

# Supplements

## Firstly: A Warning

The use of massive amounts of vitamins and minerals is very unnatural – especially the popular and cheap synthetic and isolated ‘vitamins’ created in chemical plants and widely sold in discount retail stores.

The human body was not designed to consume such artificial products, especially in excessive amounts. Nature prevents us from consuming 20,000mg of vitamin C in one day because it is impossible to consume three hundred oranges (a natural source of vitamin C) in one day!

Vitamins and minerals that have not been incorporated into a natural food (which also naturally contains other co-factors [i.e. other nutrients] designed to work *with* those particular vitamins and minerals) may actually be very harmful to the body.

It is better to supplement healthy food and drink choices with ‘living food supplements’, or ‘natural supplements’ rich in vitamins and minerals. This is a balanced form the body can absorb and utilize.

[Jordan S. Rubin, *The Maker's Diet*, (2005), p.84]

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## Are Vitamin Supplements Necessary?

In the big picture, eating fruits and vegetables is more beneficial than taking vitamin supplements because the foods give you a broad spectrum of synergistic [*combined effect or working together*] nutrients.

For example: eating carrots as opposed to taking an over-the-counter vitamin pill – beta-carotene. Carrots contain thousands of nutrients, including more than 200 types of carotene. When you take a beta-carotene vitamin pill, you are taking only a *part* of the nutritional spectrum.

Food is your best medicine, and food is also your best supplement. If we could eat fresh, chemical-free foods regularly, then vitamins and mineral supplements wouldn't be needed. But it may be that supplements are necessary if we don't eat enough healthful foods. If we do take supplements then they need to be as near to a natural food as possible - ‘living food supplements’ or ‘natural vitamin supplements’ are best.

[Rex Russell, M.D., *What the Bible Says About Healthy Living*, (1996), pp.184,248]

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## Living Food Supplements or Natural Supplements

### Grains and Vegetables

In recent years, much research has been done on barley. The nutrient content of young barley sprouts has been found to be loaded with minerals, vitamins, and many other beneficial phytochemicals and antioxidants. Barley can be ground into a powder to be used as a natural nutritional supplement. Minimal processing does not change the nutrient content, and the product is an ideal food supplement.

Beetroot, wheat, fruits, carrots, and vegetable mixes can all be processed into good natural supplements.

For example: in the case of halting eye diseases such as cataracts and macular degeneration, many ophthalmologists, including Dr. Jerald Tennant of the Dallas Eye Institute, recommend a nutrient-rich formula of foods, plus natural supplements made from grains, sprouts, and vegetables such as barley or carrots.

## Honey Pollen

Honey is sometimes strained to remove pollen and other ingredients. But pollen is loaded with nutrients. It is used as a supplement by many people. Honey is healthier when the pollen is not removed.

[Rex Russell, M.D., *What the Bible Says About Healthy Living*, (1996), pp.110-111,242]

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## Living Vitamins

Living vitamins are broad-based, whole-food multivitamin formulas that contain a potent blend of antioxidant-rich ingredients derived from naturally grown and organic fruits, vegetables, tonic mushrooms, sea vegetables, and botanicals.

They provide vitamins, minerals, and other nutrients. They contain necessary cofactors required for proper absorption and utilization by the body, including amino acids, antioxidants, probiotics, prebiotics, and organic acids.

For example: Living vitamin C is made from orange, grapefruit, lemon, lime, acerola cherry, camu camu, Indian gooseberry.

[<http://www.healthfoodemporium.com/garden-of-life/living-multi.php>].

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## Some Helpful Supplements

- **Vitamin D3** (OR: try to get sufficient amounts of sun-exposure year-round),
- **Animal-based Omega-3 fat**, (OR: try to eat oily fish at least 2-3 times a week, such as tinned sardines or pilchards / tuna: tinned or fresh / salmon: tinned or fresh),
- **Vitamin C** (especially if you eat mainly processed foods, as processed foods provide very little Vitamin C),
- **Probiotic supplement** (OR: try to eat a good amount of fresh vegetables, and traditionally fermented foods [see sheet: *Candida Overload for good fermented foods*] which provides fibre – essential nourishment for beneficial bacteria in your gut).

[<http://articles.mercola.com/sites/articles/archive/2016/02/20/vitamins-healing-potential.aspx#!>]

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## Probiotics and Fermented Foods

Fermented vegetables such as sauerkraut, pickled carrots, beets, or cucumbers are some of the most health-giving foods on the planet. Raw cultured or fermented vegetables provide the body with beneficial micro-organisms known as probiotics and an abundance of enzymes.

They are also a rich source of many vitamins, including vitamin C, and are very easy to digest.

[Jordan S. Rubin, *The Maker's Diet*, (2005), p.153]