

MEGABYTES of Whole Food Information!

MEGABYTE

Vitamin Fractions are dead - devoid of enzymes and other co-worker components that make them functional as food or nutrients. "There are many unknown "activators" present in natural foods. Man has not yet begun to identify them, let alone know what they are good for and how to duplicate them. Therefore there is no man-made product that can give us all the factors, known and unknown, that are founding nature, in the quantities and proportions found therein." no one on earth knows the exact structure of food. There are at least 103,000 known phyto-nutrients. the tomato alone contains 10,000. why would one isolated fraction of a tomato, ascorbic acid, be as beneficial as the whole tomato?

Ref: Robert Irons, Natures Nutritional Bounty for Man's Nutritional Deficiencies, Springreen (Spring, 1995)pg. 2

MEGABYTE

My own scientific career was a decent from higher to lower dimensions, led by a desire to understand life. I went from animals to cells from cells to bacteria, from bacteria to molecules, from molecules to electron. The story had it's irony, for molecules and electrons have no life at all. On my way, life ran out between my fingers." (Albert Szent Gyorgyi's (Nobel Laureate) reference to his inability to understand food and the life it possess)

Ref: Albert Szent Gyorgyi - The Living State - Academic Press - 1972

MEGABYTE

In a study of 120 patients only 12% had normal blood serum levels of all vitamins tested - 88% were deficient. Of these deficient patients 61% were consuming what was considered a normal American diet.¹ Is the plight due to failing quantity or quality? Biochemist Harold N. Simpson states 'There is starvation in America. this type of starvation is not due to insufficient food but deficiency of needed food elements (Vital Food Factors) in food. nutritive shortages such as vitamins deficits cannot be fixed by a vitamin pill consisting of chemically - isolated vitamins. whole foods contain all related nutrients: vitamins, minerals, trace minerals, enzymes, co-enzymes, amino acids, fatty acids and unknown factors (phyto-nutrients) that function together for the biochemical equilibrium of the humen body" ².

1. Ref: CM Leavy et al Am J Clin Nutri 17 (1985) pg259

2. Ref: Harold N. Simpson - unhealthy Food = Unhealthy People (Chicago : Peter JN Simpson 1994)

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Vitamin E is a complex nutrient surrounded by protective antioxidant tocopherols and includes Vitamin E2, E3, unsaturated fatty acids (F and F2) Xanthine, Lipositols, Selenium, Co-enzyme Q and more known and unknown components.* Vitamin E and Selenium are Synergistic. Vitamin E doesn't work without Selenium. Selenium doesn't work without vitamin E. Selenium always occurs with Vitamin E complex in foods and is an integral part of the whole, as the vitamin Activator.

*Ref: Bicknell & Prescott Vitamins in Medicine pg. 735 -736

MEGABYTE

There is no word for Osteoporosis in the Chinese language. Cultures that obtain their Calcium from vegetables sources have the lowest incidence of Osteoporosis. Research in groups of people who consume 300 mgs of calcium (from vegetable sources) per day or less show they have low incidences of Osteoporosis.*

*Ref: Bone mineral density in a native population of Argentinian with low calcium intake, Albert Spindler 1995, The Journal of Rheumatology 22:11 pp 2148-2151.

Do you really need 100 mg of the B Vitamins? According to the Nutrition Almanac it would take 1655 cups of fruits, grains and vegetables to provide 100 mgs of the B vitamins. Let's start eating!