

# The Nutritional Essentials

Livelt! Lifestyle Lesson 11

**Keith Weiss, DC**  
133 Loudon Rd  
Concord, New  
Hampshire 03301  
**603-224-1846**

## From the Pen of Dr. Royal Lee

(1895-1967) Inventor,  
Scientist, Genius, Founder of  
Standard Process, Inc.

*"Glucose (alias Corn Syrup, Fruit Sugar, Dextrose, Corn Sugar, High Fructose Corn Syrup) ... contributes to the cause of diabetes, a predisposition to heart disease, hypertension, sluggishness, brain fatigue, overweight, irritability, mental depression, impairs the assimilation of calcium, and destroys vital amino acids if they are cooked in its presence." Dr. Royal Lee 1958*

## A Partial List of Conditions Related to Nutritional Deficiencies

Allergies - Hay Fever  
Ankle Swelling  
Arthritis  
Back Pain  
Blood pressure - High or  
Low  
Bronchial Conditions  
Bursitis  
Circulation, Poor  
Colitis  
Colon, Spastic  
Constipation  
Cough, Chronic/Allergic  
Diarrhea  
Disc Problems  
Diverticulitis  
Dizziness (Vertigo)  
Emphysema  
Fatigue, Chronic  
Feet, Cold or Burning  
Feminine Problems  
Gall Bladder Disorders  
Gas  
Glandular Troubles  
Headaches  
Heart, Fast or "Nervous"  
Hemorrhoids  
Impotence  
Injuries to Soft Tissues  
Insomnia  
Joint Pain  
Kidney Problems  
Knee Pains, Chronic Leg  
Pains, Cramps, Tingling,  
Numbness  
Liver Problems  
Nervousness  
Neuralgia  
Prostate Trouble  
Sciatica  
Shingles  
Sinus Trouble  
Throat, Sore / Hoarse /  
Congested  
Thyroid Conditions  
Ulcers -- Stomach,  
Duodenum, Skin  
Yeast Infections

## Take The Sugar Challenge

**R**efined sugars are not a nutritional essential. In fact refined sugar, and its "cousin" white flour, are primary causes of the leaching of healthful nutrients from our bodies – while at the same time leading to many unfavorable conditions such as those mentioned above by Dr. Royal Lee over 50 years ago.

Sugar's empty calories create changes in body chemistry and accompanying nutritional deficiency, bringing on discomfort, degeneration, disease and death at a greater rate than any of the wars this country has ever seen.

Yet every man, woman and child in America consumes an estimated 158 pounds of sweeteners per year.<sup>1</sup> This incredible amount of sugar does not take into account the nutritionally empty carbohydrates from cookies, crackers, breads and so called "fruit drinks." Some studies estimate that Americans eat an additional 100 pounds of refined carbohydrates, bringing the total to nearly 250 pounds consumed per year. What does the consumption of empty carbs and low quality foods lead to?

The Center for Disease Control reports:

- **65% of Americans are considered overweight and 30% obese<sup>2</sup>**
- **7% have diabetes<sup>3</sup>**
- **11% have heart disease<sup>4</sup>**
- **31% have hypertension<sup>5</sup>**
- **21% have arthritis<sup>6</sup>**
- **40 million office visits are made to doctors for mental health per year (2002)<sup>7</sup>**

Additionally, the leading causes of death in America (2001)<sup>8</sup> are linked to states of overweight and obesity and each of these killers could be turned around with a simple change in diet to the Nutritional Essentials. They are:

- **Heart Disease: 696,947**
- **Stroke: 162,672**
- **Diabetes: 73,249**

### **Q: How do refined carbohydrates and sugars cause so many problems?**

**A:** The body is a like a factory that needs all the "parts" to complete its purpose of maintaining health. Nature provides nutrients in complexes such as vitamin complexes, minerals, trace minerals, fats, enzymes and coenzymes, making available all the "parts" needed to metabolize food and to complete important health building functions. When the refined forms of these "foods" are ingested, the body attempts to gather all of the missing nutrients from other food you have eaten or from your body tissues to make them complete before assimilating them. These foods literally suck the vital nutrients out of your body. The essential nutritional deficiency that remains leads to health problems.

### **Q: I don't have any of those diseases mentioned above – why should I care?**

**A:** For a disease condition to develop many stages of degeneration must exist. First the body must become depleted of the nutritional essentials for health. Once this occurs, organs and glands begin to struggle to maintain health and symptoms begin. Over time this degeneration leads to disease and sometimes death. In rare occasions the first symptom experienced is severe. For example, in a third of people who suffer heart attacks their first symptom of heart disease is DEATH.<sup>9</sup>

### **Q: What are the symptoms I should watch out for?**

**A:** Fatigue – the feeling of needing the boost that sugar brings. Dizziness upon standing up, allergies, lightheadedness if meals are delayed, craving of sweets, afternoon headaches which eating relieves, emotional instability, heart palpitations, headaches, coated tongue, nervousness, depression and/or anxiety, leg cramps after exercising, indigestion, joint stiffness and more.

**Q: I have some or all of those symptoms from time to time. What can I do to help myself?**

**A: Take the Sugar Challenge!**

# Take the Sugar Challenge! and Build Your Health

## The Sugar Challenge!

The Sugar Challenge is a three week "test run" to see how much better you might feel after getting off all forms of refined carbohydrates and sugars. Breaking the sugar habit may not be easy, but it is worthwhile. Sugar and refined carbs leach vitamins and minerals out of your body. You need to get off the sugar then build back your stores of those lost nutritional essentials.

### Step One – What condition are you in now?

Before we embark on The Sugar Challenge you will fill out a Symptom Survey Form and we will perform a nutritional deficiency screening evaluation. This will become our baseline.

### Step Two – Eat whole foods and whole food supplements for 21 days.

A simple lifestyle of whole foods for three weeks is not impossible. We highly recommend you include some important HealthBuilding nutrients to help you "come down" off of sugar and carbohydrates.

### Step Three – Reevaluate

After The Sugar Challenge we will repeat Step One to determine any short-term response. Some people feel better and better each day and would never go back to their old refined food lifestyle. Some people whose health deficiencies have grown deeper may have a more difficult time during the Sugar Challenge and will need additional support.

**Q: What foods should I eat during The Sugar Challenge?**

**A:** Eat whole foods. No processed foods. Eat salads, lightly steamed vegetables, freshly made soups such as lentil or bean soup, small amounts of high quality protein in smaller meals throughout the day. Enjoy butter or high quality oil on your veggies to help you assimilate your nutrients (See TNE-4).

**Q Which whole food concentrates would help me with The Sugar Challenge?**

**A:** Catalyn, Diaplex, Cataplex B, Drenamin and possibly other whole food concentrates, depending on your particular condition.

† These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. They are to support your health.

**Catalyn** – Since 1929 this whole food concentrate has been helping people suffering nutritional deficiency. Catalyn has many whole food concentrates in one product, providing you a more complete nutritional support.† (See TNE-2)

**Diaplex** – Since 1959 Diaplex has combined the benefits of digestive enzymes along with stomach, liver, pancreas PMG and kidney HealthBuilding factors. This combination product is excellent in addressing blood sugar handling imbalances. PMGs support important glandular rebuilding and repair.† (See TNE-9)

**Cataplex B** – Since 1934 this whole food source of the B complex of vitamins and their synergists has provided essentials to everyone but has been found especially important for blood sugar handling health concerns. Cataplex B increases nerve motor conductivity, vasoconstriction, carbohydrate metabolism, oxidation of lactic and pyruvic acids.†

**Drenamin** – Since 1935 Drenamin's special combination of Cataplex C, Cataplex G and adrenal PMGs has been formulated to help support nutritional conditions leading to fatigue, chronic fatigue, hypoglycemia, lowered resistance, allergies, and stress.†

1. <http://www.ers.usda.gov/briefing/sugar/background.htm>
2. <http://www.cdc.gov/nchs/products/pubs/pubd/hestats/obese/obse99.htm>
- 3, 4, 5, 6, 7. <http://www.cdc.gov/nchs/fastats/>
8. [Http://www.cdc.gov/nccdphp/dnpa/obesity/index.htm](http://www.cdc.gov/nccdphp/dnpa/obesity/index.htm)
9. <http://www.americanheart.org/>

## "Patients Speak"

*"Thank you for help reaching my goal. The secret lies in the supplements, associated with the no-carbs, (no sugar) diet. The first three days were hard. It took a lot of determination but little by little I conquered the cravings. The second week was much easier and by the third week I was already in control. In a month I have already lost 9 pounds, but more importantly, I FEEL GREAT, I do not have that unexplained hunger or cravings at all. I eat very healthy and funny enough I get full very easily. I cannot thank you enough for giving me The Sugar Challenge." AG*

*This Livelt! Lifestyle Lesson is brought to you by:*

**Weiss Chiropractic Offices, PLLC  
Keith Weiss, DC**

133 Loudon Rd  
Concord, New Hampshire 03301  
**603-224-1846**  
<http://weisschiro.com>

**Share this Information  
with a friend - Thank You!**

## What Did You Learn?

Sugar's empty calories create changes in body chemistry bringing on nutritional deficiency disorders, degeneration and disease. True False

Nutritional deficiency disorders can only be remedied by eating proper nutrition and stopping junk "foods" True False

The Sugar Challenge is a chance to see how good you can feel when not eating refined sugar and other carbohydrates. True False

Whole food concentrate supplements are helpful during The Sugar Challenge so that you can accommodate to the change in diet and build up the nutritional essentials for health. True False

Weiss Chiropractic Offices, PLLC  
Keith Weiss, DC  
603-224-1846

## The Sugar Challenge

The Sugar Challenge is a three week “test run” to see how much better you might feel after getting off of all forms of refined carbohydrates and sugars. Breaking the sugar habit may not be easy but it is worth it. Sugar and refined carbs leaches vitamins and minerals out of your body. We need to get off the sugar then build back our body of those lost nutritional essentials.

The recommended foods below are used to improve your sugar control mechanisms. Please follow it very closely. Remember this is only a three week trial. The truth is you may join millions of others who maintain a lifestyle of little or no refined carbohydrates and sugars but for now you are only committing to trying it for three weeks – could that be so hard? The objective is to learn how many of the symptoms you now feel are due to the quality of the food you eat and the lack of the Nutritional Essentials. As you learned from the TNE-Issue 11 the benefits to following this health building program are many: people feel better, generally having more energy and consistent energy; weight loss is common; cravings often disappear completely; mentally and emotionally people often feel much better; improved quality of sleep is generally noted.

**BEVERAGES:** WATER – Two quarts per day. Herbal Teas (unsweetened). Fruit Juice- (containing no added sweeteners) diluted 50% with water. Limited to two 6oz. glasses/day.

**VEGETABLES:** As much as you like! In salads, steamed vegetables, in omelets, in wraps.

**FRUITS:** All fresh fruits are allowed except for bananas and mangos. No dried fruit.

**PROTEINS:** Small amounts of protein every two hours is the key. You may have as much protein as you desire, but no more than the size of your palm at any one sitting.

- Red Meat- optimally 3oz. 3 times a week
- Fish or Fowl – un-breaded
- Almonds- Walnuts - Brazil Nuts unlimited (All nuts chew thoroughly)
- Eggs- Raw or cooked unlimited
- Lentils – Such as in lentil soup
- Cheese - Swiss is preferable and Yogurt – Plain unflavored

**GRAINS:** Restricted to Roasted Rice for dinner only. Method: Place long grain rice in a dry skillet and brown to a golden brown. Some of the kernels may pop. Cool, store and cook as needed, as you would cook regular rice.

**Whole Food Concentrates** – These products/amounts vary on individual needs.

**Catalyn** – 3-6 per day

**Diaplex** – 2 each meal and 1 each snack

**Cataplex B** – 3 each meal or 9 per day

**Drenamin** – 2 each meal

**REMEMBER TO AVOID:** Wheat or wheat products (this includes white flour products like pasta, crackers, cereals and bread) and NO sugar, honey, maple syrup, etc...are allowed