

Why The Need For Supplements

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Today we live in a world of commercialized foods and fast foods where the emphasis is in making profits at the expense of health. Wholesome foods are not easily available other than in health shops. Other foods available on the market have been processed and refined, meaning the main nutrients in the foods have been removed for reasons of extended shelf life. Those main nutrients which have been discarded are the ones one needs the most to build and maintain health.

Ideally all nutrients should be obtained from natural foods. If you have your own cow or goats, can get fertile eggs, make your own breads of freshly ground whole grains, are growing your fruits and vegetables on naturally enriched soils free from chemical fertilizers and poison sprays, are spending much of your time in the sun, and are avoiding all refined foods, you will progress nicely without supplements.

Almost 90% of our foods are refined or processed in such a way that tremendous losses in nutritive value occur. Furthermore, if your diet in the past has been deficient and/or you are already suffering from fatigue, anemia, or other deviations from health, your diet should immediately be made more than adequate. Supplements make it possible to overcome deficiencies rapidly.

Our lifestyle and environment call for the need of supplements.

Stress - high consumption of the B vitamins required for mental & physical energy. Lack of B vits will result in a poor immune system and end up in illnesses.

Coffee (caffeine) - washes B vitamins from the body when consumed in large quantities

Cool drinks (colas, ales, ades, etc.) - contain various sweeteners which destroy Vit C. Also contain caffeine and harmful acids.

Chemical fertilizers and insecticides - prevent minerals in the soil from reaching the plants. Plants also absorb the insecticides and when the foods reach the consumer for consumption, they already contain the poisons inside. Those poisons combine and/or destroy vitamins in the body.

Pollution and toxic substances in industry - When inhaled, it destroys vit C in the body, hence the need for large quantities of Vit C to detoxify the influx of toxins and make them ineffective

Drugs - Without exception every drug is toxic to some extent. Drugs produce dietary deficiencies by destroying nutrients, using them up, preventing their absorption, increasing their excretion, or chemically taking their place. Furthermore, since drugs are usually taken only during illness, their toxicity occurs at the very time an individual is less able to cope with it. Most drugs can damage the liver. Drugs continue to destroy Vit C in the body for up to 3 weeks after one has stopped taking them.

Alcohol - Drugs and Alcohol destroy vit B1. Urine production is stimulated and all nutrients which dissolve in water are lost in the urine. Alcohol causes magnesium excretion to increase by 5 times & symptoms of magnesium deficiency occur - nervousness, tension & hangover jitters. Alcohol is high in calories and it readily changes into saturated fats often causing the amount of blood fat to double, which result in coronary diseases. With the loss

of Vit B1 and B5 result in decreased blood circulation (a condition conducive to clotting = potential heart attack) and degeneration of heart muscles and excessive excretion of iodine and other B vits can be disastrous. Alcohol craving is caused by multiple nutritional deficiencies.

Antibiotics - bring about haemorrhages and multiple B deficiencies by destroying valuable intestinal bacteria. Sometimes it induces ulcers in the colon or large intestine. Causes thrush and promotes the growth of Candida. Vit B deficiencies cause a lowered immune system. Increases the incidence of allergies since undigested foods enter the blood stream and create allergic reactions and excess mucus formation. Antibiotics given to cows are often found in cow's milk - so when buying milk, ensure they are certified as not using Bovine Growth Hormones and Performance Enhancing Drugs on the Dairy cows.

References: Nutrition advices by Adelle Davis.