

If You Eat Cooked Food, Your Body Is In Need Of Enzymes:

Scientific studies show enzymes are a missing, essential link in nutritional supplementation. A most unfortunate characteristic of foods we eat in our modern world is that methods used in storing, preserving and preparing foods kill the enzymes that are naturally found in the food. Any kind of heat treatment of food destroys 100 % of enzymes. Baking, boiling, stewing, frying, microwaving, irradiation, etc., all completely destroy the enzymes in food.

The human body and digestive system were not designed to live entirely on cooked food. Enzymes occurring in raw food aid in digestion so that our body's enzymes do not have to do all the work of digestion. When we eat raw food, chewing releases the enzymes in the food to begin digestion. Then food sits in our stomach for nearly an hour before our body's digestive enzymes are secreted. It is during this time that food enzymes do their work in breaking down the complex food molecules of protein, carbohydrates, fats and fiber. When enzymes are missing from our food the full burden of digesting our food falls on our digestive system. Research has proven that cooked food diets cause rapid, premature death in mice, and that premature death is directly connected to the high temperature at which the food is cooked.

Raw Foods & Vitamins Are Not Enough... Enzymes are Vital.

Raw food provides enough enzymes to help digest the particular food only. Any cooked or processed food eaten with this raw food requires supplemental enzymes to help with digestion. The body must spend great amounts of energy producing increased levels of digestive enzymes to compensate for food enzymes destroyed by cooking and processing. Research suggests that eating cooked foods depletes the body's "enzyme potential" and robs the body of energy needed for growth, maintenance and repair in all of its tissues and organ systems. Scientific studies show that the body has a generally determined, finite enzyme potential which is gradually depleted throughout the aging process. For example, a youth of 18 may produce amylase levels 30 times greater than those of an 85 year old. His research also suggests that the rate of enzyme depletion in the body is a determining factor in longevity. Enzyme depleted foods rob the body of its enzyme potential and reduce lifespan. Although a totally raw food diet may be best, it is generally not practical for most people. Taking supplemental vegetable enzymes replaces the naturally occurring food enzymes which are destroyed by cooking, food processing, and poor soils and helps to correct the digestive problems which may lead to many acute and chronic illnesses.

Our Body Is an Enzyme Factory, But With Limited Production Potential

Our body gets enzymes from two sources...those it makes and those that it gets from outside the body. Every cell in our body is an enzyme factory. Unfortunately, the number of enzymes each cell can produce is limited. In addition, it is possible for some of us to either not be born with or lose the ability to make certain enzymes. As we abuse our bodies with unhealthy lifestyles it is very likely that deficiencies in enzymes and the loss of our body's ability to produce them will occur.

To prevent a premature shortage of enzymes, we should include rich sources of enzymes in our diet when possible. Every bite of raw food provides our body with enzymes. Concentrated vegetable enzyme supplements taken with each meal also adds to our body's enzyme supply.

Our Life's Busy Demands Drains Our Enzyme Supply

Daily living places a tremendous demand on our body's supply of enzymes, cooked, and processed foods, caffeinated and alcoholic beverages, viruses or colds and fevers, pregnancy, stress, strenuous exercise and extreme weather conditions are just some of the things that use up our enzymes at a rapid rate. Also, we lose enzymes daily by perspiration, urine and feces.

Adding enzymes to our daily diet can control the constant drain on our valuable enzyme supply. If enzymes are not used immediately in digestion, they are stored by our body to help us offset all the factors that reduce our enzyme supply.

Enzymes Provide Powerful Therapy

By adding enzymes or by combination of enzymes, herbs and minerals and other nutrients, and taken on an empty stomach, will go into the blood stream and perform valuable functions there. Protease, for example, digests undigested proteins in the blood stream. Bacteria, Viruses, Candida, and even Cancer are the sorts of substances that the Protease Enzyme can act upon.

In the same way, Lipase, when taken on an empty stomach, goes into the blood stream and digests fats. It is not only helpful in losing weight but also helps with cardiovascular conditions. The digestion of enzyme deficient food is an extremely energy consuming task. This is why we often feel tired after a big meal. Fatigue, constipation, gas, heartburn, headaches, bloating and Colon problems are a few of many conditions caused by poor digestion.

Research tells us that, as we grow older, the body's ability to produce enzymes decreases and, at the same time, tissue breakdown and chronic health conditions increase. By taking enzymes with each meal, we lessen the work of our digestive system, which means we will have more energy to maintain optimal health. By taking doses of enzymes beyond the immediate needs of our body, we can begin to rebuild our enzyme pool, thus we stay younger and more vibrant much longer.

This information does not prescribe, but is to inform you of a need to choose an Enzyme formula for you to take from the health food store...if you want to build your health. As Enzymes in the body are as essential for good health as spark plugs are to our cars performance.

As I previously stated, as we add our busy lifestyle also, this is another factor that depletes our valuable enzymes, minerals and vitamin intake. So, I found that as I added these valuable combinations of nutrients to my diet, my health rebuilt, and energy that I was so lacking in came back once again.

I found this article in a health bulletin and I thought it would be good for you to consider. This man said at the age of 76, his body was in the best shape ever, and that he believes that regular exercise, supportive nutrition, proper eating habits, and proper digestive enzymes are the reasons why.

He said that we each have the ability to fine tune our body. With proper attention and care we can get top performance, just like a car with a powerful engine. Nutrition and digestion are systems that keep our vehicle running. The nutrients in food we eat supply the fuel-the energy. We must go for the best quality fuel. But the car won't even start without spark plugs.

These amazing enzymes are catalysts that are necessary for every biochemical process in the body's function. Without them, for example, digestion wouldn't happen. You will see by the time you finish reading this article that enzymes are essential for the smooth operation of your vehicle-for optimal health of the body. You may be aware to a degree of the problem, as to what is right and what is wrong with your eating habit. However, you may not know how to fix the situation to achieve the best results for increased energy, health and stamina.

Eat Close To Nature as Possible

Let us look first at the elements of nutrition. We are what we eat, and we are what we absorb. Every part of our body is made up of foods that we eat. What we eat today, we walk and talk tomorrow. So it is important to eat as close to nature as possible, by avoiding or minimizing processed, packaged refined foods, which are dead foods.

We each need the right amount of protein, carbohydrates, and fat, plus an adequate amount of fiber. The older you get, the more protein you need because you tend to lose your muscle tone. I recommend you eat a small amount of protein three times a day, because you can only assimilate four, to six ounces at a time.

Carbohydrates are our source of energy and the complex ones are breads, cereals, potatoes, rice, and beans. They take up to five hours to assimilate and digest. I recommend eliminating them in late evening if weight is a problem, because what is not assimilated stores on our body as fat. There are health benefits from these carbohydrates as they assist digestion.

Enzymes defend us from toxin damage, pollutants, and disease. Promotes optimal joint health, and support the body's own natural healing power. They have been used in Europe to enhance blood flow, and to help improve circulation, especially in the lower legs (a problem that plagues many older Americans), via mediating action on fibrin, a blood-clotting protein. They aid in nutrient absorption, as they provide unique enzymatic support for a longer, healthier life.

Would we dare continue life as usual without taking life enhancing-enzymes? I think not! I changed my way of thinking, and I supplemented with enzymes and it stopped my health from declining, and lifted me above the problems that I was having.

Minerals Also Are a Key To Help Our Body Achieve Better Health

Minerals and enzymes are both catalysts that helps start the assimilation process of our daily vitamin intake. Good nutrition is essential to health and well being. I tried living on just food that I ate without supplementing with enzymes, minerals and vitamins, and I stayed sickly, until I supplemented my daily diet with enzymes, minerals and vitamins.

Vegetables are a good source of nutritional vitamins. However, unless vegetables are grown slowly their roots cannot go deep and pull minerals from the earth, as it takes time, but with our present demands for quick food in the grocery stores there is little time for vegetables to pull minerals from the earth if they were still there. However, food is nutritionally deficient if grown in depleted, polluted soil, by commercial fertilizer, polluted air, and acid rainwater from our factory pollution fallout, in which this combination diminishes its nutritional food value. So we tend to be deficient in both vitamins and enzymes. I may not write here all the minerals that you need, but I will touch on a few of the most important ones and what they can do for us.

By the time you reach your 30th. Anniversary, you could be showing signs of aging and showing signs of chronic diseases that go along with it. Of course, a balanced diet is one key to good health. However, scientific studies are now focusing not only on diet, but also on the potential health benefits of specific vitamins, enzymes, and mineral nutrients.

For instant: "Potassium is Essential for Blood Pressure Regulation

Most doctors pay much attention to limiting patient's sodium intake to prevent or control hypertension (high blood pressure) so that they overlook what recent research finds may be a far more important factor in controlling the disease: such as a (low intake of potassium).

A study at the University of California, San Diego, School of Medicine, showed that a diet high in potassium-rich foods lowered a risk of stroke by as much as 40 %, not taking account of the other risk elements such as age, blood pressure, cholesterol level, smoking and weight. Dr. Elizabeth Barrett-Connor and associate surveyed 5,000 residents of Rancho Bernardo, a community near San Diego, and advised them to eat an extra helping of a potassium-rich food, like an extra banana or some fresh broccoli, to assure a proper potassium-sodium balance.

Excessive sodium contributes to high blood pressure because sodium attracts water and increases urine. The tendency of some people to respond to high sodium is inherited and not common to all people. Sodium and potassium compete for water in cells. As sodium takes over a cell, it causes cells to inflate with more water. If potassium controls a cell less water is absorbed and the blood volume decline, resulting in lower blood-pressure, and is indirect evidence and reveals that a potassium deficiency can contribute to rheumatoid arthritis, heart irregularities (arrhythmias) can also be traced to insufficient potassium, and /or magnesium. What's more, a person can be low in potassium though blood serum levels don't show it.

Caffeine shows excessive potassium loss in the urine, as it causes deficiency of the mineral. Too little magnesium lowers potassium absorption. The best food sources of magnesium is milligrams per 100 grams are soy beans if organically grown, (310), nuts (250); dried-brewer's yeast, (230); whole-wheat flour (130); and brown rice (119).

Other medical conditions which can be caused by potassium deficiency are depression and anxiety, discontentedness, and tearfulness. Fatigue is a confusing symptom because it can be caused by a multitude of medical ailments. Among the major causes are anemia, cancer, candida, a (yeast overgrowth), hypoglycemia (low blood sugar), poor thyroid function, depression and stress. Potassium deficient symptoms also include acne (although potassium deficiency is not one of the prominent causes). Constipation, edema (water-retention), diabetes, high levels of blood cholesterol, sleeplessness, muscle weakness, nervousness, respiratory ailments and salt retention can result in lack of potassium.

By eating potassium rich food can eliminate most of the previous problems. The foods that are rich in potassium are: Avocados, Brussels sprouts, cauliflower, potatoes with skins on. Cantaloupe, dates, prunes and raisins are all rich in potassium, as it's a vital mineral for health..

So by adding potassium-rich foods and supplements to the diet can be as important as avoiding salt in the effort to lower the blood pressure.

* Magnesium Is A Miracle Mineral That We All Need *

Very few people are aware of the enormous role magnesium plays in our bodies. After oxygen, water, and basic food, magnesium may be the most important element needed by our bodies. It is so vitally important, yet hardly known. Magnesium is by far the most important mineral in the body, activating over 300 different biochemical reactions in our body and this is all necessary for our body to function properly.

Magnesium Is More Important Than Calcium, Potassium or Sodium

Yet our body requires all three of these minerals. When we get too low on oxygen, water or food, the consequences are serious. Yet, we don't realize the consequences of this deficiency.

Millions suffer: Insomnia, Sleep-Disorders, Fatigue, Body-Tension, Headaches, Heart-Disorder, Low Energy, High Blood Pressure, PMS, Muscle Tension, Backaches. Other conditions are Constipation, Kidney Stones, Osteoporosis, Accelerated Aging, Depression, Irregular-Heartbeat, Anxiety, Muscle Cramps or Spasms, Irritability and the list goes on. So 90-95% of the population is deficient, including many of those who already supplement with it. Why so, it's due to the misleading information given in common magnesium texts. As a result, magnesium remains largely misunderstood, largely misused and the problem goes on undetected.

Calcium Warning

The use of magnesium is of ten incorrect, resulting in failure to improve common conditions and complaints. One reason is this: Calcium needs magnesium in order to assimilate into the body. However, when too much calcium is consumed, it will pull magnesium out of the body parts in order to assimilate. This creates a magnesium deficiency, and the person will get worse and feel accordingly. This occurs with people who drink pasteurized milk. Calcium in Milk is about 8 calcium, compared to 1 in magnesium, so this creates a deficiency in magnesium.

Contrary To Belief, Magnesium Deficiency Is Up In Those Supplementing It Regularly.

Excess calcium in the body results in calcium deposits such as gallstones, kidney stones, calcium deposits on joints (often called arthritis). All of these have been known to disappear after taking extra magnesium, especially by taking the drink form.

Magnesium helps the heart, but with deficient in magnesium it cannot operate in a proper rhythm. I used to be deficient in magnesium and was told I had a problem with my heart, and at the time they could not find my problem. So, I had a hair analysis test to see what I was deficient in, and it showed magnesium. After taking magnesium, my condition left and my problem ended. If you take extra magnesium and do not need it, it only causes loose bowels, but it ends as magnesium is eliminated. So it is worth taking magnesium on a trial basis.

Many suffer for years from chronic conditions, which not even the so called (experts) detects the source of the problem. With all the myriad of solutions we have sought, only a handful of people realize that the true source of these conditions lies with magnesium deficiency. As for conditions listed, most stem from this deficiency as 90-95% of people are deficient. Yet, many have thought that regular magnesium supplements can fix magnesium deficiency. Unfortunately, this is not the case as only water-soluble magnesium is the answer.

Magnesium is most important mineral in the body; it activates over 300 different processes in the body. Among the functions are digestion, energy production, muscle function, bone formation, creating new cells, activation of B vitamins, relaxation of muscles, functioning of your heart, kidneys, adrenals, brain, as well as the nervous system. Magnesium deficiency, to any extent, interferes with any of these factors. Do you see how many things can go wrong if you run too low on magnesium? Once magnesium is deficient, dozens of processes are disturbed, and many minerals and nutrients can't function properly. The body goes out of balance.

Fatigue and Low Energy Set In

To be more specific, Magnesium plays a key role in the energy process within each individual cell, and our overall energy level. When not enough magnesium is available, energy production is inhibited, and the eventual outcome is fatigue and weakness. Magnesium is essential in regulating potassium levels, and functioning of adrenal glands, and important for maintaining high energy. (Magnesium in drinkable form is far superior to tablets). Magnesium deficiency causes our nerve cells not to receive or give vital messages.

Muscle spasms, muscle cramps, muscle jerks, muscle tics, eye tics, hiccups are all caused by a magnesium deficiency. Take sufficient water-soluble magnesium and they will disappear. It isn't calcium that handles these problems; it's magnesium. It is calcium that is causing them. Magnesium & calcium work together to control muscle action. Calcium tightens the muscles; magnesium relaxes the muscles. With insufficient magnesium muscles stay tense, causing a cramp in the muscle. It can happen when we have too much calcium and too little magnesium.

The same thing happens in the heart, which is a muscle, as it goes into a spasm and can't relax. It's called "heart attack". Get magnesium into the body and the heart starts beating again. Here are things that deplete magnesium from our body: Mental stress, coffee, sugar, high sodium diet, alcohol, colas or sodas, tobacco, high perspiration, medical drugs of all types, low thyroid, diabetes, chronic pain, diuretics, high carbohydrate diet and a high calcium diet. Too much calcium can be your worst nightmare. If you have trouble with any of these symptoms, your body may be out of balance, and especially so if you are supplementing with calcium.

Calcium and magnesium must be in correct proportions for our own need, otherwise, calcium turns from a nutrient into a pollutant, causing heart disease, arthritis, hardening of arteries, senility, osteoporosis & calcification of organs and tissues that eventually completely degenerate. As excess calcium becomes a real problem, while excess magnesium is not of any concern. Unlike calcium, magnesium does not build up in the body, as the excess is eliminated.

America has the highest rate of pasteurized milk consumption. Now, what country has the highest rate of consuming calcium supplements? America! And also, we have the highest rate of osteoporosis, or bone fragility of all countries. Excess calcium combined with low magnesium is the problem as we have a lethal combination indeed. Taking more calcium will not fix a calcium deficiency, which is quiet evident from the statistics. It is magnesium that will handle the calcium deficiency as well as the magnesium deficiency itself. It will dissolve any excess calcium from the body while helping any needed calcium to assimilate.

The Heart Connection

Without sufficient magnesium you would actually die. Our heart will stop beating and the doctors will call it a heart attack. (it is # 1 cause of death in America). They never say that it is a Magnesium Deficiency. This is how critical it is to have proper magnesium levels in the body.

I could go on and on with information to prove that many people have this deficiency that can be corrected. However, I have said enough to help you remedy the problem, as it can be corrected since 90--95% of the population are deficient in magnesium.

The Vitamin Role

One area of promising research is a role some nutrients play by decreasing the risks of certain diseases which tend to develop with aging. As example, in recent years, scientific institutions, as the USDA Research Center on Aging and National Cancer Institute, have been conducting research on vitamins

C, E, and Beta Carotene, among other nutrients. And the evidence indicates that assuring adequate Vitamins C,E, and Beta Carotene in your diet may help reduce the risk of developing diseases such as Cataracts, Cancer, and Heart disease.

To make sure your diet has adequate Vitamin C and Beta Carotene, supplement and eat a variety of fruits and vegetables daily and add seeds, oils, nuts and wheat germ for Vitamin E.

In addition to a good diet to continue good health obviously depends on many factors, some of which you can control, as not smoking, exercising, keeping weight down and get regular medical check-ups. It's worth the effort to reach your Golden Anniversary in good health.

Juicing Our Way To Good Health: (Why Can I Not Eat All My Vegetables In Whole Form?)

- 1: Because digesting solid food can take many hours of intense activity for which the sick may not have the strength, or the sufficient enzymes for that intense activity with whole foods.
- 2: Also, nutrients can deteriorate and be lost in the digestion process.
- 3: Juice is quickly and easily digested-and rapidly able to repair the body.
- 4: Juice goes into the bloodstream and cellular level in minutes, and by our

Juicing separates juice from fiber, leaving most of the nutrients in the juice. Fiber is beneficial, so we must eat many raw veggies & fruits. A famous rule is to "Juice vegetables and eat fruits."

Why Are Raw Vegetables Better Than Cooked Ones?

Cooking kills 83 % of vitamins and ALL Enzymes!

- 1: By cooking them we lose up to 96 % of water-soluble vitamins (B and C) and up to 40 % of the lipid soluble ones (A, D, E, and vitamin K).
- 2: Raw veggies, particularly juices, are FULL of enzymes and vitamins.
- 3: Even a carrot left in the basement all winter can be planted and will grow.
- 4: A cooked carrot will never grow-there is no life left in a cooked carrot.

Why is juicing a great therapy for those who are sick?

The ability to break down raw foods and use the elements is no more than 35 % in healthy people-and LESS than 1 % in the DISEASED ONES. Most people can assimilate up to 92 % of nutrients in juice form! The first thing to heal when properly fed is the immune system. It often clears the problem because the immune system begins the fight. Dr. Norman Walker was seriously ill in his 50's, but lived to be 119, and Juicing was his secret.

The Mexican Gerson Clinic uses juicing to cure "incurable" diseases, such as Lung cancer, melanoma, lymphoma, brain cancer, multiple sclerosis, lupus, etc. Rev. George Malkmus is healed of colon cancer at 43, by juicing. He is founder of "The Hallelujah Diet", and is now in his 70's. He recommends 16-to 24 oz. of carrot juice per day, 32 oz, if one is sick.

WHAT ARE SOME GOOD THINGS TO JUICE?

Fruits are better eaten raw as they digest so easily. Juicing fruit can concentrate the sugar content a bit too much. Cruciferous vegetables, as broccoli, cauliflower, Brussels sprouts, collard greens, kale, mustard greens, watercress, turnip greens, radishes, rutabaga, horseradish, cabbage all have anticancer compounds and they can help build the immune system. As they activate certain enzymes that can rid the body of cancerous chemicals. Carotenoid vegetables: are the yellow, orange & red fruits & Veggies; dark-green leafy veggies give us beta-carotene, which becomes vitamin A-powerful immune stimulant that helps restore the immune system of the sick one. Carrot juice gives us Vitamins A,B, C, D, E, and K, plus minerals such as iron, calcium, phosphorus, sodium, potassium, magnesium, manganese, sulfur, and copper, PLUS all eight essential amino acids.

Chlorophyll vegetables: Those with green color-the darker the better. Chlorophyll helps protect our DNA from toxins, and can even protect us from small amounts of cigarette smoke.

Can I Just Buy Frozen, Canned Or Bottled Juice?

Organic vegetables and fruits are far the best. Others sold in stores are usually contaminated by pesticides or preservatives. Organic carrots have higher enzyme activity. Homegrown veggies are better than store bought, but it depends on if pesticides are used.

Does It Matter What Type Of Juicer I Use?

You must decide between convenience and quality of juice. The juicers that make better juice (with regard to enzyme activity) are harder to operate and clean. If you won't use it due to inconvenience, then it is better to buy a model easier to clean. Avoid juicers that grind the entire vegetable up, pulp and all, as the point of juicing is to separate the juice from the pulp!

What Types of Juicers Are There?

Grinding Hydraulic Press: Norwalk, People's Press. Others are Norwalk. And it is rated easiest to clean, runs \$ 2,000. (Masticating: Champion) produces 7.2 oz. of juice per pound of carrots. Masticate means: break open cell structures of food juiced & releases the nutrients. Mastication yields 4 times more vitamin & trace minerals than a centrifugal juicer, it is under \$ 300.00.

Centrifugal: Omega, Le Equip, Juice-man !!, Juice-man Jr., etc. Rated the quickest and easiest to use, Carrots go in easily and produce juice with lowest enzyme activity (Omega was highest of these) Dr. Max Gerson, (Gerson Clinic, Mexico) claimed that centrifugal juicers deactivated enzymes while extracting juice. No juicers heat past 99; enzymes are not killed by heat. It could be that introducing air in the process ruins enzymes.

How Do I Store My Juice?

Refrigeration preserves some enzymes better-or by freezing. Eliminate as much air as possible from the container before freezing. Fill it completely, use vacuum sealing, or flush container with nitrogen. Peeling and rinsing carrots, as well as using clean jars, reduces bacterial contamination. Glass storage

containers are always superior to plastic. Try to use any refrigerated juice within 4 days. Enzyme activity decreases daily. The body cannot assimilate more than 8-10 oz of juice at one time. It helps to store it in containers of the same oz. size.

Will I Turn Yellow If I Drink Lots of Carrot Juice?

Truthfully, you might! By 1-2 glasses of carrot juice per day will generally not discolor the skin. If you drink heavier amounts due to sickness, you may turn slightly yellow. The orange color in carrots comes from beta carotene which is converted into vitamin A. What is not used is stored primarily in fat tissues from the bottom up. Skinnier people tend to turn yellow more quickly. As their fat tissues are thinner and are closer to the skin surface.

Information source: (What Would Jesus Eat? Don Colbert, M.D). (God's Way To Ultimate Health, Rev. George Malkmus) & (Michael Dye). (Champion Juicer-manual). (The Maker's Diet, by Dr.Jordan Rubin)- & Various internet-websites.

Dr. Mary Ruth Swope's Quotes On Health, And Our Unhealthy Lifestyle's

In fact, scientists now believe the degenerative diseases and even the aging process itself are due to a "rusting away" of body cells, through lack of, or even improper nutrition. Throughout life, our bodies are under assault from oxygen-laden molecules, some generated by atmospheric pollutants, some by the body itself. In time, just as oxygen rusts metal, these are molecules, called free radicals, corrode body cells-ultimately destroying tissue, damaging the immune system and undermining DNA. Scientists now believe this toll on the body possibly can be delayed, by proper care of the body and by eating the proper nutrition.

Eating Well, Exercising & Resting, as Well, Are Our Body's Best Protection

The remedy is not exotic. Eating a healthier diet-is one heavy in vegetables, fruits and fiber, light in FATS and Proteins-and exercising regularly add up to more years of health. Two landmark studies, at the National Institute on Aging a Gerontology Research Center in Baltimore, and one in the University of New Mexico, both support this conclusion. These studies of nearly 2,000 healthy men and women over age 65, prove that active people who consistently ate a healthy diet add an average of eight years to their expected life spans.

In trying to pinpoint why the healthier diets add up to healthier years, biologists are zeroing in on specific nutrients. It turns out--Beta carotene (which is also a precursor of vitamin A), and vitamins C and vitamin E, are potent antioxidants; that help neutralize free radical destruction. To assure that one is not deficient in those vitamins, they must eat a well balanced diet of, fruits, vegetables, some seeds, seed oils, nuts, and take some wheat-germ for Vitamin E. To make sure you are not deficient in these things you should add these vitamins to your diet.

Those nutrients may be the secret ingredients that help end development of major diseases and slow the aging process of cells, says Dr. Richard Cutler of The National Institute on Aging.

The absence of these vitamins spoken of can cause development of major attacks on our body.

Dr. Cutler's lab found that the longest-living animals appears to disarm the most free radical damage to DNA, and that may help their body cells to not age, or die before their time. So the scientists now believe that we should supplement our diet with multivitamins, and beta carotene as insurance against free radicals that cause most of our major illnesses.

Many years ago I realized that I was too busy to prepare my proper food diet and eat properly to maintain my health without supplementing with vitamins, enzymes, minerals and essential oils. When I added those ingredients to my diet--it made a world of difference in my health and well being. And it would make a big difference in yours as well if you supplemented.

Our food today is so deficient in food value of that of our forefathers consumed, because of the pollution in the air, water, and soil.

Dr. Mary Ruth Swope also wrote in one of her books the following article:

The appetat is the appetite control center in the hypothalamus gland in the brain. It is regulated by the blood sugar level in the body. To compare it to the thermostat in our home, when the air cools off, the furnace comes on until the temperature cuts off the thermostat. That is the same way the appetat works in our brain, except that our junk-foods and or high sugar diet has "broken" the appetat or messed it up in our brain. But there is still hope, read on.

The Grave Harm By Eating White Sugar

This is from Dr. Mary Ruth Swope's book: A noted doctor said, "Sugar is the greatest scourge, or whip, that ever was loosed upon us and that it inflicts the greatest punishment that ever has been visited upon mankind in the name of food. She says, "This doctor said, "Sugar should be labeled as poison because that is what it is". Sugar has perverted our appetites and ruined our internal organs. It makes perfect food for cancer, heart trouble, diabetes, soft bones, kidney disease, dental problems and it increases our desire for coffee and alcohol.

This doctor suggests when we substitute dextrose or any other kind of substitute for white sugar that it is comparable to exchanging a rattlesnake for a cobra as a bed partner! She said that there is no substitute can take the palace of Honey that is made by the Honey Bees. It is a natural sweetener that God has given us and it has good food value that is unsurpassed by anything that man can manufacture. It is loaded with B-vitamins and much more. It contains valuable enzymes, protein and trace minerals--that our body needs on small scale.

Endocrinologists agree that sugar destroys God's relative balance of the glands and nervous system. These are the glands which produce and secrete Harmon's into the blood or lymph, to all parts of the body. Sugar upsets the balance and produces a hyper-secretion of hormones comparable to what you get with taking drugs and artificial hormones. In addition, it is addictive. It cause the appetite control center to go helter-schelter. Sugar is devoid of real nutritional value, (except empty calories), so cells cannot get vitamins, minerals, enzymes, protein, etc, that is needed.

As we ingest white sugar, our "sugar glands" go to work telling us to eat more food so our cells can get the missing nutrients for which they are looking for. Our pancreas works harder to provide more insulin. It tells our brain to have us eat more sugar, as it cannot slow down fast enough to keep from throwing us into a coma. So we get double damage. We eat more junk so our glands work harder telling us to give them more nutrients.

People that ate 1,800 calories per day of sweets, reported up to a 40% increase in (Cholesterol in 2 weeks). A doctor said "It remains to be seen what the 21st. century will be like, as endocrine glands are damaged and heart disease both will be up from birth. Children are born now in 1980's with plugged blood vessels, especially boy babies. We must get back to natural veggies & fruits, as God intended us to eat. Sugar, in fruit is good on limited basis if eaten raw. Cooking destroys nutrients. If one still craves sweets, try a teaspoon of honey. It will satisfy cravings. (Nutrition Destroyers): Cooking, Chemical-fertilizers, preservatives, chlorine water, air is polluted by car-exhausts. Food in grocery stores is harvested a long time when we get it, so it doesn't have much nutritional-value as it had when our fathers picked it from a garden. Let's supplements our diet as that is far less expensive than doctor and hospital bills.