

The Truth About Vitamins

“One of the biggest tragedies of human civilization is the chemical therapy over nutrition. It’s a substitution of artificial therapy over natural, of poisons over food, in which we’re feeding people poison in trying to correct the reactions of starvation.” Dr. Royal Lee, Jan. 1951.

Nutrition has become an area of confusion for a lot of people. Diet plays a major role in everyone’s health. But are vitamins really necessary for health? Who do you believe when it comes to vitamins and health?

This confusion has come about because pharmaceutical companies have taken over many of the vitamin companies. Vitamins are no longer being sold for health, but have become additional profit makers. Chemical vitamins and the 100’s of medications marketed to treat the symptoms of vitamin deficiency cannot replace missing vitamins in the body.

Vitamins C is chemically made from corn syrup that is mixed with acid to create ascorbic acid. Most vitamins sold are not from food, but are man-made. These artificial vitamins are not usable by the body. The drug companies have even begun adding these chemical vitamins to their drug formulas in order to make them more appealing to the public.

To help provide some truth

in this world of nutritional confusion, we will look at information that was written over 87 years ago. The following nutritional truths are as true today as they were when they were written back in 1921:

- (1) Vitamins are constant constituents of living tissues. Although they are present in very small amounts, the maintenance of health is dependent on their action.
- (2) Vitamins do not themselves contribute to the energy-supply of the body, but they facilitate the utilization by it of the proteins, fats, carbohydrates, and salts of the food.
- (3) Proteins, fats, carbohydrates, and salts cannot support life without vitamins nor vitamins without these proximate principles; they are complementary to each other. Without vitamins the body starves.
- (4) A distinct relation exists between the amount of vitamins required and the balance of the food in proteins, carbohydrates, fats and salts; the efficacy of the vitamins is dependent on the composition of the food mixture.
- (5) A distinct relation exists also between the amount of vitamins required and the rate of metabolic processes.
- (6) Each vitamin plays a specific part in nutrition.
- (7) It would appear that vitamin A is associated with the metabolism of lipoids and calcium, as well as with the chemical reactions requisite for growth and maintenance.

(8) Vitamin B appears to be associated with the metabolism of carbohydrates, with the chemical reactions and the functional perfection of all cells, and particularly of nerve cells.

(9) Vitamin C appears to be associated with the metabolism of calcium, and with the chemical reactions of growing tissues.

(10) All vitamins are concerned in the maintenance of the orderly balance between destructive and constructive cellular processes. 1 38th Rep. Med. Res. Com., 1919.

(11) One vitamin cannot replace another, although its function may be interfered with by the absence of another.

(12) The final result of their deficiency is the same whatever be the degree of deprivation; the greater the deprivation the more rapid is the onset of symptoms due to it, the lesser the deprivation the slower is the onset of symptoms due to it.

(13) Each vitamin exercises a specific influence on the adrenal glands; the effect of their deprivation on these organs is one of the most outstanding features of deficiency disease.

(14) Vitamins influence markedly the production of hormones, and of all external secretions.

(15) There is reason to believe that the capacity of any given cell for work is impaired in proportion to the degree of vitamin starvation.

(16) Vitamins aid the tissues in resisting infection.

(17) Vitamins, especially vitamin B, induce in the human and animal body the desire for food.

(18) Vitamins are one link in a chain of essential substances requisite for the harmonious regulation of the chemical processes of healthy cellular action. If this link be broken the harmony ceases or becomes discord, as it may cease or become discord if any other link be broken.

(19) The place of vitamins in the human economy must be considered in connection with metabolism as a whole: in connection with their relation to other essential food requisites, with their relation to the organs of digestion and assimilation, and with their relation to the endocrine regulators of metabolic processes.

(20) Vitamins are as the spark which ignites the fuel mixture of petrol- driven engine, liberating its energy; the spark is of no use without the fuel, nor the fuel without the spark—nay, more, the efficacy of the spark is dependent in great measure on the composition of the fuel mixture.

These truths were first published in 1921 by a British physician after WWI in a book entitled “Studies in Deficiency Disease”. Following the publication of his book, the author, Robert McCarrison, MD, was knighted by the Queen for his contribution toward improving the health of the British people. Sir Robert McCarrison wrote these truths as a summary of his findings after years of research. They are listed here without alteration or modification. (Sir Robert McCarrison, M.D., D.Sc., Hon. LL.D. (Belf.) Published by Oxford Medical Publications)

Comparing the wealth of information from 87 years ago with the research from today has shown that the nutritional information from 1921 is still valid and true today. Recent research studies are again proving the same nutritional truths that were first written about last century.

The body is composed of living tissue. It requires genuine replacement parts in order to regain and maintain its health. Real whole food and whole food vitamins are the only source of

real vitamins and nutrients that can repair nutritional deficiencies. There are many signs of nutritional deficiencies that often are overlooked or ignored by many physicians who do not understand the importance of whole food vitamins and real food.

Physicians can evaluate the health of each individual to determine hidden nutritional deficiencies. Utilizing advanced technology developed for use in the 21st century, unique and specific nutritional needs can be determined for each patient.

In addition, we can evaluate the hidden stressors and toxicities that can interfere with the absorption and utilization of vitamins and nutrients by the body. Simple, non-invasive, and inexpensive tests can be performed to determine the toxicity level and overall health status of each individual. Call to schedule your free consultation & health assessment today to determine your nutritional status.

Dr. Carol Ann Fischer, D.C., N.D. is a unique Chiropractic Holistic Wellness Consultant in Livonia and has been in private practice for over 23 years, with specialized training in nutrition and deficiency analysis, diet modification, allergy elimination, stress reduction, gentle chiropractic, digestive disorders, weight loss, natural hormone evaluation and therapy, detoxification, wellness care, homeopathy, and acupuncture. Her goal is to help people to live happy, healthy and stress free. For more visit www.TLCHolisticWellness.com or contact her by email at tlc4health@sbcglobal.net or by phone at 734-664-0339.



Disclaimer: This article is not meant to be taken as medical advice. If you feel that your body is missing nutrients, or that your diet is deficient, consult a qualified wellness consultant to determine your nutritional status, and for recommendations on your personal health issues.

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Dr. Carol A. Fischer, D.C., N.D

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