

FREE BONUS REPORT

Vitamin Supplements

Why we need them more than ever.

Our intense farming methods and the mismanagement of our soil has created food of such poor nutritional quality that vitamin supplements are now the bread and butter of good health.

It was hardly news in 1992 when the Earth Summit in Rio announced that the average US farm soils were 85% deficient of minerals compared to a worldwide deficiency of 75%.

The implications of a report by researchers of the US senate (Document 24) back in 1936 into the state of American farms and ranges indicating that they were so depleted of minerals, so therefore the foods they produced, were staggering. This meant that 99% of Americans were deficient in a vast array of minerals and recommended supplementation of the diet with minerals.

Has anything changed since then? No. If anything the problem has worsened and most food that arrives on our dinner tables has little nutritional value with regards to minerals and vitamins that are essential to our good health.

How did our soil become so devoid of these essential minerals and vitamins?

Quite simply because of greed. Americans back in the 19th century did not have the knowledge of European farmers with regard to crop rotation, leaving fields fallow, cover crops and so they did not stay long on their farms longer than 8 years, when the land could no longer sustain a crop. They would then move on and start again, never replenishing the soils.

The introduction of fertilizers

When a fertilizer containing nitrogen, phosphorus and potassium (NPK) was introduced late in the 19th Century, farmers who would in the past have to move west to new ground could remain where they were.

A German Chemist, Justus Von Liebig (1803-1873) was the first to state the absurd theory that N, P, K provided all the minerals required by both animals and humans, substantiated by a crude experiment that illustrated only these three turned up in the ashes of burnt plant material. He had to recant this theory when later, newer technology revealed a long list of other minerals in the ash after incineration of plant tissue.

Sadly, many publications omitted this recantation under pressure from chemical and fertilizer manufacturers, a result of which has been the continued use of NPK fertilizer meaning hundreds of millions of people worldwide consume the fruits of western agriculture ingesting foods that are dangerously deficient in nutrients.

If farmers use NPK fertilizer they will yield larger plumper crops with very little flavour and lacking crucial minerals. NPK is also highly acidic and disrupts the pH (acid/alkaline) balance of the body, and if you have read my book [Crack the Cancer Code](#) you will know that this brings with it horrendous health repercussions.

A study carried out by Oklahoma State University in 2000, illustrates that more than one third of the soils in the Great Plains (the agriculture centre of America) have a soil pH of less than 5.5 where they should be above 7 in order to be alkaline. When a soil is acid it is low in magnesium and usually calcium according to the Canadian Ministry of Agriculture and Food. When plants are deficient in crucial trace minerals they absorb more metal such as aluminium, mercury and lead from the soil. These are then passed onto us through the food and absorbed into our bodies. If we do not have enough protective nutrient minerals this will create disease in our bodies.

Minerals are considered the King of all nutrients. Vitamins, proteins, enzymes and amino acids, fats and carbohydrates need minerals to carry out their own tasks. If soils have been depleted of the 50+ minerals that we need then the food we consume lack them too, and therefore so do our bodies leaving us vulnerable to mineral deficiency diseases.

Why are these minerals so vital to good health? Low selenium for example is a risk factor for both cancer and heart attacks, which is why any alternative cancer therapy contains the supplementation of selenium. Low levels are also important in HIV/AIDS.

Iron levels in spinach are now suspected to be only 1mg per 100grams compared to 158mg per 100 grams in 1948. We would need to consume 200 times as much spinach today to get the same rejuvenating effect as 50 years ago.

Nitrogen-based fertilizers

A large amount of nitrogen in the soil causes problems. If the soil contains more nitrogen than the plants can use for photosynthesis, this excess gets stored in the form of nitrates. Nitrates when consumed in food are converted into carcinogenic (cancer causing) nitrosamines, which are also found in cigarette smoke, smoked and cured meats, during digestion.

Foods do contain antioxidants that normally protect us from these harmful substances, but sadly studies show that the levels of crucial antioxidants in the forms of vitamins such as vitamin C and vitamin A are also decreasing.

The decline of vitamin levels in our food

Conventionally farmed foods are not also causing a decline in trace minerals but also in vital vitamins required for health and vitality. Evidence suggests that the vitamin levels in vegetables and fruits have also seriously declined over the last 50 years.

An American Nutritionist, Alex Jack has been championing the 'cause' of these declines since 1999 and has discovered that the vitamin content of your humble cauliflower for example, had 40% less vitamin C in 1999 than in did in 1975, according to the values published in the US Department of Agriculture handbook 1975. Life Extension Magazine took up Alex's cause in 2001 and ran their own nutritional tables as a comparison.

The Results:

Vitamin C content of peppers decreased from 128mg to 89mg

Pro-Vitamin A in apples dropped from 90mg to 53mg

Pro-Vitamin A in broccoli and greens dropped 50%

Vitamin C content of the cauliflower dropped again to 50%

Vitamin C, beta-carotene and vitamin E are vital antioxidants and the implications of declining levels are profound. They protect against free radicals that are generated in our bodies created by everyday environmental toxins as well as just the normal metabolic processes of the body.

They protect us against many of the disorders associated with 'normal' ageing. Men with a low intake of vitamin C have 62% increased risk of cancer and 57% increase risk of dying prematurely from any cause (Am J Clin Nutri 2000).

To help protect us against strokes we need flavanoids like beta-carotene, with low levels of these, retinal and vitamin E we are at a much higher risk of developing cancer.

Our cognitive ability, our behaviours and intellect also depend on vitamins, minerals and amino acids and a low level of these can cause what we today call behavioural problems and low scholastic scores in our children.

The deficiency of even just one nutrient can alter brain chemistry and give rise to diminished mental capacity, mental/emotional disturbances and behaviour disorders, autism, eating disorders, drug and alcohol addiction and violence. (Int J. Biosocial Research 1981)

In addition to this lack of minerals and vitamins due to depleted levels in our soil, our foods are now stored for long periods before they reach our dinner table.

There is ample research illustrating that children engaged in violent criminal activity typically have pronounced low levels of trace minerals such as lithium, chromium and vanadium

The introduction of pesticides

The use of pesticides, herbicides and fungicides also needs to be taken into consideration as an influencing factor in the decline of the quality of our foods. Herbicides for example alter plant metabolism.

It is official – we need to supplement with vitamins and minerals

A 2002 report in JAMA declared that all doctors should recommend to all patients, even healthy ones, that they regularly supplement their diet with vitamins and minerals.

So it is now official, vitamins and minerals are no longer a luxury for the few, we need them to maintain basic levels of health.

What about Organic?

Whilst on the whole organic fruits and vegetables will usually be better, being organic does not mean that they are going to be a treasure trove of the necessary nutrients either.

Organic foods are grown without poisonous or commercial fertilizers have been used the for previous 2 or 3 years, but it does not necessarily mean that they have been grown in mineral rich soil. If the soil had previously been subjected to years of NPK it is likely that the food will still be deficient in some minerals.

On the whole however, organic foods have been found to be better than what we normally get in the supermarket and offer up to four times more trace elements, 13 x more selenium and 20 x more calcium and manganese than supermarket food. Organic foods also contain 40% less aluminium, 29% less cadmium, 25% less lead and 28% less rubidium, elements commonly associated with disease.

The Role of Antioxidants and Cancer

Whilst there has been substantial evidence for at least a decade that the antioxidant nutrients vitamin A, beta-carotene, C, E and selenium protect against certain types of cancer in animals, as every year unfolds we are now seeing data from long-term human trials that supports the role of nutritional therapy and learned how nutrients work in synergy in protecting against cancer.

High levels of vitamin A are associated with reduced risk, beta-carotene, which can be converted into vitamin A is also anti-cancerous. Nobel laureate Dr Linus Pauling first demonstrated vitamin C's amazing anti-cancer properties in the 1960's. Vitamin C and vitamin E together can protect the tissues and fluids of the body. Vitamin E is a powerful anti-cancer agent when combined with the mineral selenium.

Which nutrient for which cancer?

Type	Vitamin A	B-carotene	Vitamin C	Vitamin E	Selenium
Bladder	√				
Breast			√	√	√
Cervix	√		√	√	√
Colon	√	√	√		√
Head/ Neck	√	√			
Kidney			√		
Leukaemia			√		√
Liver					√
Lung	√	√	√	√	
Lymphoma	√				
Oesophagus			√		√
Oral	√	√	√		√
Pancreas			√		
Prostate	√				√
Skin	√		√		√
Stomach	√		√	√	√

How to get Enough Vitamins and Minerals

Since food in the main can no longer provide us with all the nutrients a healthy body requires, our only recourse is to supplement with vitamins and minerals. However, there are certain caveats to ensure that what you take is actually absorbed by your body:

- ✓ *More isn't always better:* Certain vitamins (E & A) can be toxic in high levels and your stomach acid may be so poor that you are not absorbing any of the supplements you take.
- ✓ *The RDA (recommended daily allowance) is unlikely to be high enough if your health is seriously challenged:* The RDA is a guideline to maintain metabolic balance or to prevent the development of a vitamin deficiency. If you have a serious health challenge, you are likely to be well passed this yardstick.
- ✓ *Get Yourself Tested for deficiencies:* Great Smokie Labs (US) (001 828 285 2223) or Biolab in London, UK (0207 636 5959) can run a series of tests to determine which deficiencies you have that need to be corrected.

- ✓ *Assimilation factors:* How well you assimilate the nutrients from either your food or supplements will depend on number of factors including:
 - health
 - age
 - heredity
 - state of your digestive system
- ✓ *Take extra minerals:* Even if you are taking a good multivitamin, you can take it as read that you will not be getting enough zinc or magnesium, nobody does anymore, and take extra of each of these.
- ✓ *Take minerals in certain forms:* Citrates, fumarates, gluconates, amino acid chelates, aspartates or picolinates. These raise absorption by up to 40%.
- ✓ *Avoid metallic, or inorganic forms of minerals* (such as oyster shell, egg shell, and the inorganic iron that pollutes all processed foods) if the pH (acid/base) balance is incorrect, calcium supplements are likely to excreted (Earthletter 1994;4(summer):7).
- ✓ *Get enough fat-soluble vitamins and nutrients:* These include the vitamins, E, A and D plus the essential fatty acids.

To get the full complex of vitamin D (only one portion of vitamin D is made by sunlight on your skin), you need to consume seafood's especially fatty fish such as herrings, mackerels, sardines and salmon, animal organs like liver, and dairy products particularly butter and cheese. If for health reasons these are not permitted in your dietary regime, you have no option but to supplements.
- ✓ *Avoid iron sulphates:* These irritate the intestines.
- ✓ *Avoid taking any more than 500mg of calcium:* Any more than this is not well absorbed.
- ✓ *Consider Celtic Sea Salts:* Mineral analysis of Celtic sea salt ½ teaspoon to quart of water drunk over the day found ample levels of all the critically needed minerals in a readily bio-available form. Visit www.watercure.com for more information

It is official, vitamins and minerals supplements are not a luxury to be consumed by the hypochondriac or those in need of therapeutic doses, they are the bread and butter of basic human health.

Jayne Harvey