

Vitamins waste money

Sometimes you will hear that taking vitamins has not been shown to help you live longer.

That is true because when these studies are done, they use synthetic vitamins like most sold today. They use synthetic, broken apart, isolated, laboratory-created vitamins. When a “vitamin” is isolated or created from chemicals, it is missing vital counterparts that are found in nature, in whole foods.

These counterparts, necessary for the vitamin to be digested, absorbed, and used effectively by your body, are never found in synthetic, manufactured vitamins.

Without these counterparts, your body sees the synthetic vitamin as a chemical and excretes most of it quickly to prevent harm. So, it isn't surprising that physicians do not recommend vitamins for health conditions.

If you eat food that contains the “vitamin” – for example, if you eat an orange, you get vitamin C plus other things that digest the food and help the body utilize the nutrient. It's not just vitamin C (ascorbic acid) it is a complex of at least 8 different things.

Vitamins exist as a “complex”. In food you get phytochemicals - substances produced by plants that help them resist fungi, bacteria, and plant viruses and from being eaten by insects.

An exciting part of plants is micro-RNA. This is a blueprint that helps plants send the nutrient they need to the body parts that need them. Synthetics contain none of this.

So now what?

Now you only buy and use organic complete food supplements. It's like eating the plant in a large quantity thus giving your body nutrients it can use to rebuild and repair.

We use Standard Process personally and with our patients because they work. They heal. They address different physical problems. They rock!!!