



Health & Nutrition Update September 2008

Multiple times a week we receive either newsletters or e-mails that warn us about the lack of vitamins and minerals in the foodstuffs we consume. The following is a typical warning we just received from nutritionist Al Sears, M.D.:

These days, the produce you buy at your local grocery store just doesn't have the nutritional power that fruits and vegetables had just a few decades ago. **Over farming, soil depletion, commercial fertilizer, hybrid crops and genetic modifications are slashing the nutrients found in your fruits and vegetables.**

You'd have to eat 10 servings of spinach to get the same level of minerals from just one serving about 50 years ago. Producers create "hybrid" forms of your fruits and vegetables – not for their ability to store nutrients – but for their color, weight and shelf life. Why? So they'll look nice and pretty when they sit under the fluorescent lights of your supermarket.

You may think they look nutritious, but "under the hood," they contain little more than indigestible cellulose, sugar and water...

We first began to know that there was a problem back in 1936. A group of doctors introduced Document No. 264 to the floor of the United States Senate. It was a dire warning that the mineral content of the soil was eroding. Vegetables were losing their power and people were at risk. Unfortunately congress did nothing. Today, we're feeling the effects. For instance, just look at the US Department of Agriculture's (USDA) nutritional values for fruits and vegetables today compared to 1975. Take a look at the loss of Vitamins and Minerals Since 1975:

Apples, Vitamin A is down 41%
Sweet Peppers, Vitamin C is down 31%
Watercress, Iron is down 88%
Broccoli, Calcium and Vitamin A are down 50%
Cauliflower, Vitamin C is down 45%; Vitamin B1 is down 48%; and Vitamin B2 is down 47%
Collards Greens, Vitamin A is down 45%; Potassium is down 60%; and Magnesium is down 85%

According to USDA's own numbers, the vitamin and mineral content has dramatically plummeted – in just 30 years! Notice minerals like iron and magnesium have dropped by more than 80 percent. That's from commercial farming technology and powerful fertilizers that practically *sterilize* the soil – leaving it with little to no mineral content.

If the soil doesn't have minerals, there's no way for vegetables to absorb them.

And that's bad news for your health... Magnesium regulates over 300 body functions – every day! Magnesium is so critical, low levels in your blood can lead to diabetes, heart disease, heart attack and high blood pressure. But the story doesn't end there. I wasn't the only one to realize your fruits and vegetables don't pack the nutritional punch they used to... A report from the University of Texas in Austin, also tracked the decline of nutrients in produce. They reported findings at a recent meeting of the *American Association for the Advancement of Science* in St. Louis. They found significant drops in a wide range of produce across the board, including a 20 percent decline in vitamin C and a 38 percent plunge in vitamin B2.

What's worse, fruit and vegetable growers create "hybrids" for the sake of making their produce "look better." They actually create new versions of all your favorites so they have more water, more sugar, more pith (The indigestible support tissue like the white fibrous netting around an orange section) and less of everything else. **Growers call this the "dilution effect."** For them, more water and more pith helps their produce ship well, look good and weigh a lot. But it virtually wipes out their vitamin and mineral content.

At this point we each have two options. **Pretend that the problem does not exist, or do something about it.**

For the past year, we have been encouraging our friends and subscribers to first find a supplement that makes up for the above stated depletion of basic nutrients in our diets. **Then most importantly, make it a priority to discipline yourself to take the chosen supplements.** This of course, does not just mean physically eating them, but also setting aside the resources to pay for them.

In the long run, the sacrifice will be well worth it. Please let us know if we can help you as our research has found some supplements that we highly recommend!

We have been asked to include the recipe for the smoothie that we use most everyday in our home. *This smoothie includes the daily recommended requirement of our glyconutritional needs:*

Quick Breakfast Smoothie

1 cup fresh or frozen blueberries*
8 oz water
1-cup plain fat free yogurt
2 scoops Advanced Ambrotose (TM) powder
1 scoop vanilla whey protein powder**
2 teaspoons Psyllium husks powder
1-tablespoon coconut oil (Omega-3)

Blend until smooth! Great for breakfast or lunch.

*Substitute fresh or frozen strawberries and **strawberry protein powder
Fresh or frozen cherries with vanilla protein
Peaches with vanilla protein
Cherries with chocolate protein
etc etc

These smoothies have about 370 calories, 35 g protein, 45 g carbs. They will really take your sweet tooth away and you won't want to snack.

Add supplements to your diet. This is one choice that over the history of your life, you will never regret!
Mark and Margaret
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