

## Vitamins

There are two specific facts about vitamins that I am sure of. I am also sure that these two facts are about the only two things anyone really needs to know about vitamins.

First a vitamin by definition is a nutritional compound that has to be eaten or you will die. That's right, if you could live without it, or if your body could get it or make it any other way it would not be a vitamin. Not only do you have to consume vitamins, you have to consume them every day because unlike minerals, proteins and fats the body has very little potential to store vitamins for later use.

In the same light, not only do we need vitamins to live, we need ample supply of vitamins to be healthy. When the body runs low of any vitamin it begins to become sick. Different systems or body organs begin to fail specific to the vitamin that is deficient, which gives rise to the different vitamin deficiency diseases. The greater the deficiency the greater the illness until the vitamin is completely gone and then you die.

The second part is a little more controversial. Over the past 50 years and hundreds of scientific double blind studies they have proven that the individuals that took the vitamins were no better and usually much worse than the group not taking the vitamins. This is why the typical medical doctor will tell you vitamins do not work. But isn't this in total contradiction to the basic definition of a vitamin that states they are vital for health and even life itself? No, not when you understand why and how the tests were actually performed. These studies are not performed to find out if vitamins work, they know real vitamins work, they wrote the definition. These studies are performed by manufacturers of synthetic vitamins trying to document that their synthetic formulas are as good as God's actual real vitamins. If you wonder why scientists are so interested in synthetic vitamins when we already have ample supply of real ones, the answer is

again quite simple. There is no profit in proving that eating a carrot or an orange is good for you. Everyone already knows this. The profit lies in documenting that you could eat their patented chemical compound and have it be just as good for you as eating the carrot or orange.

These studies consistently prove that man with all his advanced technological manufacturing plants and endless supply of money is not even in the same league as just one of God's little green plants that grow for free in your back yard.

The truth and key to understanding vitamin therapy is very simple: The vitamins God made and gave to us for free are essential for life and health. The vitamins man made that cost a lot are mostly toxic poisons that will hurt you.

You will be criticized for repeating this information by such people as the manufacturers of synthetic vitamins when they state that current research says, "All adults need a vitamin supplement". If you read the actual research paper you would find this quote was contained in the research right before it stated that those vitamins had to be from a food source and that commercial or synthetic vitamins, the ones they use, appeared to have no effect or possibly harmful effects on the body.

Amazingly, even though it has been proven hundreds of times not to be true by "medical" science, the typical "medical" doctor is still being taught that there is no difference between synthetic and natural vitamins.

Next, he is shown the parts of the research that proves that synthetic vitamins do not work. This only leaves them with the prescriptions they can write and if they don't work, then surgery.

It is true that the best source of vitamins is from your food. This is the way God designed it. However, once again for the sake of profits, food growers and distributors have adulterated our food supply to the point that it is almost

impossible to get an adequate supply of nutrition in our typical American diet. When you consider that almost all of the ailments people suffer from are caused directly or at least indirectly by nutritional deficiencies it becomes obvious that we need to supplement our diet with real vitamins. It is sad that the typical medical doctor is not educated in recognizing nutritional deficiencies or the diseases nutritional deficiencies cause. They are certainly unaware of any nutritional companies that actually sell quality food source vitamins that actually work. This ignorance is by design as real vitamins work faster and better than drugs and after all, the drug companies do not want the competition.

A vitamin supplement program is not essential for this Body Memory Reset program to work but it is essential for your overall health and your optimum health is our ultimate goal. Therefore we recommend the following.

**To insure the highest quality of food source vitamin supplementation we only recommend Standard Process Labs.**

**Minimal daily nutritional protocol;**

**Cyrofood** - 6 tablets a day

Complete natural whole food source multiple vitamin/mineral supplement

**Linum B6** – 3 pearls a day

Balanced essential fatty acids

**Best daily nutritional protocol;**

It is our recommendation that every patient request from their physician a nutritional evaluation. There are several methods of evaluating your nutritional needs, from personal examination procedures, to health questioners, to very sophisticated electro acupuncture diagnostic procedures. These procedures vary in price and are all excellent tools for nutritional evaluation.

All of these tools, plus others are available to the physician that is managing your Body Memory Reset therapy program.