

The Nutritional Essentials

Livelt! Lifestyle Lesson 13

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 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

Healthy Heart Nutritional Essentials

Hard to miss the fact that heart disease is the #1 cause of death in the US today. Historically, heart disease has been a plague on the male population, but now it is rising steadily in the female population as well.

In fact, so-called heart disease, which killed more than 700,000 Americans in 2001, accounted for 29% of all deaths in the United States, and cost the nation an estimated \$335.5 billion! How could this happen when the cause of heart disease is known to be primarily founded in lifestyle and poor quality food choices?

Refined foods, diets high in refined carbohydrates and denatured fats are no doubt a major cause of heart disease and its contributing factors. The Center for Disease Control states:

“Heart disease is the nation’s leading cause of death. Much of the burden of heart disease could be eliminated by reducing the prevalence rates of its major risk factors: high blood pressure, high blood cholesterol, tobacco use, diabetes, physical inactivity, and poor nutrition. Modest reductions in the rates of one or more of these risk factors can have a large public health impact. Heart disease can also be prevented or controlled through environmental changes such as providing better access to healthy foods and opportunities for physical activity.”¹

What contributes to heart disease?

The answer to this question might best be discovered by studying the diets of people living in countries in which heart disease is relatively limited.² Studies show that heart disease is virtually non-existent in the absence of refined foods – denatured fats and high levels of refined carbohydrate consumption. Let’s take a look at each of these for a better awareness of the Healthy Heart Nutritional Essentials.

Refined Foods

One of the Healthy Heart Nutritional Essentials is a diet low in refined foods. The wholesome nutrients refined out of foods upon processing, particularly the loss of the B-complex nutrients (ie: B6, B12 and folic acid; See TNE-12) are the cause of elevated homocysteine levels. Homocysteine levels are one of the most reliable indicators of heart disease risk. Therefore eating whole foods and whole food concentrates high in these B-Complex factors is a Healthy Heart Nutritional Essential.

Denatured Fats

For decades we have been told to avoid dietary cholesterol and saturated fats, but clearly, healthy blood lipids are not solely based upon these reductions. There is too much evidence showing that traditional diets, including unprocessed natural fats, often in generous proportions, support remarkably low rates of heart disease. Newer research shows that certain types of damaged, denatured fats are associated with underlying causes of heart disease.

Hydrogenated and trans fats (See TNE-4) build up in our bodies because they are unnatural—there are no enzymes to metabolize them, so they get trapped in our bodies. Denatured fats, stripped of vitamins and antioxidants, become oxidized (rancid) in our bodies, leading to inflammation of our vascular system as indicated by high levels of C-Reactive Protein (CRP), another consistent indicator of impending cardiovascular incidents.³ Truth is, heart disease is more honestly the result of over consumption of refined carbohydrates,⁴ bringing us to the real problem...

High Levels of SUGAR Intake!!!

Americans consume an average of 158 pounds of sweeteners plus over 100 pounds of refined carbohydrates each year, calories that contribute to obesity without providing valuable nutrients such as protein, healthy fats, vitamins, minerals or nutritional cofactors! (See TNE-11, TNE-12 & TNE-4) Since 1991, obesity is up 75%, costing our nation and additional \$100 billion. **What are we to do?**

Major contributors to heart disease.

- ✓ Refined Foods
- ✓ Denatured Fats
- ✓ High levels of sugar intake!

What are the Healthy Heart Nutritional Essentials?

A DIE-IT is NOT the answer!!

We must learn to LIVE a healthy lifestyle, choosing our foods and activities according to what will benefit our health, rather than propping ourselves up with sugar, stimulants and drugs to deal with the side effects of an unhealthy lifestyle.

What are the Healthy Heart Nutritional Essentials?

- ✓ Eat plenty of wholesome, fresh vegetables and fruit. Greater consumption of fruits and vegetables provide vitamin complexes, minerals, many diverse antioxidants and is shown to consistently lower risk of heart disease.
- ✓ Eat broiled, baked or poached (not fried) fish three times per week—or more! Fish provide healthy Omega-3 fatty acids and B complex, and those persons who eat 1-2 servings of healthy fish each week have lower risk of heart disease.
- ✓ Prepare meals using extra-virgin olive oil, which supports heart health.
- ✓ Exercise regularly! Even as little as thirty minutes of brisk walking three times a week is enough to benefit your heart.
- ✓ Avoid sugar, refined foods, unhealthy and damaged fats—all of these “foods” contribute to nutritional deficiency, obesity and toxicity and are associated with heart disease, diabetes, arthritis and depression. (See TNE-11, TNE-12, TNE-1, TNE-4)
- ✓ Avoid toxins in your food, water, air and environment. Purify your system at intervals—ask me when might be a good time for you! (See TNE-6)
- ✓ Support your heart with whole food concentrates from Standard Process.

Ask me which whole food concentrates may benefit your heart!

CardioPlus — Since 1956 Cardio-Plus has supported the heart's healthy functions combining the benefits of heart PMG™ extract and naturally occurring Coenzyme Q10, Cataplex E2 which gets oxygen into muscle tissue, special Cataplex G factors for its vasodilatation qualities and Cataplex C for its powerful antioxidant qualities. It has been well established in scientific literature that these nutrients are important for healthy cardiovascular function.

This whole food concentrate is unique in the healing arts and is a nutritional essential for people with high blood pressure who wish to support their heart.†

Vasculin — Introduced in 1958 to support support the heart and vascular tissues of those people with low blood pressure.† Vasculin combines heart PMG™, Coenzyme Q10 and Cataplex E and C. Vasculin also supports a healthy muscle contraction of the heart with Cataplex B and B6 factors for improved homosysteine levels.

Folic Acid-B¹² — Folic acid and vitamin B¹², serve to improve homocysteine levels⁴ thereby reducing the likelihood of heart attack and strokes. By itself or taken along with Cataplex B these nutritional essentials enhance nerve conduction to the heart.†

Cyruta Plus — Introduced in 1950. Cyruta Plus carries several important factors vital in their ability to increase the strength of the blood vessels and regulate their permeability, decrease inflammation and help maintain the integrity of the capillary walls. All important to a healthy cardiovascular system.†

And **Cataplex B!** See TNE-12

1 <http://www.cdc.gov/nccdphp/burdenbook2004/Section02/heart.htm>

2 *Nutrition and Physical Degeneration*, Weston A. Price DDS

3 *Circulation*. 2005 Jul 5;112(1):25-31.

4 *Eur J Nutr*. 2002 Aug;41(4):153-60.

4 *Clin Chem Lab Med*. 2005;43(6):628-34

† 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.

“Patients Speak”

It is a great pleasure to share the positive results I now enjoy, thanks to the nutritional program I am on. I had a heart attack, followed by another one the year after. From that time on, I consistently had heart palpitations and chest pains - DAILY. Those irregular heart beats - those twinges and pains - caused me anxiety and fear . . . “Must be a heart attack - must be a defect.” Eventually I learned to live with it, and the palpitations and pain became my way of life. After several months on the nutritional program, I no longer have palpitations or pain! At first, the absence was astounding to me. Now, the health I enjoy has become my new way of life. There is NO DOUBT in my mind that the program WORKS! M.A.R.

This LiveIt! 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?

Heart disease killed more than 700,000 Americans in 2001, accounted for 29% of all deaths in the United States, and cost the nation an estimated \$335.5 billion! True False

The Center for Disease Control states: Refined foods, diets high in refined carbohydrates and denatured fats are no doubt a major cause of heart disease and its contributing factors. True False

Studies show that heart disease is virtually non-existent in the absence of refined foods – denatured fats and high levels of refined carbohydrate consumption. True False

Living a Healthy Heart Lifestyle is the key to heart disease for millions of people. True False