

God Did Not Create . . . Vitamins

Lyle Loughry, January, 2004

Nearly everyone knows that vitamins are important for a healthy diet and lifestyle. It is important to understand that fresh fruit and vegetables are the best way to consume your vitamins, but one would have to ingest an insane quantity of them to survive and be healthy in today's environment, because of the depletion of our soils, modern food processing techniques, and the popular fast-food diet. This fact has led an estimated 165,000,000 Americans to take vitamin supplements, not really knowing what they're made from, or where they come from. Truth be known, they are either pure vitamin molecules isolated from a natural source, in which case they have been separated from their natural complex and well-organized environment found in whole foods as God intended, or vitamin molecules that have been constructed from a commercially available source, like glucose (synthetic). **God certainly created the nutrients in the soils, but "vitamins" were born when scientists found a way to isolate molecules responsible for certain effects, defined their chemical structure, and gave them names.**

They are **CHEMICALS**, and are known in the industry as "USP" or "BP" *isolated form nutrients*, but vitamins without minerals and enzymes are next to useless! Over 90% of the "vitamins" to be found in the thousands of different supplements sold in drug, grocery and healthfood stores, and through direct marketing and mail order, come from the same handful of Mega Drug companies who isolate them, and recreate them in a laboratory, and provide them to so-called "vitamin" companies. **There is now overwhelming scientific evidence that the long-term use of either the "isolate" form of vitamin, or the man-made chemical vitamins, can be disastrous.**

The billions of dollars spent on these isolated or synthetic, chemical "vitamins," purchased with the thought in mind that they will keep the buyer healthy, could be having just the opposite effect. Considering that the U.S. ranks 37th in the world as a healthy nation, just ahead of Slovenia and Cuba, and ranks 53rd in the world in life expectancy, behind Libya and Jamaica, and with over half of the people in the U.S. being chronically ill, something doesn't add up, right?

Vitamin producers would have you believe that synthetic, chemical vitamins have the same molecular structure as natural, food-source vitamins. In reality the polarity of the synthetic is just the opposite of the natural. Based on studies done in the 1930s by Dr. Royal Lee, founder of the Standard Process

company, and first head of the U.S. Food and Drug Administration (FDA), "*Synthetic vitamins always refract light the opposite of the natural vitamin complexes, and the resulting effect is just the opposite, as well.*" In other words, while both may have the same molecular structure, they are a mirror image of each other, but a mirror image is the exact opposite of the real thing, in this instance, natural, organic whole food.

The Agnes Faye Morgan experiments at the University of California, Berkeley in the 1940s established that "*taking synthetic vitamins can be worse than starvation, and could kill you quicker.*" That's pretty straightforward.

A Finnish study, published in the New England Journal of Medicine (Spring, 1994), concluded that "*taking synthetic vitamins resulted in a statistically significant loss of protection from lung cancer, stroke, and other forms of death.*"

According to Dr. Paul Yanik, Ph.D., a world-renowned expert in Bio-energetic medicine, "*Any attempt to separate the vitamin from its natural synergistic food factors and enzymes will destroy its natural and intended function, and the resulting product cannot have a positive physiologic or health-building effect. Any results claimed to have been achieved by so-doing will have been strictly pharmacological and stimulatory, not nutritional. Studies have shown that the pharmacological and stimulatory effects will actually serve to reduce the quality and length of human life.*"

Researchers at numerous other universities have clearly established that whole food source supplements are superior to commercially produced, chemical isolates, in that they are better **absorbed** (as food); better **retained**; and better **utilized**, than synthetics are.

Clearly, nutrients found in food are *recognized* by the body, as food, and are *used* by the body, for nourishment. Chemicals are not recognized by the body as food, and in some instances can be toxic. Vitamins, and minerals as well, must be consumed in a true food form for optimal efficiency and effectiveness. Taking a nutritional supplement that lacks the essential cofactors is equivalent to mailing a letter without addressing the envelope. It just won't get to where it needs to go.

**Raw Foods vs. Cooked Foods -
The Great American Rat Experiment**
Paul Eilers, independent nutrition researcher and writer.

The following is an account of an interesting three-part experiment comparing the effects of raw foods versus cooked foods in rats. This account is taken from a 1976 published book titled *Goldot*, by Lewis E. Cook, Jr. and Junko Yasui:

"It has been found that a group of rats who were fed diets of raw vegetables, fruits, nuts and grains from birth grew into completely healthy specimens and never suffered from any disease. They were never ill. They grew rapidly, but never became fat, mated with enthusiasm, and had healthy offspring. They were always gently affectionate and playful and lived in perfect harmony with each other. Upon reaching an old age, equivalent to 80 years in humans, these rats were put to death and autopsied. At that advanced age, their organs, glands, tissues and all body processes appeared to be in perfect condition without any sign of aging or deterioration.

A companion group of rats were fed a diet comparable to that of the average American and included white bread, cooked foods, meats, milk, salt, soft drinks, candies, cakes, vitamins and other supplements, medicines for their ailments, etc. During their lifetime, these rats became fat and from the earliest age, contracted most of the diseases of modern American society including colds, fever, pneumonia, poor vision, cataracts, heart disease, arthritis, cancer, and many more.

Most of this group died prematurely at early ages, but during their lifetime, most of them were vicious, snarling beasts, fighting with one another, stealing one another's food and attempting to kill each other. They had to be kept apart to prevent total destruction of the entire group. Their offspring were all sick and exhibited the same general characteristics as the parents.

As this group of rats died one by one or in epidemics of various diseases, autopsies were performed revealing extensive degenerative conditions in every part of their bodies. All organs, glands, and tissues were affected, as were the skin, hair, blood, and nervous system. They were all truly total physical and nervous wrecks. The same conditions existed in the few which survived the full duration of the experiment.

A third companion group of rats was fed the same diet as the second group to an age equivalent to about forty years in humans. They displayed the same general symptoms as the second group. They were sick and vicious so that they had to be separated to prevent them from killing each other and stealing one another's food. At the end of this initial period, all rats in this group then received the natural (raw) diet of the first group of rats. Within one month, the behavioral pattern had changed completely so that the now docile,

affectionate, playful creatures were once again able to live together in a harmonious society and from this point on never suffered any illness.

Several rats were put to death and autopsied at the end of the initial period revealing the same general deterioration as that exhibited in the second group of rats. However, the remaining rats lived out the full duration of the experiment, to the equivalent of 80 years in humans, and when they were autopsied there were no signs of aging or deterioration or disease just as those in the first group. The obvious disease, degeneration, and deterioration of body parts evident in their first half of life had been completely reversed and excellent health restored.

The same principles apply to human life, as there is only one Truth! Thus, it may be concluded that sick people may be restored to health simply by choosing the proper diet and observing the other rules of health. There is no mystery. There is no external force that will help -- all healing is accomplished within the body, by the body, in accordance with the laws of organic life and health."

The point to be made about this information is simply this. If you take nutritional supplements and they are not whole-food based, like green superfoods, or are not otherwise liquid, ionic, organic, contain Fulvic acids or are infused with Subtle Energy Technology (frequencies), you are wasting your money, and doing little, if anything, for your health. That's a FACT!

What do you do about it? I suggest that you visit the **Nutritional Supplements** section on this website and consider the exceptional nutraceutical products that we take and recommend. Click each one and read the accompanying article. Each is very special in its own right. Do not order online, call me at **800-829-9913**, because at times I have special prices that are not reflected on the website.

To your health, *Lyle*