



## **Health & Nutrition Update #8 December 2007**

In recent months, we have shared a variety of testimonies about how different people we know are personally benefiting in a number of ways by adding supplements to their health regimen. This has been particularly rewarding, as we are hearing and reading about some critical health issues that are being mitigated or resolved in relatively short order. We are thankful that some people are taking our advice, because there is no doubt in the mind of those whose health is being impacted positively **that the additional supplements are definitely making a difference.**

One of the many blessings that we are receiving as a family that comes from taking supplements is seen in the testimonies from **our own children.** Specifically, I am referring to our 24 year old daughter Jane, who is amazed that she is no longer overly concerned about some potential problems with overexposure to direct sunlight. In fact, she is telling us that she is definitely noticing a significant difference in her skin after she spends time in the sun. The fear of getting sunburn is gone because when she has what can seem to be too much exposure, her skin seems to handle it without the previous redness. Jane's has been over cautious in the sun because her natural father, Kim McKee, was a young victim who died of Malignant Melanoma skin cancer at the age of forty-one. Consequently, as a family we have always been hypersensitive about John, Jane, and Maggie's over exposure to sunlight.

To confirm that Jane is indeed benefiting from her supplement intake, we found the following quotes from a publication entitled, *Second Opinion*, published by Dr. Robert J. Rowans, MD in his Fall 2007 issue. In an article entitled, "How to Protect Yourself from Sunburn Even if You Have Fair Skin and Don't Use Sunscreen," the following was stated by Dr. Rowan:

"People assume I use lots of sunscreen. But the truth is, I avoid sunscreen like the plague, because most brands contain cancer-causing chemicals like homo-salate and octyl-methoxycinnamate...Bottom line: You don't need tons of sun block to protect your skin. Start first with diet. Protect yourself from the inside. Colored vegetables and fruits, green tea, and cocoa are your best bets. Nutritional supplements can be good, too. And you can be sure that if these protect your skin, they will also be at work protecting your other organs as well." (Second Opinion, Fall 2007, p 6).

Speaking of family connections, one of the motivations for Margaret's research is her vivid memory of dealing with Kim's terminal disease back in 1992. Back then, the medical community treating his cancer gave absolutely no consideration to trying to build back the body with proper nutrition when the various chemotherapy treatments were being administered. In some cases, the doctors actually believed that vitamins and minerals were going to feed the cancer, when in effect, the immune system was being radically altered by such treatment. Today some fifteen years later, just the opposite understanding is coming forth as many doctors realize that it is critical for the immune system to be in optimal shape in order to fight off any forms of disease.

What seems logical to the layman is something that has been debated for years by the cancer-fighting medical community. Thankfully, the benefit of having proper nutrition in order to maintain a properly functioning immune system is finally becoming common knowledge. Hopefully, you and others who understand this basic formula for healthy living will avoid the consequences of errant conclusions based on limited understanding of how the immune system operates.

Finally, last month we mentioned some of the statistics about the Recommended Dietary or Daily Allowances (RDA) that are currently necessary to avoid deterioration in one's health. The requirement for 9 to 11 daily servings of vegetables or fruits was the U.S. National Academy of Sciences recommendation. So if we take 10 servings per day at an average cost of seventy-five cents per serving, times the average family of four, times thirty days a month, it equates to about \$900 per month in fruits and vegetables consumed per family of four. The problem is that only a miniscule percentage of people or families for that matter consume the RDA of fruits and vegetables.

It is logical to conclude that everyone should find some nutritional food supplement that they are comfortable with in order to keep the body healthy and the immune system in pristine shape. Of course, there will be a cost associated with taking supplements. However, from our perspective, the risk of **NOT** taking supplements is too great. **Instead, making supplement ingestion a priority in our family budget is the best thing we can do to avoid systemic health problems.**

Hopefully, you are beginning to conclude the same thing as you also become more educated on these topics. If you are interested in some of the things we are recommending, please do not hesitate to call. It is our privilege to share with you what we are doing in this area.

Never forget that we are all what we eat, whether we want to believe it or not. Our prayer is that through proper nutrition supplementation, we will **ALL** maintain healthy bodies so that we can fulfill our individual calls in the work of the Kingdom!

May God bless you!

Mark and Margaret

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