

Dietary Supplement Considerations

By Paul Devlin

Why Take Dietary Supplements?

Overwhelming evidence of the need for nutritional supplementation

US Senate Document #264 documents severe mineral depletion going back to the 1930's. The United Nations 1992 Earth Summit Report notes an average of 85% mineral depletion over the past 100 years for North American farm and range soils. Our fruits and vegetables, as well as the grasses and vegetation that farm animals eat, are deficient in minerals and vitamins. Refining foods further reduces nutrients (such as white bread, sugar and corn syrup).

Fruits and vegetables are cultivated using chemical fertilizers, pesticides and waste contaminants

Harvested prematurely and artificially ripened, produce is then sprayed, processed, radiated and coated with toxic chemicals to improve appearance and prolong shelf life—all of which significantly reduces nutritional values.

Frightening livestock production practices

Beef, poultry and pork are loaded with antibiotics, hormones, steroids, drugs and toxic chemicals to reduce the risk of disease in overcrowded pens and to increase yield. These substances accumulate in our bodies, interfere with normal cell functions, trigger abnormal immune responses, stimulate premature puberty, and are often known carcinogens. As well, the transfer of antibiotics from animals to humans is resulting in bacteria and viruses that have adapted to antibiotics, thus reducing the effectiveness of antibiotics taken by humans.

Alarming increase in immune system disorders

Over the past 5 years, the incidence of immune system disorders has increased more than 200%. Auto-immune disorders are rapidly increasing with more than 8 million cases confirmed and 30 million additional cases suspected in the US ([The Autoimmune Diseases](#), Third Edition, Rose and Mackay, 1998).

Fatigue and lack of energy

Doctors report that a primary health complaint is extreme fatigue and lack of energy.

Hectic lifestyles

Pressure-filled jobs and commutes, financial struggles, information overload, eating on the run, depression, anxiety, coping with health issues—all rob us of vital energy and essential nutrients. According to studies by the National Institutes of Health and the National Center for Health Statistics, lifestyle-related diseases, such as cancer, heart disease and diabetes are the leading causes of death in the US.

Overweight

Fast food diets laden with salt, sugar, corn syrup, refined flours, bad oils and toxic additives exacerbate health problems. A Call to Action by the US Surgeon General (2001) noted that 61% of adults in the US are overweight and that the incidence of overweight among adolescents has tripled in the past 20 years.

Environmental pollution

The air we breathe and the water we drink are contaminated with a wide variety of pollutants.

Bowel irregularities

Stagnating waste and chronic constipation can poison the entire body.

Substance Abuse

Alcohol, tobacco and drugs (including many prescription drugs) all have significant side effects and long-term health implications.

(continued on the next page)

What to Look for in a Dietary Supplement

Whole food

The body recognizes whole foods and can readily assimilate and utilize them. Synthetic nutrients formulated in a lab lack the full spectrum of naturally occurring phytonutrients, antioxidants, vitamins, minerals, bioflavonoids and other micronutrients. The lack of these co-factors limits absorption, increases the risk of toxicity and can even cause secondary nutrient deficiencies.

Liquid form

When a whole food dietary supplement is in a liquid, ionic solution, up to 98% of the nutrients are available for absorption and utilization by the body. Vitamins and minerals in pill form may be only 10% to 20% absorbable (1996 Physicians Desk Ref., pg 1542).

Natural and complete

Sea vegetables are the most mineral-rich plants on earth. They contain more vitamins and minerals than any form of land vegetation. Sea water contains mineral ratios that are remarkably similar to blood plasma. Sea plants pre-digest and concentrate this balanced source of minerals into a highly bioavailable ionic state.

Whole food dietary supplements are safe

They supplement the vegetables and fruits in your diet—a vital part of healthy eating and a good food budget. Whole food products are excellent prenatal supplements. Supplements in liquid whole food form may also increase the efficiency of diets, medicines and herbs, while reducing the time required to achieve the desired results.

Organic minerals

Minerals exist in two forms, organic and inorganic. Organic minerals are far easier for the body to use. Inorganic minerals can be used, but must be converted to organic form through chelation. Chelation attaches an organic carrier so that minerals can be transported through cell walls. Excellent chelating agents include organic acids such as amino acids and orotic acid.

Sea vegetables

With the passage of untold millennia, vast amounts of life-sustaining minerals have washed into the sea. In the process of converting sunlight to energy, sea vegetables reabsorb these nutrients and organically bind them in an ionic state. In contrast, modern farming practices have depleted our soils of essential nutrients—thus sea vegetables are far superior nutritionally to land vegetables. Additionally, minerals that are toxic in their natural state, such as iodine, arsenic and aluminium, are neutralized by the sea vegetables—this makes them harmless and even beneficial. For example, iodine in its pure form is poisonous—however, in its ionic form it is an essential nutrient for health.

Sea vegetable harvesting

Sea vegetables should be harvested only when fully-ripened and from pristine waters. These arctic regeneration zones are biologically active areas that are free from herbicides, pesticides and heavy metal contamination. Tides and intense sunlight provide a constant state of nutrient-enriched plants and a rich-feeding ground for many species. Harvesting the tender new growth of these plants increases their rate of growth.

Blending with Aloe vera

Blending sea vegetables with Aloe vera juice adds to the nutritional value of the dietary supplement. Aloe varies widely in quality. Look for whole-leaf, cold-processed juice that is certified by the International Aloe Science Council.

Aloe vera has been one of the most popular remedies throughout human history. A vast body of research confirms that Aloe vera has powerful healing and soothing properties. In addition, it contains large-chain sugar molecules that are ideal transporters of nutrients. Although there are over 200 species of aloe, one of the best is Aloe Barbadensis, which contains over 75 nutritional compounds including vitamins, minerals and 18 amino acids. It has long been used for ailments ranging from cuts, burns and bruises to digestive and intestinal irregularities.

Black cherry and honey

Black cherry has been shown to reduce uric acid levels in the body, while bee honey is an excellent source of B complex vitamins, royal jelly, propolis and pollen.

(continued on the next page)

Benefits of Sea Plants Blended with Aloe Vera

Contains every essential nutrient in perfect balance

- ⌘ Vitamins
- ⌘ Macro minerals
- ⌘ Trace minerals
- ⌘ Amino acids
- ⌘ Essential fatty acids
- ⌘ Enzymes

Cleanses the colon and normalizes pH levels

- ⌘ Facilitates elimination
- ⌘ Enhances assimilation
- ⌘ Improves absorption

Supports the circulatory and lymphatic systems

- ⌘ Detoxifies
- ⌘ Nourishes
- ⌘ Promotes Healing

Supports the immune system

Fortifies the body with essential nutrients needed to fight disease

Supports the nervous system

- ⌘ Fights the effects of stress
- ⌘ Improves vitality
- ⌘ Promotes a feeling of well-being

Supports metabolic processes

- ⌘ Facilitates digestion
- ⌘ Reduces cravings
- ⌘ Nourishes the glandular system

Increases oxygen at the cellular level

- ⌘ Promotes energy
- ⌘ Combats aging
- ⌘ Promotes stamina
- ⌘ Supports memory

Excellent source of antioxidants

Contains free radical scavengers known to reduce the risk of cancer, heart disease and strokes

Anti-inflammatory properties

- ⌘ Helps relieve inflammatory diseases
- ⌘ Helps reduce inflammation in arthritis
- ⌘ Helps reduce inflammation in sports injuries

Combats side effects of harmful substances

- ⌘ Alcohol
- ⌘ Tobacco
- ⌘ Drugs
- ⌘ Environmental Pollutants

This information is for educational purposes and is neither designed nor intended to diagnose, treat, cure or prevent any disease.