

## Nutrients Part III

### Supplements

Thirty years ago I set up practice and told my patients what I had been taught in medical school—that if they ate a well-balanced diet, there was no need for vitamin and mineral supplementation. That's what I believed. But today that information is no longer correct. (It never was correct!)

There are many reasons why this philosophy is no longer tenable:

1. "Experts" have trouble deciding what constitutes a balanced diet, and their decisions change through the years.
2. Genetic makeup demands different levels of nutrients for different individuals (called biochemical individuality), up to 40 times' difference.
3. Pollutions and toxins in the environment today stress our 'detoxification' systems, creating a greater need for nutrients.
4. Present day agricultural practices are methods that are designed more to increase quantity or facilitate transportation and storage than to provide greater nutritional value.
5. Soil quality does not contain the full complement of nutrients that it once did.
6. Fertilizers do not replace the broad range of known needed minerals.
7. Pesticides and herbicides are used (including food imports from other countries that use products which are banned in the United States), along with other risky chemicals in the processing of foods.
8. Fruits and vegetables are often picked before they are fully ripened, before the full array of minerals and vitamins is present.
9. Present Recommended Daily Allowances (RDA) are levels designed to *prevent nutritional deficiency diseases* in most healthy people, but the levels are not useful in establishing optimal health. There is a difference between the 'absence of disease' and optimal health. The RDA values

have been influenced as much by economic and political consideration as by science. Health needs today fall more often within the *degenerative diseases* category than the *deficiency diseases* category.

10. Our diets have deteriorated with the introduction of fast food, processed food and nutrient deficient 'food' found in cans and boxes. Stress and hectic schedules in this age of labor-saving devices have shifted many of our eating habits into high carbohydrate emotional eating.

### **Supplements**

Not all supplements are created equal. High quality supplements break down in the intestinal tract for good absorption. They also have the amounts in the tablet or capsule that are listed on the side of the bottle. Quality control from high quality supplement companies tests to make sure toxic metals are not present in the final product.

For all adults, I recommend:

1. Potent multivitamins without iron
2. Essential fatty acids
3. Vitamin D, 1000 IU to 5000 IU per day

For your convenience, I have formulated a high quality supplements packet that contains potent multivitamins and 2 essential fatty acids. The packets come in tear strips, so you can tear off a number to carry with you when you travel, rather than dealing with several different bottles. The supplements are designed to be taken twice each day with meals. You can find my high quality potent supplements can be found by going to the website, [www.keystohealing.net](http://www.keystohealing.net), and clicking the SUPPLEMENTS tab.

You have now seen a sampling of what is in the **STEP UP to P.O.W.E.R.** program. More information about launch date and exciting contents will be forthcoming in the future.

To your Dynamic Health and Energy,  
Dr. Gardner