



## **Health & Nutrition Update February 2008**

Seeking to optimize your health should not be optional but rather wholeheartedly embraced by all who recognize the basic facts about what slowly depriving our bodies of basic vitamins, minerals, and nutrients does over the long run. The problem is that many who understand this axiom are simply unwilling to make changes in diet, supplement intake, and exercise.

Let us give you an example of resolving to doing something different in order to, in this case, maintain the mechanical efficiency of your automobile, something analogous to maintaining your physical health. Rather than simply putting gasoline in your car this year when your gauge indicates it is nearing empty, how about changing the oil every 3,000-4,000 miles? What about flushing the engine coolant/antifreeze when the weather changes from winter to summer or vice versa or rotating the tires while maintaining the correct air pressure? What about making sure that your transmission fluid and brake fluid are at the appropriate levels in order to prevent their failure? **The list could go on, but the point is this. Most cars will run for quite some time, even if we only put gasoline in them from time to time. But you know the problem perhaps from experience. If you do not maintain the appropriate levels of oil, coolant, air, and other essential fluids, eventually your car will break down.**

In many regards, our physical bodies are very similar to an automobile. For the most part, they will run and run on the fuel (food) we feed them, but eventually, without the proper vitamins, minerals, and nutrients, they will simply breakdown or be susceptible to diseases. The warning instruments that indicate that our car engine oil is low or our radiator is overheating might be things like fatigue, lack of sleep, constipation, aches, pains, tumors or the perceived need for prescription drugs warning us that our bodies are beginning to fail.

**The question you must ask yourself is simply this: Am I going to wait for the eventual physical breakdown by ignoring the warnings or am I going to do something different to prevent or at least minimize the potential problems? *It is our educated opinion that "something different" is taking nutritional supplements on a regular basis.***

As we have indicated in every update published to date, according to every nutritional expert we have researched, the universal opinion is that it is imperative that everyone take some nutritional supplements in order to overcome the lack of essential vitamins, minerals, and nutrients in the typical modern day diet. **Although this is a given in nutritional circles, we still have people telling us that they are comfortable with the ingestion of some of the more commercial synthetic multivitamin products that claim to offer health benefits.** One common complaint is that they cannot imagine taking more than one pill once a day. To give you another opinion, here is a quote from Russell L. Blaylock, M.D. author and publisher of the Blaylock Wellness Report:

**"The Myth of the Once-a-Day Multivitamin:** It seems easy enough. Take a vitamin pill once a day to get all the essential nutrients your body needs, but that are sadly missing from the typical diet. Surely the most popular multivitamins adequately cover the nutritional bases, right? Certainly these big once-a-day multivitamin companies have spent lots of money researching the perfect blends of high quality ingredients to help you feel your best...haven't they? Sadly, the answer isn't what you may hope. Big-business multivitamin companies have spent billions of dollars in advertising to convince us that a single once-a-day multivitamin can bridge the gap between our increasingly poor diets and optimal health. But the truth is, that's just a myth. What you actually get from one of those pills is small potencies of some (not all) vitamins and minerals—in low quality, poorly absorbed forms. Unfortunately, decisions on what goes into that pill are usually

based on two questions: 1. "What can we fit into one tablet?" 2. "How cheaply can it be made?"

*Blaylock Wellness Report December 2007, Volume 4, No. 12*

As you can read, Dr. Blaylock is one of a multitude of nutritional experts who is concerned about some of the practices of the huge multivitamin industry giants. Most in the wellness industry agree with these statements with each having different alternative ways to supplement your diet. **For your sake, we recommend that you make a choice and proactively do at least something to supplement your diet.**

Finally, as we approach another year, the choice once again is up to you regarding what you are going to do about your health not only this year, but also into the future. Just like the chances you take with avoiding proper maintenance of your vehicles, the same has to be said about your physical body. **Ignoring either will not take away the inevitability of a breakdown.**

It is our fervent prayer that you make the proper choice, knowing now, that ignorance is not an excuse. Hopefully, these articles have at least been informative and perhaps have confirmed some of the health and nutrition facts you already know from previous knowledge and experience.

Here is a recipe for you to consider in your upgraded diet. At this time of year when many of us have decided to lose those few extra pounds, we can use vegetable smoothies along with an exercise program. For weight loss, you can use 1-2 vegetable smoothies per day in place of meals. This will also make sure that you are getting your minimum requirement of fruits and vegetables.

### **Vegetable Smoothie**

3/4 cup tomato juice  
3/4 cup fresh carrot juice  
1/4 cup celery juice  
4 tablespoons beet juice  
1 teaspoon flaxseed oil  
1 dash Worcestershire Sauce to taste  
12 ice cubes

Place all ingredients in a blender in this order.

Blend until smooth. This is a very red vegetable smoothie and makes two 12 oz meals, each having about 50 calories. We like to drink this for one large meal replacement with a celery stick garnish.

This smoothie along with 1 enzyme capsule and 1 vitamin C capsule will give you a full meal!

Add to this your daily natural glyco/phytonutrient supplements, and you are helping your body be fed the way God intended it to be.

May you all choose to have a healthy 2008!

To a maximized life, Margaret and Mark

*To discuss your specific health needs, please call us at (407) 933-2002 or e-mail us at [info@outreachisrael.net](mailto:info@outreachisrael.net)*