



Health & Nutrition Update #7 November 1, 2007

One of the problems associated with doing considerable research into the field of health and nutrition is that you become educated about some of the great challenges that particularly plague the American society. **It is almost like the more you research, the more concerned you become, because the problems are alarming.** Let's face it, the American diet lacks much to be desired in terms of receiving what was termed years ago the "required dietary (daily) allowances" or RDA of vitamins, minerals, and nutrients.

During World War II, the U.S. National Academy of Sciences (for defense purposes), then renamed the Food and Nutrition Board formed in 1941, determined that someone had to eat 5 or 6 servings of vegetables and fruits daily to receive the recommended RDA. However, in the last few years, due to the depletion of nutrients in the soil coupled with the "modern" processing and preservative procedures associated with food preparation in America, the RDA requirements have been adjusted. Now according to the government formed board that determines the RDA, the recommendation is that a person must eat 9 to 11 servings of vegetables and fruits daily to receive the proper nutrients. The problem is that even when the requirements were 5 to 6, studies showed that only 5% of the population was achieving that level of consumption. Can you imagine how fewer people are eating the current requirements? Less than 1% estimated!

This is a serious challenge for everyone desiring good health and nutrition. From all of our research it is generally accepted that supplementing your diet with products that compensate for the lack of nutrients is required. **Quite frankly, very few people have the time or the energy to eat a small basketful of fruits and vegetables daily!**

With all of that being said, we have been recommending some supplements that are not only fulfilling the RDA amounts, but also adding the glyconutrients to help rebuild the immune system so that the body can continue to heal itself. We recommend that you take a look at some of the following websites and read some of the testimonies that describe the ability for the body to literally heal itself when given the proper nutrition **of natural plant-matrix products:**

www.glycostory.com

<http://www.virtualinformationpack.com/vip/vip.asp?InvitationCode=286226225247>

www.mannapages.com/huey

Speaking of testimonies, some people who have taken our advice and begun to take some of the supplements we recommend are having some gratifying results:

J.P. of Columbus, Mississippi began taking an "optimal support pack" (OSP) supplements one month ago. After 3 days, Joel's blood pressure was staying within safe parameters and he was no longer taking his blood pressure medications. After a colonoscopy and complete blood work, his doctor asked him if he was doing something different. J.P. explained he was taking the OSP. His doctor, very pleased with the results of his tests, recommended that he continue the OSP regimen. Before taking the OSP, J.P. was suffering from post operative depression, had lost his appetite and zest for life. He experienced an amazing turn around in all three of those areas in the first week of the OSP plan.

B.R. and R.R. of Clever, Missouri report similar experiences. B.R., who has suffered from chronic fatigue for a decade reports that her symptoms have all but disappeared and she has energy she hasn't had in years. R.R., a retired police officer, was injured in an airplane accident in 2000 and has suffered chronic pain from a broken back injury since. On the OSP for nearly 3 months, R.R. reports that he just entered his fifth week without having to take any pain medications. Three months ago, he was suffering migraine headaches every other day. He is now at the point he can take care of most of my pain with aspirin and is able to actually work out again on his Total Gym.

T.P. of Franklin, Tennessee has experienced some great progress in becoming prescription drug free. After less than two months of taking the OSP, the need for Celebrex for arthritic pain is gone. T.P. is sleeping better than ever, her migraines are all but gone, and she is now moving toward optimal health.

Finally, in the past few updates, we have included several recipes that use omega-3 oils which are so important to get in your daily diet. The blueberry smoothie used flaxseed oil, and the orange or pineapple colada recipes used unrefined coconut oil. Of course, another excellent source for omega-3 is fish. The best fish to eat are wild and not farm-raised, which are grown in crowded conditions with chemicals and antibiotics that control their growth and with dyes that give them their "natural color." This recipe is wonderful and an excellent source of omega-3 from fish, as well as using the unrefined coconut oil to cook it!

Broiled Salmon with Dill

2 8-ounce wild salmon steaks
4 tablespoons unrefined coconut oil
1 tablespoon chopped fresh dill
Sea salt to taste
Lemon cut into wedges

Broil the salmon on one side for 10 to 15 minutes. Turn the fish and top with the coconut oil, dill and salt. Broil this side for 10 to 15 minutes more until the fish is browned. Garnish with the lemon. This can be served with rice and a fresh salad. Delicious!

Always remember you are what you eat! So choose to eat well and by all means supplement your diet with **natural plant-matrix products**. Or, in the case of not eating what you need for optimal health, remember that you slowly deplete your immune system to the point of allowing yourself to become susceptible to health problems in just a matter of time.

We hope some of these tips and testimonies are helpful or at least are confirming some of your own research on the vital topics of health and nutrition. We also pray that you will contact us at 407-933-2002, so that we can be specific about what we recommend you begin taking in order to get your health back on track.

Live life to the fullest of health,
Margaret and Mark