

The Nutritional Essentials

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Duben Chiropractic & Kinesiology

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From the Pen of Dr. Royal Lee

(1895-1967) Inventor,
Scientist, Genius, Founder of
Standard Process, Inc.

Vitamins are complexes, they are parts of enzyme systems – Like a watch which is a timekeeping mechanism – it is functional, organic, interactive – a watch is not a hunk of brass – a vitamin complex is not ascorbic acid – it is more – it is complex – organic – functional - whole, not inorganic chemical parts.

A Partial List of Conditions Related to Nutritional Deficiencies

Allergies - Hay Fever
Ankle Swelling
Arthritis
Back Pain
Blood pressure - High or Low
Bronchial Conditions
Bursitis
Circulation, Poor
Colitis
Colon, Spastic
Constipation
Cough, Chronic/Allergic
Diarrhea
Disc Problems
Diverticulitis
Dizziness (Vertigo)
Emphysema
Fatigue, Chronic
Feet, Cold or Burning
Feminine Problems
Gall Bladder Disorders
Gas
Glandular Troubles
Headaches
Heart, Fast or "Nervous"
Hemorrhoids
Impotence
Injuries to Soft Tissues
Insomnia
Joint Pain
Kidney Problems
Knee Pains, Chronic Leg
Pains, Cramps, Tingling,
Numbness
Liver Problems
Nervousness
Neuralgia
Prostate Trouble
Sciatica
Shingles
Sinus Trouble
Throat, Sore / Hoarse /
Congested
Thyroid Conditions
Ulcers -- Stomach, Duode-
num, Skin
Yeast Infections

Organically Grown Health - Do You Have It?

Good health is the result of many factors: one is wholesome nutrition found in organic foods. Organic food is more than foods grown without pesticides and chemical fertilizers. Organic foods are real foods, not phony, artificial, processed foods. Organic foods possess essential factors that build health. Organic food is greater than the sum of its parts. Like the "watch" metaphor used by Dr. Royal Lee (see above), organic food is an alive, functioning, integrated whole, possessing the essential "goodness" the Creator intended for building and supporting health.

Organically Grown Health is the result of eating organic foods and whole food supplements while doing our best to remove chemicals from our environment.

Organically Grown Health depends on food that Mother Nature intended humans to eat.

For humans, organic, healthy foods are derived from plant and animal sources, not from a synthetic chemical laboratory nor minerals directly from the soil. Plants, and ONLY plants, can take inorganic minerals from the soil, along with water and sunshine, and make them come alive with the vitamins, enzymes, and energy necessary for animal and human health. One would not find an animal in nature chewing rocks or shells for minerals because they are inorganic and not suitable food for animals. Similarly, inorganic chemicals, additives, pesticides and synthetic "vitamins" are unnatural and have negative effects upon human health and vitality.

Processed foods, food additives & medications are NOT Organic and take essential nutrients from your body.

Synthetic "foods," that is, "foods" that are pasteurized, chemically-altered or

denatured in any other way, such as through the use of food additives or preservatives, are not whole and are NOT fit as human food. So-called "vitamins" created in a laboratory are incomplete, inorganic and when ingested are known to leach out essential nutrients from body stores. When these essential nutrients (vitamins, enzymes and cofactors) are processed out of food and taken out of the body over time, deficiencies can become the cause of the breakdown of the body and disease begins.

Toxins in the environment create the need for more nutrients.

When the body is burdened with synthetic toxic chemicals from the environment, it requires additional nutritional resources to relieve itself of the burden.

Summary of Organically Grown Health principles

Incomplete foods and environmental toxins lead to deficiency, disintegration and disease. Good health is restored and maintained when the nutritional essentials are provided in the form of organic foods and whole food supplements, in the amounts and duration necessary to replenish depleted body tissues.

- Real, whole organic food is the source of integration, health and life--and provides nutritional essentials.
- Synthetic "foods" lack these essentials and are thus the source of DIS-integration, DIS-ease and death.

Need proof? Just look at the partial list of chronic conditions related to nutritional deficiencies on the side-bar of this page! How many of these do you suffer? How many do your family and friends suffer? The truth is

Continued other side

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