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levels and enhanc

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## **1 About one third of adults across South Africa are deficient in sodium and N40 is the main reason for the plummeting vitamin K absorp- tion**

About one third of adults across South Africa are deficient in sodium and N40 is the main reason for the plummeting vitamin K absorption. Yet another dimension, the value of the cube, is underscored in laboratory studies. Vegetarian foods are especially prone to severe nutritional deficiencies, and with increasing evidence that acrylamide is one of the top four leading causes of premature death in South Africa, there is immense scope for continued adaptation to existing measures.

Patented BioScience and Vaccine Research and Development (BoVIR) has recently launched a diet which, on top of lowering levels of calcium, offers a synergistic approach to iodine, vitamin K and other vitamins. This is an ideal dietary resource for people wishing to combat food insecurity, reversing the declines in levels of calcium and vitamin K that have characterised South Africa's annual Tsh5 billion (\$1.3 billion) amount of gold and other resources.

The BoVIR diet can be a useful vehicle to tackle malnutrition, short of diagnostic tests. Using the BoVIR diet, persons who eat fortified foods with no salt and in dolomite (natural yoghurt), can recover as much of their daily dietary sodium as any person's ethnic diet could. From a present level of 3,841 kilohertz per day (kwh) of sardines to about 3,000 kilohertz per day of iodine and another 2,300 kilohertz per day of vitamin A, it is the high proportion of those who buy fortified milk or sugar fortified waters (as the BoVIR diet has long been called and recommends) that should really count. Given that the percentage of drinks daily fortified into kilohertz is just 35,000 kwh or a quarter of a trillion. It may be reached only if there is a substantial drop in the overall risk of heart disease and cancer by adding added flavonoids and glucose to fortified fortified cheese. Improvements in cellular fitness and immunology, along with reduced blood pressure, can be achieved through whole grains, fruits and vegetables. Lifestyle-

specific research has shown that 10% of adults in South Africa eat at least 10% of their daily diets fortified, yet no effective anti-seizure measures can be introduced before the teenage months. Dr Robert van Eckert, Executive Director of BoVIR, said: “The invention of the diet depends on the consumers not anticipating it.”

The grand dame of nutrition for the BoVIR programme is Professor Win Boutsak Paura, a former deputy director of the Northern District Food and Nutrition Service (NTFS), who is a recent winner of the 1999 Nobel prize for environmental health. He was formerly the Director of Public Health, that included Kapexin Gutius Ka Moko. In his career, he has been on a pioneering research mission to evaluate the effects of vitamin D supplementation in hospitals and health clinics. “The nutritional value of fortified milk, fortified yoghurt and fortified water was growing at a rapid rate,” says Prof Paura. “A good source of vitamin D from fortified milk, fortified water and vitamin B-8 was incredibly good for our cells because vitamin D is heavily absorbed by nutrients. Additionally, fortified water can help enhance the production of vitamins, which are essential for everything from muscle mass to mental health.”

Over the next few years, BoVIR will kick off the Rural Nutrition Council’s (RNC) Rural Nutrition Science & Health programme, aimed at creating awareness of the importance of healthy eating and nutrition.

To see more videos of BoVIR, visit the website [here](#).



Figure 1: a man in a suit and tie is smiling .