

Nutritional Education's Vital For Taking Care Of Our Health

Usually when people get together the two subjects that are discussed are: the weather and health. The weather we cannot do much about, but we can take charge of our health and change how we treat our body by what we eat, and by what we do, because our frame of mind is vital to how we digest even the best of our nutritional foods. We must educate our-self on the subject of nutrition and not play games with our health. So we don't follow fad diets. They are all mineral deficient. When we are deficient in minerals we will be tired and listless and our food will not break down properly. "...God formed man from the dust (minerals) of the ground and breathed into his nostrils the breath of life, and man became a living being." Genesis 2:7.

Our health is more directly dependent upon minerals that we take into our systems, than on calories or vitamins, or upon the precise proportion of starch, protein, or carbohydrates that we consume. Trace minerals are often only required infinitesimal amounts, but this small quantity does not mean 'any less' importance. A deficiency of any of them can be just as serious as any major mineral deficiency, (U.S. Senate Document # 264, June 1, 1936).

Minerals are part of the structure of our connective tissues and they are vital components of our hormones and enzymes, which are responsible for biochemical life. It's amazing it has taken so long to realize their importance, when such significance had already been stated in the U.S. Senate Document as long ago as 1936!

Minerals determine quality, integrity, structure and energy of all food components, carbohydrate, proteins, lipids, enzymes, cell structure and so forth. No one mineral can function alone, they work in synchronicity, and they are dependent upon one another to keep the body functioning at peak efficiency. The human body can assimilate minerals for a while 'without vitamins,' but 'without minerals, our vitamins are useless.'

Potassium (as well as calcium, magnesium and sodium, along with protein) is one of the body's major electrolytes. Potassium is required by the brain; it requires protein to transport it there. Selenium is a trace mineral antioxidant that works with vitamin E to enhance its metabolic reactions. It helps to preserve our tissue elasticity, especially in the arterial walls. It is found in the germ and the bran of cereals and in broccoli, onions, and tomatoes.

OSTEOPOROSIS: The World Health Organization has declared osteoporosis the second biggest medical problem, next to cardiovascular disease. Osteoporosis is a loss of bone mineral density; a bone disease that is responsible for well over one and a half million fractures a year. Complications from this problem fractures kills more women each year than cervical and breast cancer combined.

By supplementing our body with a full spectrum of nutrients, minerals and phytohormones gives one a far better edge in preventing or reversing bone mineral loss. Coffee and alcohol suppresses bone growth and can be toxic as well as harmful to the ovaries and liver, therefore, one should decrease coffee consumption and limit alcohol also.

Many children are born deficient and this is why many suffer from attention-deficit hyperactivity disorder (ADHD) are inattentive, impulsive and hyperactive. Researchers at Purdue University now report that hyperactive children have lower levels of key fatty acids in their blood than do normal children. Their experiment involved 53 boys aged 6 to 12 years of age who suffered from ADHD, but were otherwise healthy and 43 matched controls.

Analysis showed that the boys with ADHD had significantly lower levels of arachidonic, eicosapentaenoic, and docosahexaenoic acids in their blood. The hyperactive children suffered more from symptoms associated with essential fatty acid deficiency (thirst, frequent urination and dry hair and skin) and were also much more likely to have asthma and to have had many ear infections.

Research concludes that ADHD may be linked to a low intake of omega-3 fatty acids (linolenic, eicosapentaenoic, docosahexaenoic acids) or poorer ability to convert 18 carbon fatty acids to longer more highly unsaturated acids. Researchers conclude that supplementation with missing fatty acids may be a useful treatment for hyperactivity. (American Journal of Clinical Nutrition Oct. 1995.) Great results can come by supplementing for any deficiency.