Design” program, please visit us on the web: www.naturalwellnesscentre.net. This article is authored by Dr. James R. Grilliot, a chiropractic physician and director of Natural Wellness Centre; phone number: 740-687-0279.