

The Nutritional Essentials

Livelt! Lifestyle Lesson 27

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From the Pen of Dr. Royal Lee

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

"One of the biggest tragedies of human civilization is the precedence of chemical therapy over nutrition. It is the substitution of artificial therapy over natural, of poisons over food, in which we are feeding people poisons trying to correct the reactions of starvation."

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

Emotional Health - The Natural Approach

Life – Vitality – Energy – Purpose for Living – all are signs of physical & mental health and wellness. When one lacks these qualities some people call it "depression."

Is depression really a disease? Or is it merely a symptom of other conditions, such as nutritional deficiency?

Mental depression very often accompanies physical "depression." Illness, injury, childbirth and other physical strains often trigger the onset of depressed feelings and symptoms of poor health and low energy. Also, episodes of emotional upset and stress are often followed by physical symptoms such as digestive upset, immune deficiency, fatigue, insomnia and chronic pain.

The fact is, physical and mental-emotional well-being are inseparable. That's because the body functions as one organically integrated unit.

Body - Mind Health is One Health

What affects the body also affects the mind. What affects the organs affects the structure and the mind. When negative thoughts and emotions are held in one's mind, the body chemistry and structure soon follow into a depressed, unwell state of being. Those who are depressed are at higher risk for physical illness such as diabetes and heart attack.^{1,2}

Depleted Body Stores Lead to Disease

Each and every strain and stress on the body calls upon nutritional body stores to bring about balance and health. Stress, illness and injury all require additional nutrients to support the healing process that

enables the body to recover. When these body stores are running low on the nutritional essentials, the body becomes physically depressed and the mind often suffers with it. For some people, the mind will suffer "depression" first, followed by body "depression" and illness.

Regardless of which comes first, the mind and the body are sick and well together and experience shows that except on rare occasions, when the mind is weak and emotionally unstable, the body is also suffering with some form of nutritional deficiency.

Treat the Cause - Naturally

It is vitally important to treat the cause of physical and mental disease. If the cause of un-wellness is nutritional deficiency, then taking drugs is not indicated. Prescribed drugs for depression do not always treat the cause and moreover, medicating the nervous system can negatively affect the innate healing powers of the body. We support treating the cause of conditions as naturally as possible.

Regulation of the body functions are coordinated and controlled by the nervous system and hormones. This natural regulation is absolutely essential to health and both of these vital body systems require healthful nutrients. **The messenger chemicals that regulate our moods and activities are all made up of nutritional essentials** such as amino acids, vitamin complexes and organic minerals. Nerves and cell membranes are made up of healthy fats. Depleted body stores in an environment of increased need, such as during periods of high stress, injury or illness, leads to symptoms, syndromes and disease – including mental illness. Finding the right nutrition is our specialty.

Wholesome nutrition IS essential for a healthy body, mind and emotions! Medication is not the solution for a nutritional deficiency disorder.

The Nutritional Essentials for Emotional Health

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A healthy lifestyle is the foundation of mental and physical health. If you are feeling depressed or “down,” making adjustments to your lifestyle is certainly the first step you should take. “Out with the bad and in with the good” – that is – avoid the “bad” diet and environment which depletes your body of healthy nutrients while adding “good” whole foods and whole food supplements. Seriously consider putting this nine-step HealthBuilding program into your daily routine to build your physical and emotional health:

1. **Reduce or eliminate refined sugar and processed foods.** These so-called “foods” are notorious for draining the body of B-complex vitamins and organic minerals – both of which are essential to mental health. Take the Sugar Challenge (See TNE-11). Purify your body of excess sugar while at the same time building up your body storehouse of HealthBuilding nutrients.
2. **Eat an adequate amount of protein.** Protein-rich foods digest more slowly and help a person avoid the “roller coaster” of fluctuating blood sugar levels so often associated with emotional and mental instability.
3. **Consume healthy fats** to build cell membranes, nerves, and hormones. (See TNE-4)
4. **Eat plenty of fresh fruits and vegetables** throughout the day – fresh and uncooked whenever possible – to supply organic minerals, enzymes, co-enzymes and vitamin complexes.
5. **Take digestive enzymes** to ensure that you receive all the benefits of your healthy food choices. (See TNE-3)
6. **Purify!** – Consider going on a purification program once or twice per year. Purifying your body of built-up toxins supports liver and kidney health and can do wonders to improve your overall wellness and mental health. (See TNE-6)

1. Engum, A. *The role of depression and anxiety in onset of diabetes in a large population-based study.* J Psychosom Res. 2007 Jan; 62(1):31-8.
 2. Brown BT et al. *The Biopsychosocial model and hypothyroidism.* Chiropractic & Osteopathy 2005, 13:5 (12 April 2005)
 3. Middleton P., Pollard H. *Are Chronic Low Back Pain Outcomes improved with Co-Management of Con-current depression?* Chiropractic & Osteopathy 2005; 13: 8.

7. **Enjoy healthful activities** daily such as brisk walks, yoga and recreational sports.
8. **Bump the Slumps with Service** – When you are feeling down and emotionally weak, remember to do something helpful for someone else. Bumping the emotional slumps with service to others will help you and others – it is truly a win – win.
9. **Take time to relax your mind.** Turn off the TV and radio. Reflect on the good things you accomplish each day. Make decisions that will make tomorrow a better day for you and all those around you.

Mental and Emotional health are complex issues requiring the healthful support of the foods one eats, the environment in which one lives and the purpose one has for living and whole food supplements. Each of these steps are under your control and striving to improve your life in these ways can do wonders for your mental health – *naturally.*[†]

[†] 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

*I have suffered bouts of severe depression for as long as I can remember. I'd spend days at a time in bed, sleeping and crying. I felt as if I were in a black hole that was trying to swallow me up. I didn't seek help because I thought they would tell me I was crazy. As the years went by the bouts went from once a year, to twice a year, to every month. I had no doubt that this was a physical imbalance of some sort and finally sought help from the medical profession. Their solution for my physical problem was drugs. **Since I have been taking the whole food supplements for about 6 months, I feel Great! I have more energy, and as a bonus, I have also lost weight. The best part is having it all taken care of without drugs! I would highly recommend (a natural approach) to anyone who is suffering! R.M.***

This LiveIt! Lifestyle Lesson is brought to you by:

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What Did You Learn?

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| Mental depression very often accompanies physical “depression.” | True | False |
| Episodes of emotional upset and stress are often followed by physical symptoms such as digestive upset, immune deficiency, fatigue, insomnia and chronic pain. | True | False |
| Physical and mental-emotional well-being are inseparable. That’s because the body functions as one organically integrated unit. | True | False |
| Mental and Emotional health are complex issues requiring the healthful support of the foods one eats, the environment in which one lives and the purpose one has for living and whole food supplements | True | False |