

Nutrition, Vitamins & Minerals

First, realize that the Minimum Daily Allowance (MDA) for vitamins and minerals was created by a cereal's company paid scientists and was "designed" as a "Minimum Daily Allowance" to prevent what was then known (early 1900's) about deficiency diseases. Lobbyists for food and drug companies later persuaded Congress and the FDA (money talks) to change this MDA to Recommended Daily Allowance, (RDA) making it sound like a "healthy" amount instead of a minimum.

Keeping this fact securely in mind, realize that the RDA values for vitamins are almost completely wrong today as a guide to good health and we know now that these amounts aren't even enough for "minimums" with present knowledge.

Vitamins are non-toxic (with a few exceptions) and overdosing merely means possibly "wasting" money, as the excess is excreted easily without damage. So, since vitamins are relatively cheap, by "overdosing", you are assuring your body enough for good health, even if some are "wasted".

Each person absorbs (uptakes) both vitamins and/or minerals differently. This is INDIVIDUALITY. One person may require 10 times more of any one vitamin (or mineral) than another in the same family. Another reason for taking much more than you might actually need. For example, some survivors of war prison camps actually require up to 100 times of some of the B complex vitamins "normally" required for health. This is due to vitamin deficiencies suffered and this trauma caused a change in the ability to absorb.

Minerals are very different from vitamins. Here, the RDA values are at least close, (There's no profit in minerals, and few people pay any attention to them). However, nutritional minerals such as calcium, copper and iron can become toxic if unbalanced with other minerals.

One example is copper, necessary for manufacturing blood, but causing depression and schizophrenia when too much is absorbed and the copper zinc ratio gets too far out of "balance". Of course, mercury, arsenic, cadmium, lead and aluminum are all known to cause brain cell damage in toxic amounts. Such brain damage causes autism, depression, and many other mental problems.

The "balance" of certain minerals with others is very important to health as well. For example, the balance of calcium to magnesium is important as these two initiate the electrical battery that keeps the heart beating. Sodium and potassium provide the power to move material into and out of cells in the body. There are many more such balances. To learn more about this "mineral balance" and testing methods click Mineral Testing. [Click here](#)

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There are a lot of "myths" around concerning vitamin/mineral supplements. To shatter a few of them go to Myths for more on this subject.

Many people think that because they take a popular advertised multi-vitamin with the RDA (Recommended Daily Allowance) amounts, they are OK. Even worse are the cereal ads that depend on the RDA! They're WRONG! No competent nutritionist or person who has studied vitamins believes this false and misleading advertising.

Basic Vitamin Knowledge

- Vitamin A - This is the eye and skin vitamin. If a person has night blindness, taking large amounts of vitamin A (100,000 IU units a day for a month) may solve this problem. It will also help clear up acne in some persons.
- Vitamin B Complex - These are the stress vitamins used up fast by excess stress. B6 is often used with magnesium to prevent PMS but do not take any B vitamin in excess without at least taking a 50 mg B complex. B12 will usually lower hypertension (high blood pressure) in women - not men! If a shot is available, that works within 20-30 minutes. Otherwise, the sublingual (under tongue) type works, but slower.
- Ascorbic acid Vitamin C - The RDA for vitamin C is 75mg per day (about 1 orange). The zoo RDA for a primate (apes, monkeys, and humans) is 4000 mg per day. Almost all animals except primates manufacture their own ascorbic acid vitamin C as needed from their own blood sugar (glucose). Primates (humans and apes) lost the enzyme for this some 65 million years ago, so we have to supplement this vitamin. Either apes are worth more than humans, or the human RDA is way wrong!
- Vitamin C does three things that few MD's are even aware of:
 1. It stops viral and bacterial infections if used in sufficient amounts and early enough. (It takes a lot).
 2. It takes out ALL minerals in the blood stream by metabolically combining with them to make a mineral ascorbate. This is water soluble and is not harmful to brain cells, so it is filtered out of the body by the kidneys and urine pathway. Note - Only the ascorbic acid form does this - NO ascorbate forms can combine further with minerals.
 3. As a antioxidant, it helps prevent cancer and other problems, but not in the RDA amounts.

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- **Vitamin D** - Recent data shows that vitamin D deficiency may affect or even cause many different problems including depression and diabetes. Vitamin D is manufactured in the body by the action of sunlight on the skin transforming cholesterol into vitamin E. People in cold areas do not get nearly enough vitamin E and most require vitamin D3 supplementation. The latest data suggests vitamin D3 in 2000 - 6000 IU daily amounts. I've lived in the sun most of my life, and my skin looks it (weathered at 88), I've been taking vitamin D3 5000 IU per day for months now, and my skin looks a bit better.
- **Vitamin E** - The definitive research on vitamin E and the heart was done by the Shupe brothers in Canada many years ago, although few MD's in the US believe it (brainwashed by Big Pharma!). Unlike aspirin, Coumadin and other drugs, it does not thin the blood dangerously. It is one of the most powerful antioxidants, preventing free radicals in the blood. Up to about 40, most people can get by with 100-300 IU per day. With any type of heart problem, they need more.
- **Vitamin K** - This is a very important vitamin largely ignored by MD's. It is mostly (about 80%) manufactured by the bacteria in the Digestive system. Since it is the precursor to the two blood hormones that clot and unclot the blood, it is much more critical than most MD's realize. If the digestive bacteria in the gut are killed off by some antibiotic and replaced by yeast/fungus, this vitamin may be lacking and these hormones may be lacking. This leads to people bleeding to death in an accident, or from a bleeding ulcer, or even a burst capillary. This is also part of using aspirin, Coumadin and other drugs that thin the blood. Not enough of the hormone that clots is available!

Keeping the gut working correctly is very important to good health and long life! (Hooray for Acidophilous!)

Minerals - The RDA for minerals is much nearer correct than for vitamins, although balancing minerals is much more important than MD's are taught. Unlike most of the vitamins, excess amounts can cause problems. Measuring the mineral balance and levels is difficult and inaccurate.

Here's one major problem in measuring the toxic minerals! If the blood is very low on chelation material such as vitamin C or glutathione, then the liver cannot release much toxic material due to the possibility of brain damage. This means that all mineral measurements, blood, urine, or hair, may show very low "relative" readings as compared to nutritional minerals present normally. The toxicity is determined by the ratios of toxic minerals to the "individual" normals of nutritional minerals.

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It is literally impossible to measure the amount of minerals directly. We would have to biopsy the liver and all the other storage places in the body to do this - expensive, painful and inaccurate at best.

So, we have to measure indirectly by three basic methods: Blood, Urine and Hair.

- Blood only measures what is there at the time of measurement and this can change rapidly.
- Urine (best done with a 24 hour collection) is better and more accurate.
- Hair analysis is usually most accurate as it measures the average over weeks or even months and compares to the overall minerals in the body that are excreted or stored naturally.

For more info, Please read my Chelation article

My Personal Suggestions for

Minimum Recommendations for Adults of Over 150 Pounds

2 Grams Vitamin C at breakfast and 2 Grams at dinner. Adjust if under or over 150 pounds.

Solgar VM-75 (This supplies all the B complex in large amounts and most of the small volume minerals - it's found at most independent vitamin stores.) I've been personally using it for over 25 years and at 83, I can say it's definitely helped me to a longer and healthier life.

Take 600 mg minimum of Calcium citrate and Magnesium citrate. Keep the dosage of magnesium and calcium about even.

Maintain a diet high in fruits and vegetables, preferably raw and washed.

Eat 6 eggs per week. Use real butter instead of margarine. Use Sea salt. Stay away from soft drinks, fast foods and processed foods.

There are a lot of other supplements for specific problems as we get older. The scope of all those is beyond this page. For a good, safe and inexpensive source of many such supplements, there is a company that sells quality products at wholesale prices on the web. It can be found at Our Health Co-op. If you go there, you will leave this web site, so bookmark it now if you want to. I personally make no money on any of the above recommendations, and I do not recommend all the products, but I do personally buy and use many.

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From a recently published newsletter in Yahoo Shine, I am included the following list of food to be avoided.

1. Canned Tomatoes

Fredrick von Saal, PhD, an endocrinologist at the University of Missouri, who studies bisphenol-A (BPA); has made a recommendation concerning canned tomatoes. The resin linings of tin cans contain bisphenol-A, a synthetic estrogen that has been linked to ailments ranging from reproductive problems to heart disease, diabetes, and obesity. Acidity -- a prominent characteristic of tomatoes -- causes BPA to leach into your food.

2. Corn-Fed Beef

Joel Salatin, co-owner of Polyface Farms and author of books on sustainable farming says: Cattle were designed to eat grass, not grains. But farmers today feed their animals corn and soybeans, which fatten up the animals faster for slaughter. A recent comprehensive study found that compared with corn-fed beef, grass-fed beef is higher in beta-carotene, vitamin E, omega-3s, conjugated linoleic acid (CLA), calcium, magnesium and potassium.

3. Microwave Popcorn

Olga Naidenko, PhD, a senior scientist for the Environmental Working Group states: "Chemicals, including perfluorooctanoic acid (PFOA), in the lining of the bag, are part of a class of compounds that may be linked to infertility in humans." In animal testing, the chemicals cause liver, testicular, and pancreatic cancer. Studies show that microwaving causes the chemicals to vaporize -- and migrate into your popcorn.

4. Non-organic Potatoes

Jeffrey Moyer, chairman of the National Organic Standards Board adds to this list: Root vegetables absorb herbicides, pesticides, and fungicides that wind up in soil. In the case of potatoes they're treated with fungicides during the growing season, then sprayed with herbicides to kill off the fibrous vines before harvesting. After they're dug up, the potatoes are treated yet again to prevent them from sprouting.

5. Farmed Salmon

David Carpenter, MD, director of the Institute for Health and the Environment at the University at Albany advises: Nature didn't intend for salmon to be crammed into pens and fed soy, poultry litter, and hydrolyzed chicken feathers. As a result, farmed salmon is lower in vitamin D and higher in contaminants, including carcinogens, PCBs, brominated flame retardants, and pesticides such as dioxin and DDT.

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6. Milk Produced with Artificial Hormones

Rick North, project director of the Campaign for Safe Food at the Oregon Physicians for Social Responsibility, has this advice: Milk producers treat their dairy cattle with recombinant bovine growth hormone (rBGH or rBST, as it is also known) to boost milk production. But rBGH also increases udder infections and even pus in the milk. It also leads to higher levels of a hormone called insulin-like growth factor in milk. In people, high levels of IGF-1 may contribute to breast, prostate, and colon cancers.

7. Conventional Apples

Mark Kastel, co-director of the Cornucopia Institute, says the following: If fall fruits held a "most doused in pesticides contest," apples would win. An increasing numbers of studies are starting to link pesticides with Parkinson's disease.

I have two more suggestions, perhaps even more important to avoid:

1. Avoid most artificial sweeteners

The low calorie sweeteners of Nutrisweet (Aspartame) and Sweeta (the small blue and yellow bags) are now recognized as dangerous to health. A book By Dr Roberts "Sweetener Dearest" tells of pseudo brainstorms from aspartame, and aspartame has the toxicity to eradicate ant hills. There are law suits against Coke and Pepsi resulting from the use of Sweeta, and they "allowed" the FDA to stop the ban against Stevia, which they are going to. The old standby "saccharine": the one in the small red bag and Stevia coming on the market fast. Stevia has been allowed for use only in baking by the FDA up to recently. The data shows clearly that people who drink "diet drinks" generally do not lose weight.

2. Avoid corn sweeteners. (dextrose, fructose, etc.)

More and more data is showing that these sweeteners (found in way too many foods and candies today) are not good for anyone, and may cause many problems. Part of the problem is often the corn is a genetically engineered strain, legally NOT to be fed to humans, and another part is that many people are allergic to corn without even knowing it. (If you have trouble with multivitamins, you may be one.)

3. Don't eat "fast food" hamburgers.

/Did you know that most countries in the world will not accept our "cheaper" beef in "hamburger form" as used in all fast food restaurants? That's because it mixes up all the left over scraps with fatty tissue and organ meats scraped off even the floor. Unless this meat is thoroughly cooked, the possibilities for harm are too many.



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