

Better Living Through Better Health

Better health through better nutrition



Why are so many
Americans obese
and in poor
health?

You may be
surprised.

Forward

This article is compiled information from reliable internet sources as well as books related to the subject. It was written to help consumers to break through all the hype in the marketplace, to better understand the basics of healthier living and to have the opportunity to make more informed decisions about their own health maintenance.

It should be noted that alternative medicine (herbal remedies) is different from diet and nutrition. Herbal remedies are aimed at curing the symptoms of an unhealthy body. Diet and nutrition is aimed at maintaining a healthy body.

This article is focused on diet and nutrition.

If you would like to research further, there is plenty of good information on the internet or in your local library about the advantages of a high fiber, low fat diet that is rich in fruits and vegetables (i.e. eat 5 to 9 servings of fruits and vegetables and consume 25 to 35 grams of fiber daily) .

An informed consumer is a wise consumer.

Do you take a daily multi-vitamin?



It is a well known fact that we cannot get all the nutrition we need from diet alone. That's why the supplement industry has grown into more than a \$40 billion dollar a year business. Unfortunately, more than 50% of

adult consumers supplement with one-a-day multi-vitamins, herbs or “silver bullet” products that do not meet the daily diet and nutrition needs of a healthy body! Although herbs have great value in alternative medicine, they contribute very little if any value to the nutritional needs of a healthy daily diet. “Silver bullet” products basically are just money-makers for the companies that sell them.

With good intentions, consumers are spending their money on products that do not contribute to the basic diet and nutrition needs of a healthy body and in some cases actually add to the collateral damage of a poor diet. Many of the same chemicals and synthetic additives found in junk food and processed food can be found in many popular vitamins and food supplements!

More disturbing than the loss of money to consumers is the fact they are still in poor health.

There was a time in history when we could obtain all of the nutrients and co-factors necessary for good health from our diets. This is no longer true!

To “supplement” your diet means you should add back into your diet what is lacking in your diet.

We have the best doctors, the best medicines and the best hospitals in history. On top of that, consumers are spending more than \$40 Billion a year on supplements. Yet, far too many people are obese, suffering from a multitude of diseases and ailments, and a trip to the bathroom is an unpleasant experience. WHY? Read on...

Today, we live in the age of information. TV and internet ads are very powerful sources of information that influences millions of consumers daily. Many consumers try to make health decisions based on information provided by these ads *and* by well-meaning but misinformed media reports. Because these ads and reports are usually self serving and/or deliver conflicting information, consumers become confused and frustrated, not knowing who or what to believe. i.e. "*What is good for you today may be bad for you tomorrow!*"

Health maintenance is not that complicated! This article takes us back in time, reviews health related issues over the last 100 years, puts health maintenance in proper perspective, debunks some common myths and offers a simple, common sense solution to better living through better health.

"The reality is, what was good for people 100 years ago is still good for people today!"

A Look At The Past. Through the early to middle 1900's, Mom's would tell their children to "eat your veggies" and "eat 3 balanced meals a day" so they could stay healthy and grow up to be big and strong. Even teachers gave the same advice, and school lunches reflected this simple philosophy.

Life was much harsher back then. Coal or coke heat was very common in homes, schools and commercial buildings. You could see the ugly black smoke billowing from chimney's in neighborhoods, business districts and factories.

Deadly exhaust fumes billowed from cars, trucks and buses. Getting caught in traffic near a city bus was an unpleasant experience to say the least.

And there was cigarette smoke everywhere! **Talk about pollution!** Most kids walked to school no matter what the weather.

No air conditioning! Not at home, not at school, not in the car!

There were no pharmaceutical drugs until penicillin was released at the onset of World War II in 1941. Up until then, viral disease or infection was the major cause of death in children and adults. Even without "miracle drugs", obesity and instances of chronic diseases such as heart disease and cancer were less prevalent than they are today in the general population. These were considered diseases and conditions of the elderly, not the young or very young.

At the turn of the 20th Century (1900) heart disease was the 4th leading cause of death and cancer was the 8th leading cause of death. Today they share the #1 and #2 positions respectively.

So, what went wrong? With all of our modern miracles and bans on pollutants, why is obesity and chronic disease at virtually epidemic levels affecting people of all ages today? The rate of incidence of chronic disease has not decreased. Rather, it has increased!

Times have changed! Moving from the early 1900's to present time has been a slow evolution with many factors playing specific roles. Past generations understood they had a personal responsibility for their own health. There were no "miracle drugs" to save their lives. Surgery did not have a very good success rate. There were no "paid sick days". Prior to 1965, there was no Medicare or Medicaid and virtually no health insurance for most Americans. Most people paid out of their pocket for healthcare. It was not uncommon for a farmer to pay for a doctor's house call with a chicken and a basket of tomatoes. *Eating a healthy diet was the best defense against disease.*

Pharmaceuticals. Perhaps the most revolutionary development in medical history was the discovery of penicillin. Released in 1941, penicillin saved hundreds of thousands of lives during WWII and encouraged research and development that brought us the "miracle drugs" we take for granted today.

Unfortunately, people became overly optimistic about the benefits of these miracle drugs. Over time, they no longer felt the need to be responsible for their own health because "If I get sick, the doctor can write me a prescription for it." Or, "Surgery isn't that bad. They'll just put me to sleep, I won't feel a thing". Or, "By the time I get cancer, they'll have a cure for it." Many people have died waiting for the cure. *It is so easy to rationalize!*

Pharmaceuticals have saved millions of lives. Unfortunately, they have also created a sense of false security, and through abuse, have become a drain on one's immune system, inviting health problems of all types. What started out as a revolutionary development in medical history has slowly created a mind set that is contributing to the health crisis in our country. Many people no longer feel they have to take responsibility for their own health. They simply depend on drugs. Let the doctor worry about it, that's what he gets paid for. ***This is the new norm!***

Processed Foods. Through the 1940'S our food supplies were still healthy, although depleted soils were starting to take it's toll. Fresh produce was organically grown without pesticides or chemical fertilizers. Fruits and vegetables were canned with a very minimum of processing.

In the 50's, we were introduced to processed foods beginning with T.V. dinners and other highly processed "prepared" entrées and side dishes as well. Canned goods became highly processed with excessive additives of salt, sugar and artificial preservatives.

Although hydrogenated oils were first introduced in the early 1900's, they did not gain much popularity until the 1940's when butter was rationed during WWII, and everyone started using margarine as a substitute. (It came in a one pound block that looked like lard and you added the yellow coloring after you got it home.)

In 1957, The American Heart Association first proposed that reducing dietary fats, namely saturated fats found in foods like butter and beef, could reduce the chance of getting heart disease. In response, people thought it wise to substitute dietary fats with trans fats (like margarine and Crisco) because they did not want to have a heart attack. Although T.V. ads touted the health benefits of margarine and other products, trans fats turned out to be a deadly substitute. Hydrogenated oils are still used in food processing.

Fast Foods. Fast foods started to gain popularity in the 50's and grew at an astonishing rate up until present time. Today, there is at least one fast food restaurant on every corner selling their own version of a high fat, low fiber diet combined with carbonated soft drinks. Far too many people depend on these foods as their primary source of nutrition.



COMMON CONTRIBUTORS TO POOR HEALTH

Unhealthy Colon Environment. Probably the most common contributor to poor health is an unhealthy colon environment. Sadly, it is also the least talked about. People have no problem talking about their aches and pains, their latest operation or their bout with the flu. However, no one wants to talk about their bathroom experiences. This is not a subject people want to talk about with friends, co-workers, family or even their doctor.

Doctors often do not spend enough time on this subject with patients. When patients do discuss their bathroom habits with their doctor, they are quite often told they are "normal". It is true that eliminating the colon every two or three days, sitting on the toilet for 15 - 20 minutes or more and "straining at the stool" to pass hard, sometimes lumpy stools is considered "normal". However, it is not healthy. These are just a few of the signs of an unhealthy colon environment that sets the stage for colon disease and other ailments and disease through out the body.

If a person has eaten processed, fried and overcooked foods, devitalized starches, sugar and excessive amounts of salt, the colon cannot possibly be efficient. The colon remains clogged with waste matter and if allowed to remain for any length of time, will ferment and putrefy. In simple words, the colon is the "sewage system" of the body. Nature's laws of preservation and hygiene require and insist that this sewage system be cleansed regularly, under the penalty of innumerable ailments, sicknesses and diseases that follow if waste is allowed to accumulate.

Colon conditions such as constipation, diarrhea, irritable bowel syndrom, diverticulitis, and Crohn's are often considered the results of an unhealthy colon environment caused by the typical American high fat, low fiber diet.

A trip to the bathroom should not be an unpleasant experience!

Toxic Accumulations. Most people are unaware of toxic metals we are exposed to daily. One example of this is aluminum. Our society consumes insidious amounts of soft drinks and beer available in aluminum cans. Also, aluminum is contained in many cosmetics, deodorants and some over-the-counter drugs such as antacids, etc. Many families prepare food in aluminum cookware. When cleaning this cookware, you can see the black residue which comes off the surface. Autopsies have shown a more than average amount of aluminum in the brain of Alzheimer patients. Aluminum also contributes to heart disease, depression and psychosis. It is normally very difficult to eliminate.

Prescription and over-the-counter drugs sometimes contain heavy metals which are not eliminated from the body. Many of these products carry warnings on the label.

Cheap vitamins and other supplements in tablet form most often contain synthetic ingredients and chemical based fillers and binders that further contribute to toxicity in the colon.

Parasites and Worms. Many people often find it amusing when they hear they may have worms or other parasites. Yet this problem is very prevalent all over the world. We routinely "worm" our dogs, cats, horses, cattle and other animals, but few think to care for themselves in the same manner.

A parasite by definition lives off of other things. The parasites that infest our bodies not only live off the nutrients in the foods we eat, but actually live off our tissues. They secrete toxins into our blood stream that circulate and often cause damage. One factor not normally considered is that they are a constant drain on our immune system.

Parasites or parasite larvae can be obtained from the leaves of certain

vegetables. If food remains in the nice warm digestive tract for more than 24 hours, the larvae may develop and grow in the body.

Parasites may also come from meat that hasn't been cooked adequately to kill them. It has been shown that it is impossible to kill some of the parasites in pork by cooking.

Parasites can be passed from pets, from touching people who may have them or from touching surfaces those people have touched such as doors, door knobs, phones, etc. Salad bars are an excellent environment for parasite larvae. Pets who have worms or parasites can pass them on. These can be left on furniture, beds and rugs or carpets.

Improper Digestion. If the body is healthy and working properly, it should produce all of the necessary enzymes in sufficient quantities to ensure proper digestion. However, many people do not produce enough of these enzymes. As a result, they often get the common symptoms of indigestion such as gas, bloating, heartburn and constipation. Unfortunately, millions of people take antacids because they have seen the ads on TV that convince them they have too much stomach acid, when in most cases, the reverse is actually true.

Antacids actually slow down or even stop the *digestive process* and give only a temporary relief. Antacids only postpone the long-term problems that arise from improper digestion. Also, many of these products contain aluminum.

Improper digestion is a major contributor to an unhealthy colon environment.

Note that when you go to the drugstore there will be a complete aisle dedicated to remedies for indigestion, gas, heartburn, constipation, diarrhea and other symptoms of an unhealthy colon and G.I. Tract.

Lack of Adequate Fiber. We eat far too little fiber. Official agencies like the National Academy of Sciences, the U.S. Department of Agriculture, the American Heart Association and the American

Cancer Society, all agree that our daily intake of fiber should range from 25 to 35 grams. However, most people consume less than 10 grams daily!

It should be noted that fiber is not a laxative. Rather, it is an essential component for proper digestion and a healthy colon environment

A high fat, low fiber diet is considered by many health professionals to be the leading contributor to common health problems in America!

Insufficient Healthy Bacteria. The bacterial flora of your intestinal tract change as you age. The population of friendly bacteria declines and, as they do, your intestinal enemies start to gain a greater foothold to cause problems.

On top of that, stress, medications and poor diet reduce your friendly bacteria even further, leaving you more vulnerable to disease.

Antibiotics can be the biggest culprit in destroying your friendly bacteria. They wipe out *all* bacteria inside you, the good along with the bad.

Even if you don't take antibiotics, you almost certainly consume them in animal products. Over 35 million pounds of antibiotics are produced in the U.S. each year, and animals are given the vast bulk of them. Cattle, pigs and poultry are routinely given big helpings of antibiotics to prevent infections from spreading in their stressful, crowded quarters.

Chlorine, while necessary to purify our water supply, not only destroys bad bacteria, but also the necessary good bacteria.

Replacing good bacteria is essential to good health. Dairy products no longer contain beneficial bacteria. Supplementing with probiotics is a good option.

Lack of Necessary Nutrients. Modern foods contain fewer nutrients. Even our natural organic foods don't contain the quantity or quality of nutrients that they did at one time. For instance, one

must eat 19 ears of corn to obtain the same amounts of vitamins and minerals they would have received from one ear of corn in the 1850's. Our foods have been grown on the same soil year after year without proper replenishment.

They have been hybridized to the point where they are not even the same foods anymore. The continued, use of petroleum-based fertilizers, pesticides and herbicides has taken its toll.

Our bodies require a good balance of a wide variety of nutrients as more than one nutrient is usually involved in each individual biochemical reaction in the body. If even one of those nutrients is lacking, the natural health supporting chain reaction cannot take place. If such a lack persists, the body will eventually suffer some form of degeneration or disease.

Antioxidants are needed to protect body cells and the immune system from damage caused by "free radicals". Thousands of free radicals assault our bodies in the air we breathe, the foods we eat along with byproducts from faulty metabolism and certain lifestyle choices.

A perfect diet that is rich in fruits and vegetables (5 to 9 servings per day) will supply adequate antioxidants for most people. Those who do not consume enough fruits and vegetables daily, or those who are more physically active might find it beneficial to add antioxidants to their daily diet through supplementation.

Sugar. Sugar is a highly addictive substance that can trigger heart disease, cancer, depression and type 2 diabetes as well as other disorders. It is also a major contributor to obesity. Most people do not realize that refined carbohydrates such as white breads, white rice and white-flour pasta react in the body the same way as refined sugar. The average American consumes approximately 170 pounds of sugar per year and roughly 200 pounds of refined carbohydrates. A high fiber diet may be beneficial in controlling blood glucose

levels.

Salt. Salt intake is directly correlated to high blood pressure. In turn, high blood pressure is linked to strokes and heart disease, which is the leading cause of death in developed countries.

Soft drinks. A single can of soda contains the equivalent of 10 teaspoons of sugar (refer to **Sugar** above). Diet sodas use aspartame (or the equivalent) as a substitute for sugar, and can actually be more harmful. (There are over 92 different health *side effects* associated with *aspartame* consumption.)

Many people could greatly improve their health and lower their risk of major disease by simply substituting soft drinks with water.

The Dangers of "Synthetic Vitamins & Supplements"



**Your Supplements
May Not Be All
They Claim To Be**

Fast food and a sedentary lifestyle can be a disaster for your health. Don't let your multivitamin add to the collateral damage.

We're all aware of "junk foods" and how they have a negative effect on our health. But are you aware there are also "junk vitamins and supplements" on the market that have the same

negative effects on our health as those derived from junk food? (Supplements are regulated similarly to food). Many of the same chemicals and synthetic additives found in junk food and processed food can be found in many popular vitamins and food supplements.

And more! Fillers such as talcum powder, shellac, unstable oils, petroleum by-products and many other cancer-causing agents have been found in popular, well advertised supplements.

These vitamins and supplements typically use cheap synthetic isolates. Isolated vitamins are partial vitamins combined with other chemicals and offer no nutritional value. Quite often, the benefits of "junk vitamins and supplements" are far out-weighted by the potential

health hazards they present. "Junk vitamins and supplements" can be found in health food stores, drug stores, grocery stores, online and advertised on TV.

It is interesting to note that one-a-day multi-vitamins, herbs and "silver bullet" products do not effectively address the leading contributor to poor health: the high fat, low fiber American diet.

Did You Know? The term "All Natural" on a label only requires that 20% of the product is derived from a natural source? The other 80% can be anything they want to put in. Many cheap supplement manufacturers cut corners by using inexpensive synthetic vitamins.

For example, many manufacturers use synthetic vitamin E (**dl**-alpha-tocopheryl) that "does less" than natural vitamin E and may have serious side effects. Synthetic vitamin E is made from petrochemicals, a.k.a. petroleum by-products. Yuck!

A large number of retail supplements *do not* contain the therapeutic doses of the active substances claimed on the label, yet they *do contain* large doses of chemicals and synthetic ingredients that are hazardous to your health! Many doctors and health professionals advise against using supplements, not because we don't need supplements, but because too many "vitamin peddlers" are more interested in making a fast buck than providing the health benefits consumers believe they are getting from their products.



Dangerous Chemicals

Would you rather eat vegetables or chemicals?

"What's in your supplements?"

Death Begins in the Colon

There is an old saying that “Death Begins in the Colon.” This is an over-simplification to be sure, but more accurate than not. In fact, the road to health begins with intestinal cleansing and detoxification - no matter what the disease or problem

It is simple: you can down all the vitamins, herbs, and antioxidants but you won't see your health turn around if your colon is filled with putrid fecal matter or if your liver can't clean toxins out of your blood and perform its daily functions.

In 1985, between 60 and 70 million Americans were affected by digestive disorders. Today it's close to 100 million. **In fact, digestive disorders are responsible for over 50 million physician visits and more hospitalizations than any other category of medical problems in the United States today.** The total cost to the American public for all aspects of digestive disease is well over \$100,000,000,000.00 per year.

What are Digestive Disorders?

Constipation and the attendant symptoms of self toxification

Diverticular disease (herniations of the colon)

Hemorrhoids

Irritable Bowel Syndrome

Ulcerative Colitis

Crohn's Disease

Other Related Digestive Diseases

It is worth noting that many other diseases (that at first glance appear to have no connection with the digestive tract) have been related by many doctors to the bowel. These include: diabetes, gall stones, kidney stones, gout, hypertension, varicose veins, rheumatoid arthritis, psoriasis, depression, anxiety, and obesity.

A healthy colon environment is essential to good health!

In Summary

✓ Although there are many contributing factors to poor health, the typical high fat, low fiber American diet is most often considered the leading contributor by most health professionals and health agencies.

✓ Many people mistakenly believe they eat a healthy diet.

However, a healthy diet is high in fiber, low in fat and rich in fruits and vegetables. It is recommended that we eat 5 to 9 servings of fruits and vegetables and consume 25 to 35 grams of fiber daily to maintain good health. Very few people reach this goal.

✓ **A healthy body is dependent on a healthy colon environment.**

Colon conditions such as constipation, diarrhea, irritable bowel syndrome, diverticulitis, and Crohn's are most often considered the results of an unhealthy colon environment caused mainly by the typical American high fat, low fiber diet. Also, the colon is considered to be the "septic system" of the body. When this "septic system" gets backed up with raw sewage, the entire body is affected.

Adequate fiber and beneficial bacteria (probiotics) is essential to maintaining a healthy colon environment.

✓ Over 50% of American adults recognize the need to supplement their diets. Americans spend \$40 billion per year on vitamins, herbs and supplements that do not effectively address the most common contributors of poor health. They may not offer any health benefits, and in some cases may cause harm.

✓ Americans are literally eating themselves to death, and then relying on pharmaceuticals and high-tech medical procedures to keep them alive. Due to advances in medical care, people are living longer, not healthier.

✓ It only makes good sense for one to change their eating habits to achieve a high fiber, low fat diet that is rich in fruits and vegetables to maintain a healthier body.

✓ Eat healthy and eliminate or use in extreme moderation junk

food, soft drinks processed, fried and over cooked foods, devitalized starches, sugar and excessive amounts of salt.

✓ Stay active! Get adequate exercise!

Many people believe that because they feel good today, they do not have a problem. Yet, they use medications (drugs) to control their blood pressure, their cholesterol levels, their sugar levels, and going to the bathroom is an unpleasant experience. Over the counter digestive medications and laxatives are a multi-billion dollar per year market. These common problems are all affected negatively by the typical American high-fat low fiber diet!

Eating a perfect diet is the ideal solution to better health. In today's fast paced world, this can be quite a challenge for most people. It is even debatable if the perfect diet can be obtained in today's world of fast foods, nutrient depleted vegetables and over-processed foods.

Misconceptions concerning a healthy diet make matters worse. Many people identify a steak and baked potato dinner as a healthy meal and a burger and fries as unhealthy. The reality is, once consumed, the body cannot tell the difference between the two meals. Although they are prepared differently and taste differently, they are both simply beef and potatoes. They are both high fat, low fiber meals.

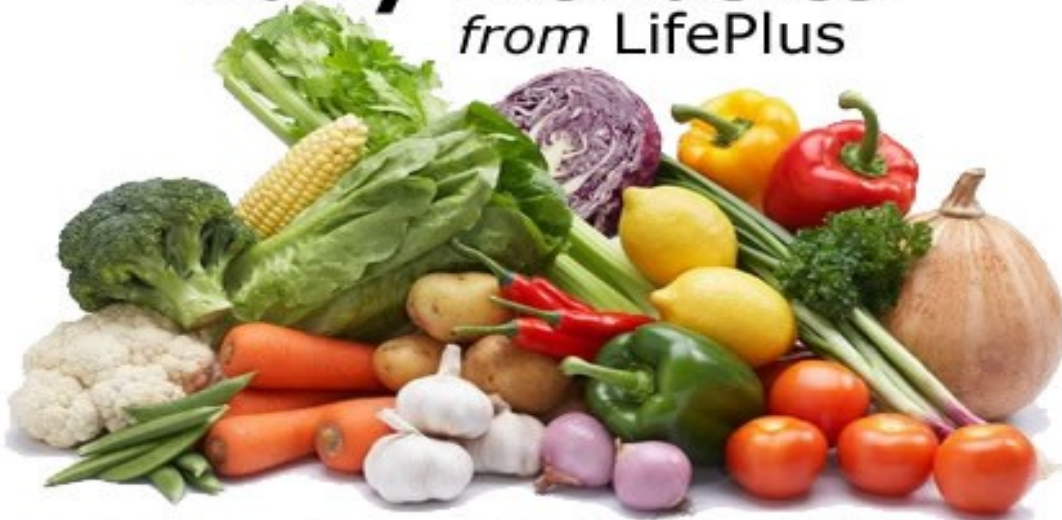
If you choose to supplement your diet, choose your supplements wisely. All supplements are not created equally.

A good supplement regimen should address the common contributors to poor health and help to achieve the goal of:

- 5 to 9 servings of fruits and vegetables daily.
- Maintaining a healthy colon environment
 - 25 to 35 grams of fiber daily.
 - beneficial bacteria (probiotics)
- Protecting the cells with a broad range of antioxidants.
- Maximizing digestion and metabolism with enzymes.

(Advertisement)

Daily BioBasics *from LifePlus*



Concentrates from 35 Fruits & Vegetables

Carrots, Broccoli, Brussels Sprouts, Spinach, Kale, Cauliflower, Asparagus, Celery, Beet, Green Pepper, Chili Pepper, Green Bean, Pea, Sweet Potato, Cucumber, Pumpkin, Snow Pea, Tomato, Zucchini, Lima Beans, Mushroom, Banana, Cantaloupe, Cranberry, Guava, Lemon, Mango, Orange, Papaya, Aloe Vera, Alfalfa, Parsley, Chlorella, Spirulina, Watercress, Peach, Pineapple and Grapefruit

Vitamins * Minerals * Antioxidants * Enzymes * Fiber * Probiotics

Colon Health

In addition to providing quality nutrition from a blend of freeze-dried vegetable concentrates, Daily BioBasics also helps to promote a healthy colon environment. Routinely cleansing your system promotes overall wellness by helping to maintain a healthy colon environment. Daily BioBasics contains a unique proprietary blend of different high-quality soluble and insoluble fibers (13 grams), along with valuable herbal concentrates, and a synergistic blend of beneficial microflora (probiotics). Together, they help maintain healthy colon ecology and intestinal acid-alkaline balance. Daily BioBasics helps to keep the transit time of digested food through your colon at a healthy rate and promotes routine elimination.*

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

