

FRUITS & VEGETABLES



Life Force
Independent Member

“**Microchemicals present in our diet could be the most desirable agents for the prevention and/or intervention of human cancer incidence and mortality due to stomach, colon, breast, esophagus, lung, bladder, and prostate cancer.**

—Vegetables, Fruits and Herbs in Health Promotion
(edited by Ronald R. Watson, PhD)

“**There are many non-nutritive compounds in foods, especially in fruits and vegetables, which likely play an important role in the prevention of cancer and other diseases.**

—Dr. Ruth Patterson, Hutchinson Cancer Research Center

“**Indeed, cancer, heart disease, and Alzheimer’s disease may plague the middle-aged and elderly because of our limited knowledge of phytonutrients. Research in this arena, now less than two decades old, may relegate some of today’s ills to the history books...**

—Beverly A. Clevidence, USDA at www.ars.usda.gov/is/AR/archive/dec99

VITAMINS & MINERALS



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“**Scientists are discovering that vitamins, minerals, amino acids and plant phytochemicals have powerful impacts on many of the biochemical pathways that go awry in disease processes such as diabetes, cancer and heart disease. [They] reduce inflammation, inhibit free radicals... help remove toxins... interfere with the proliferation of undesirable cell lines... and boost the circulatory system...**

By arresting disease processes at the molecular and cellular levels, these therapeutic nutrients help arm us against the scourges of disease and aging, and thus build the foundation for a future of optimal health.

—Dr. Elizabeth Wagner, ND
What's Missing from Multi-Vitamin Supplements?

“**Suboptimal vitamin status [common in the U. S.] is associated with many chronic diseases, including cardiovascular disease, cancer, and osteoporosis.**

—Vol 287 No 23, JAMA (6/19/02)
Vitamins for Chronic Disease Prevention in Adults

“**Trace minerals play a huge role in human physiology... The significant loss of these essential trace minerals within the vegetables available to us highlights the need to supplement with a well-balanced, naturally derived product.**

—Dr. David Thomas, Geologist, Chiropractor

MINERALS, THE BEDROCK



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“ While they are high in certain vitamins and other healthy nutrients, fruits and vegetables are, for the most part, low in essential minerals.

—Kathy McLeod quoted in Nutraceuticals World
(Sept 2002 article on Minerals)

“ Without minerals, vitamins don't work. The body heavily depends on enzymic reactions for the production of many of the living biochemicals needed for full health.

Enzymes in turn are heavily dependent on minerals and trace elements, as we have seen with the immune system. It is logical therefore to see these precious minerals as the bedrock of life.

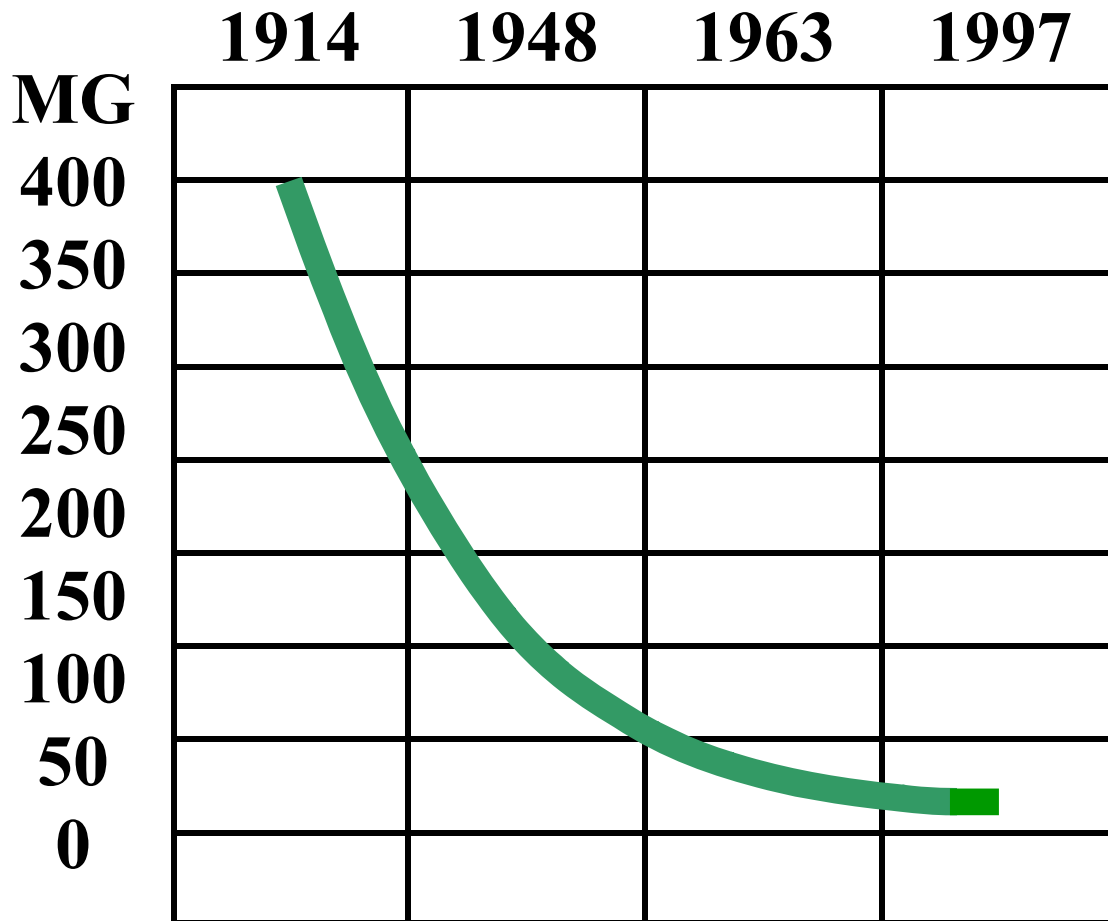
—David Marsh in Soil Minerals and Immune System Dysfunction

AVERAGE MINERAL DEPLETION FROM AGRICULTURAL LANDS 1890 to 1990

<input type="checkbox"/>	Australia	55%
<input type="checkbox"/>	Europe	72%
<input type="checkbox"/>	Africa	74%
<input type="checkbox"/>	Asia	76%
<input type="checkbox"/>	South America	76%
<input type="checkbox"/>	North America	85%

—From Chapter 36 of the 1992 United Nations Earth Summit Report

AVERAGE MINERAL CONTENT OF SELECTED VEGETABLES



VEGETABLES

Cabbage
Lettuce
Tomatoes
Spinach

MINERALS

Calcium
Magnesium
Iron

From The Healing Power of Minerals by Paul Bergner

DECLINE IN MINERAL AND VITAMIN CONTENT OF A MEDIUM APPLE WITH SKIN



YEAR TESTED	1914	1963	1992
Iron	4.6 mg	0.3 mg	0.18 mg
Calcium	13.5 mg	7.0 mg	7.0 mg
Phosphorous	45.2 mg	10.0 mg	7.0 mg
Magnesium	28.9 mg	8.0 mg	5.0 mg
Vitamin A		90 IU	53 IU
Thiamine		30 mcg	17 mcg
Riboflavin		20 mcg	14 mcg

Source 1963 and 1992: USDA

Source 1914: H Lindlar Natural Therapeutics: Vol 3, Dietetics
As noted by P. Bergner in The Healing Power of Minerals

AGRIBUSINESS SOILS



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“ Diseases are created chiefly by destroying the harmony reigning among mineral substances present in infinitesimal amounts in air, water, but most importantly, soil.

—Dr. Alexis Carrel, Nobel Prize Winner in Medicine

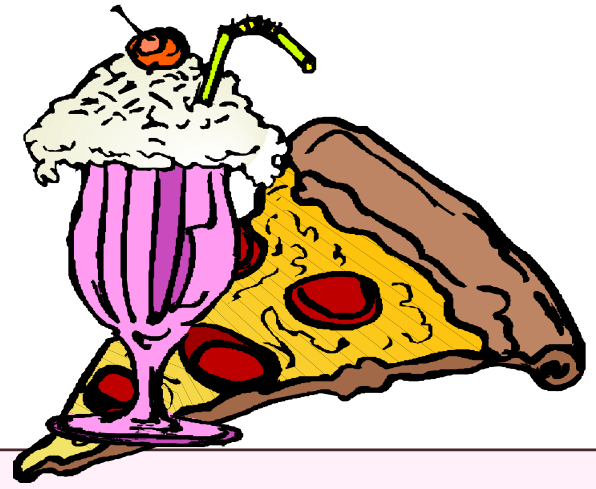
“ Sick soils mean sick plants, sick animals, and sick people. Physical, mental and moral fitness depends largely upon an ample supply and a proper proportion of minerals in our foods.

—Charles Northen, MD
Pioneering researcher on the biochemistry of nutrition

“ NPK formulas... mean malnutrition, attack by insects, bacteria and fungi, weed takeover, crop loss in dry weather, and general loss of mental acuity in the population, leading to degenerative metabolic disease and early death.

—Dr. William A. Albrecht, Chairman
Department of Soils, University of Missouri

REFINED FOODS



LOSS OF MINERALS

Many minerals are lost in the [wheat] refining process, but iron is the only one replaced. Whole wheat flour has 6 times as much magnesium, a mineral that may help prevent high blood pressure, heart disease, diabetes, osteoporosis, and kidney stones! There is 4 times as much zinc, a mineral required for a strong immune system. Similarly, there is more copper, manganese, calcium, and other minerals in whole wheat than in refined flour.

95% of the vitamin E is lost when flour is refined. White flour is enriched with several of the B-vitamins, but not with vitamin B6, which can help prevent heart disease. What gives whole wheat its golden-brown color is lutein, a strong antioxidant that may prevent macular degeneration, the primary cause of poor vision in the elderly. Finally, there are also important phytochemicals in wheat that are lost in the refining process.

1999-2000 US Junk Food Consumption

- Adults and children get an average 30% of total calories from junk food
- The FTC opposes restrictions on junk food advertising to children
- 2/3 of Americans are overweight
- 1/3 of Americans are obese

—Consumption data from the National Health and Nutrition Examination Survey

ACIDIFICATION

Because processed and refined foods are extremely acidic, the body creates a buffering system. This requires many nutrients, including electrolyte minerals (organic potassium, magnesium, sodium, and calcium from plant sources that have undergone photosynthesis).

When we have a sufficient reserve of electrolyte minerals, removing unwanted acids is not a problem. However, our reserves can become depleted by ingesting too many processed and refined acid-forming foods, or from excessive mental or emotional stress.

Second only to breathing and sustaining our heartbeat, the most important metabolic function that our bodies perform is maintaining the blood's pH level. In order to do this the body will rob electrolyte minerals from organs.

As a result the bowels and intestines become open to pathogens (including candida and parasites) and irritation, also foods are not digested properly and the nervous system is weakened. Further depletion of electrolyte minerals will affect the immune system and the body's ability to fight off bacterial and viral infections.

—Christine Dreher, CCN
Condensed from Benefits of a Balanced pH Level

DRUGS & SYNTHETICS



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“When the body has to try and metabolize drugs, its own mineral stores are heavily drawn upon. Such a waste of energy is used to metabolize laxatives, diuretics, chemotherapy drugs, and NSAIDs. This is one of the most basic mechanisms in drug-induced immuno-suppression: minerals are essential for normal immune function.”

—Dr. Tim O’Shea D.C.

“Synthetic, artificial vitamins can actually create vitamin deficiencies. They are missing the co-factors, minerals and other elements that make them activated, that make them work the way they are supposed to.”

When [these elements] are not there, they are going to be stolen from your body and you are going to end up with a deficiency.

—Dr. Toby Watkinson, D.C.

—Psychologist, Clinical Nutritionist

INCREASE IN CHRONIC DISEASES & ASSOCIATED MINERAL DEFICIENCIES

1980 to 1994

HEART CONDITIONS Chromium, copper, magnesium, potassium, selenium	+ 18.7%
CHRONIC BRONCHITIS Copper, iodine, iron, magnesium, selenium, zinc	+ 56.0%
ASTHMA Magnesium	+ 87.4%
TINNITUS Calcium, magnesium, zinc	+ 25.0%
BONE DEFORMITIES Calcium, copper, fluoride, magnesium	+ 47.0%

From The Healing Power of Minerals by Paul Bergner

GIFT FROM THE SEA



The Ocean Within

Each of us carries in our veins a salty stream in which the elements are combined in almost the same proportions as in sea water.

—Rachel Carson The Sea Around Us

SEA VEGETABLES

- **Higher in vitamins and minerals than any other food (10x to 20x the minerals of land plants)**
- **Optimal mineral balance is a natural stabilizer for building sound nerve structure and good metabolism**
- **Full of amino acids, contain up to 20% protein (a rare non-animal source of Vitamin B-12)**
- **Nourish an underactive thyroid and normalize adrenal functions for increased libido**
- **Help dissolve cardiovascular fatty deposits, reduce high blood pressure and atherosclerosis**

GIFT FROM THE SEA



- **Immune-compromised diseases respond to balancing effect on body chemistry (CFS, HIV, arthritis, allergies)**
- **Reduce excess stores of fluid and fat (weight loss and improved metabolism are common)**
- **Protect from a wide range of toxic elements, including heavy metals (dental fillings) & radiation by-products**
- **Natural iodine key to controlling gland disorders (breast and uterine fibroids, prostate inflammation, adrenal exhaustion, toxic liver and kidney states)**
- **Powerful antioxidant and anti-cancer properties**

—Linda Page, ND PhD Organic Sea Greens—Gifts of Healing from the Sea

GIFT FROM THE SEA

The Ebers Papyrus at the University of Leipzig reveals that the ancient Egyptians gave seaweeds to breast cancer patients.



CURRENT RESEARCH

- Powerful antioxidant activity
- Antibacterial activity
- Strong anti-depressant factors
- Significantly lower plasma cholesterol levels
- Anti-tumor activity
- Stimulate the immune response
- Helpful in the prevention of atherosclerosis and hypertension
- Best source of fiber, increases bulk and decreases bowel transit time—Contains an antibiotic substance that may positively influence fecal ecology
- Anti-HIV and anti-herpes polysaccharides and polyphenols

—Dr. Zakir Ramazanov Marine Source Nutraceuticals

GIFT FROM THE SEA



POWERFUL DETOXIFIERS

- **Sea source iodine — Improved thyroid function supports body's ability to destroy pathogens**
- **Sodium alginate — Pulls heavy metals, radiation, and chemical toxins out of your body**
- **Help detoxify liver and lymph glands**
- **Protect against radioactivity absorbed from X-rays and nuclear power plants**

—Ryan Drum PhD Sea Vegetables for Food and Medicine

ALOE VERA

The aloe vera in Body Balance is certified by the International Aloe Science Council to be of the highest quality, both for purity and potency.



HISTORIC REFERENCES

- **India** **5000 yrs ago** **The Silent Healer**
- **Sumeria** **4100 yrs ago** **(noted on clay tablet)**
- **Egypt** **3600 yrs ago** **The Plant of Immortality**
- **Persia** **2600 yrs ago** **The Desert Lily**
- **China** **1400 yrs ago** **The Harmonic Remedy**
- **Discorides and Pliny the Elder—Greek Physicians**
who did extensive study on aloe with the Roman army
- **Knights Templar** **900 yrs ago** **The Elixir of Jerusalem**
- **Aloes are mentioned five times in the Bible**

ALOE VERA



After over 25 years experience with healing plants and herbs... I have found no other plant which is quite so versatile or so potent as aloe vera presented in a pure, quality controlled state.

The areas where aloe vera seems to act so powerfully are on those functions where conventional medicines and drugs have little benefit... Immune deficiency, post-viral fatigue, general debility and weakness, exhaustion and lack of energy.

—Dr Adjun Myskja, Physician, Author
Integrated Medicine & Health Center, Oslo

ALOE VERA

REMARKABLE PROPERTIES

BASED ON MORE THAN 500
MEDICAL STUDIES AND REPORTS



- **Antiseptic**
- **Adaptogenic**
- **Conductor effect**
- **Detoxifying agent**
- **Wide range health-giving nutrients**
- **Stimulates cell growth**
- **Accelerates tissue healing**
- **Cleanses liver and kidneys**
- **Helps break down and eliminate trapped matter in colon**
- **Powerful aid to digestive system**
Soothes and heals digestive tract
- **Potent immune system stimulant**
- **Strong anti-inflammatory agent**
- **Useful for both osteoarthritis and rheumatoid arthritis**
- **Analgesic (reduces pain)**

ALOE VERA

You ask me what were the secret forces which sustained me during my long fasts. Well, it was my unshakeable faith in God, my simple and frugal lifestyle and the Aloe whose benefits I discovered upon my arrival in South Africa.

—Mahatma Gandhi



Last year a patient asked me if I had heard of aloe vera as a healing agent. I ordered all current research on it [1994] and was astonished to find 39 out of the 40 research papers were positive. I immediately initiated trials on some of my long term, chronically ill patients.

As a strictly conventional physician I had no interest in any form of complementary or alternative medicine. I would have laughed should anyone have told me that within three years... I would be researching its medicinal uses full time, totally changing my medical perspective and, in fact, my life.

—Dr. Peter Atherton, Director, Tyingham Clinic (Europe's largest naturopathic clinic)
Excerpted from The Essential Aloe Vera