

# Today's Nutritional Crisis

Lyle Loughry

Copyrighted, April 2008

Whether we approach it from the standpoint of out-of-control chemical farming practices, processed packaged foods, antibiotic and hormone-laden meat and dairy products, diets dominated by fast foods and junk foods, lack of time to prepare, or just poor choices, by any standard, the average Western diet is woefully inadequate for the purpose of supplying sufficient nutrients to provide for optimum health in today's world.

Degenerative diseases are increasing at an alarming rate. It seems that, at times nearly everyone is sick, or taking prescriptions, losing their teeth or their eyesight, sleeping poorly, or complaining of feeling tired. Hospitals are packed, diabetes and mental diseases are approaching epidemic proportions. In spite of the fact that awareness of the need for good nutrition has risen in the past few decades, the health of those who consume the average Western diet continues to be **systematically and unnecessarily destroyed!**

In April, 2005, the old food guide pyramid put out by the United States Department of Agriculture was replaced by the new food advisory program entitled *My Pyramid*. The advisory suggests *optimum* nutritional guidelines for each food category, as in fruits and vegetables.

Unfortunately, 95% of us never come close to achieving the daily consumption of 5 to 9 servings of fruits and vegetables recommended in the newest advisory. Most people who consume Western-style diets may eat two or three, but that's only if you count *french fries*.

Even though we may recoil at the idea, *malnutrition* is a prevalent, on-going problem, and not just in 3rd world countries. In 1981, when the U.S. Surgeon General, C. Everett Koop, announced that nearly **75% of all deaths in America were nutrition-related**, he wasn't just talking about people who starve to death. He was talking about tens of millions of Americans who---because of poor nutritional choices, and low-quality, enzyme-dead, chemical-laden junk food and fast-foods---fall prey to illness and disease that leads to their death, and in way too many instances, premature death.

Dr. Koop had strong support for his concerns from Doctor D. W. Cavanaugh from Cornell University, who has written, "***There is only one major illness, and that is malnutrition. All ailments and afflictions to which we may fall heir are directly traceable to this major disease.***" According to double Nobel Prize

winner, Dr. Linus Pauling, "***You can trace every sickness, disease, and ailment to a mineral deficiency***" (lack of nutrition).

This problem is not a new one. Excerpts from U.S. Senate Document # 264, published by the 2nd session of the 74th Congress in 1936, state, "***The alarming fact is that the foods--fruits, vegetables and grains--now being raised on millions of acres of land that no longer contains enough of certain minerals---are starving us ...no matter how much of them we eat.***"

Twenty five years ago, Dr. Paavo Airola, Ph.D., was quoted as saying, "***Those who advocate eating natural foods as the only source of vitamins and minerals live in a dream world of yesterday. Yesterday's law is today's folly.***"

He knew that, even then, it was impossible to get adequate minerals from a healthy diet, alone. The body can't manufacture them, and if you can't get enough of them from the food you eat, what can you do? There is only one answer . . .you must supplement them.

**(Unfortunately, most mineral supplements sold today are more hype than real nutrition.)**

By the way, Dr. Airola is the author of the #1 International best-selling health book, **How to Get Well: Dr. Airola's Handbook of Natural Healing**, and he is still considered by many to be America's foremost nutritionist, and one of the world's leading exponents of biological medicine. Ever since I first read that quote, my family has supplemented our diet with additional whole-food supplements and superfoods.

In 1992, fifty six years after Senate Document #264, referred to above, the World Health Organization submitted documentation to the Earth Summit in Brazil, revealing that the agricultural soils in the United States ranked among the worst, with **83% of essential minerals missing**.

So much for things getting better on it's own!

Clearly, civilization has tricked us. Man has so tampered with our foods, either by food-robbery or adulteration, that the consuming of these *deficient* foods has brought us to the point where America ranks 39th in the world as a healthy nation, and our young people face the prospects of being the first generation in 200 years unlikely to outlive their parents. We need to wake up!

Let's look at something as common as refined flour. In order to get a product

that will keep for years, the flour is refined and processed to the point that vermin won't even eat it, because it's been robbed of its life-giving properties: amino acids, vitamins and minerals. Then, they put back 4 or 5 synthetics (made mostly from coal-tar), and call it "enriched." Vital food losses from processing, refining, cooking, canning and pasteurizing can reach well over 50%. **How can we expect health from this *deficient* food?**

Dr. Clive McCay, a Cornell University nutrition researcher in the 1930's, was quoted as saying, "***The overeating of refined, processed foods is the only form of suicide tolerated by our customs, even though it is painful and tortuous.***" And remember, he hadn't even seen fast food and junk food, the likes of which we have, today.

When man realized what he was doing to **de-vitalize** our foods, he chose to replace the lost naturally-occurring vitamins with synthetic, chemical-made vitamins, exchanging the natural for pure crystalline, which is practically useless to the body, just one more stage of "dumbing down" our foods.

Modern soil management drives yet another stake into the life of healthy foods. Chemical farming might well produce higher yields, but the yields contain less and less valuable proteins and trace minerals, and a lot more carbohydrates. Plants grown on sick, depleted soil are prey for insects, necessitating the use of poisonous sprays, resulting in many of our fruits and vegetables being unfit to eat. When poisons are sprayed on pasteur grasses, animals eat the grasses, or the hay made from them, and the poisons find their way into the meat we eat, and the milk products we consume. The foodstuffs themselves, may be *embalmed* with chemicals like *formaldehyde* to kill the life out of them, to preserve them, to bleach them, to keep them soft, to hold their color, or to give them color, as in the case of canned peaches.

Dr. William A. Albrecht, professor of soils at the University of Missouri College of Agriculture, once summed it up this way:

***"Depleted soils produce depleted foods, and deficient foods bring us ill health."*** He also pointed out that ***"two food items may look alike, but one may have everything such a food should have if grown on healthy soil, while the other, if grown on sick soil, is worth no more than a glass of water."***

Boy, that just about says it, doesn't it? So, let's face it, the average modern diet is nearly devoid of live nutrients from good soils.

Another unfortunate side effect of the average Western, unhealthy diet is what

it does to our body's *acid-alkaline* balance. We live in a toxic world, today, and if you want to see just how bad it is, I suggest you visit the **Miscellaneous Health Articles** section on this website, and click on the article, **Our Toxic World**.

Modern day diets of fast foods, sugar, and heavy meat consumption are very *acidic*, and this makes it difficult for the body to reach a healthy pH balance. If the pH deviates too far to the acid side, cell metabolism will stop, and as connective tissue cells become poisoned in their own toxic wastes, these cells will die. To correct our dietary deficiencies, and preserve optimal health, there is an absolute need for alkaline reactions to create a balance within our bodies. It's a medical FACT!

Healthy diets are diets rich in green leafy vegetables with phytonutrients. These land-grown plants contain chlorophyll, which promotes *photosynthesis*, which in turn creates the oxygen we need to live. Speaking of this, Anne Wigmore, author of **The Wheat Grass Book**, says, "*Green leafy vegetables typically contain 20 times more essential nutrients than other foods, ounce for ounce. If we fail to eat quality green vegetables on a daily basis, dozens of valuable cleansing, building, and eliminative functions fail to work properly.*"

Other land-grown plants, like aloe Vera, broccoli, green tea, ginkgo biloba, and beets produce a wealth of other needed nutrients, like *antioxidant polyphenols*, and all sorts of compounds that preserve, protect, strengthen and support the body's defenses.

Grasses, like wheat, barley and others also provide rich sources of active enzymes, vitamins and other important nutrients that are essential for survival.

Aquatic plants and sea vegetables like Spirulina, Chlorella and Dulse are rich sources of protein, essential vitamins, essential and trace minerals, essential fatty acids, and bioflavonoids, just to name a few.

Fruits like acerola berries, apples, and bilberries provide an abundance of anthocyanidins and bioflavonoids; other compounds that promote healthy circulation and blood sugar levels; heal and protect the eyes; lower cholesterol; and help to balance the pH levels in the colon, among other things.

The need for supplementation has never been greater than it is today. No one, today, can eat enough fruits and vegetables to supply their system with the minerals they require for perfect health, because our stomach simply isn't big enough to hold them. The truth is that some of them aren't even worth eating,

as food.

The comments and conclusions I offer in this brief article do not just apply to Americans. I suspect any country, including Australia, Canada and the UK, and others who practice the so-called modern Western diet, are faced with exactly the same challenges.

For more information, contact Lyle Loughry at [ultrahealth@cs.com](mailto:ultrahealth@cs.com) or call **800-829-9913**.