

## Tuesday Minute Transcript

This Week's Topic

# Shocking Facts About So-Called Good Food



**“Take a look at these serious numbers that prove the foods of today are not what they were a few generations ago.”**

Take a look at these serious numbers, and I'm talking serious, that prove today's fruits, vegetables, grains, eggs, even the milk and meats we eat are not even close to what they were a few generations ago?

What if I were to say that “No man of today can eat enough fruits and vegetables to supply his system with the mineral salts he requires for perfect health?” Big deal you say. I've heard that statement more than once. What if I were to tell you that this statement was made at the 74th Congress of the United States way back in 1936? And that this is an excerpt of a testimony pertaining to the problem of “Soil Mineral Depletion?”

You see back in 1936 some astute scientists were blowing the whistle that commercial fertilizers were not adding back into the soil the nutrients and trace minerals necessary for healthy plants. Fast forward to the 21st Century



and most industrial farmers have still not learned this lesson, so year after year soil minerals are depleted.

For example, in 1914 an apple contained almost half the minimum daily requirement of iron but today you would have to eat 26 apples to get the same amount. Iron is not the only nutrient depleted. In 80 years apples have declined in the following minerals: the amount of calcium in apples has dropped 48%, phosphorous 84%, iron 96%, and magnesium, the famous heart nutrient, has dropped 82%.

Paul Bergner in his book “The Healing power of Minerals, Special Nutrients and Trace Elements” quotes U.S. Government statistics as he drives home the point that we cannot live healthy solely on the food of today. I want to make sure you understand we are talking about raw food here. We all know that cooking and processing further depletes the minerals.

Paul Stitt, author and whole food activist, says we lose 90% of the mineral content of our food from garden to gullet.

So we start with depleted nutrients in our food, then we process them to remove the enzymes to make sure they stay on the shelf longer. Then we cook or microwave them which further inactivates many of the nutrients and food factors.

One of the things that make food taste good are the minerals in the soil. It's not just a hydrochloric acid or zinc deficiency when food loses its flavor. Today's plants are not as healthy and don't have that vibrancy that well mineralized plants do. One of the tastes many of us are familiar with is the first bite of a vine ripened tomato grown in one's own garden.

I'm not just quoting numbers to shock you; but unless you are convinced that food doesn't contain the nutrients we need, you won't be confident in directing your patients to get the high quality supplements they need to achieve the level of wellness that they desire.

Listen to this quote by the Journal of the American Medical Association in 2002 volume, "most people do not consume an optimal amount of all vitamins or minerals by diet alone. Pending evidence of effectiveness from randomized trials it appears prudent for all adults to take vitamin supplements." For the Journal for the American Medical Association to say "it appears prudent for all adults to take vitamin supplements" after years of prejudice against the supplement industry is a landmark statement.

Look at these statistics focusing on the mineral calcium in a few common foods. In the last 80 years, the amount of calcium has declined 81% in cabbage, 92% in lettuce, and 56% in spinach. Magnesium levels have dropped 77% in cabbage, 91% in lettuce, and 35% in spinach. Iron levels dropped in the same vegetables from 60% to 99%. These huge drops in mineral levels are occurring in all our fresh foods. And its not just fruits and vegetables, the same types

of things are happening with chicken, beef, rice etc.

We see not only mineral depletions but vitamin reductions as well. Add stress to the equation. Stress depletes nutrient levels faster than those who are not under pressure or stress. I'm sure you get the idea.

Everyone wants to feel healthy, but how can we feel good when we're not getting the basic nutrients our bodies need. As clinicians we see the effects of all these depletions, and we have patients who supplement with over the counter vitamins that are not doing the job. Certainly these statistics build a case for organic foods as they have more nutrients; but let's face it, nobody eats organic all the time. Let's passionately educate our clients about the need to supplement their diet with a good multiple vitamin with minerals.

You can click below and listen to Dr. Alex Vasquez summarize five articles which will give you greater confidence in why nutrient supplementation is essential for optimal health.

Remember the double blind 7 year study with 10,000 participants in France. The National Institute of Health in Paris funded the SUVIMAX Study and found a 37% reduction in heart disease and death in men 45-60 and a 33% reduction in cancer from taking a low dose antioxidant with just beta carotene, zinc, selenium, vitamin E, and vitamin C.

Think of the reductions if the formula would have been a full spectrum product. Foundational, full spectrum multivitamin / mineral supplements not only save lives but can help prevent disease and increase vitality. The science is solid.

Thanks for reading this week's edition. I'll see you next Tuesday.