

# The Nutritional Essentials

Livelt! Lifestyle Lesson 28

**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.

*"When natural oils are excluded from the diet, deficiency symptoms of the (lack) of essential fatty acids may develop. These included dermatitis, falling hair, dry skin, acne, fever blisters . . . " Royal Lee 1962*

## 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 Skin Through A Natural Lifestyle

**B**eautiful skin is a reflection of inner health. Skin blemishes, acne, rashes, red patches, brown (age) spots, eczema and psoriasis all reflect an imbalance of body chemistry resulting in the lack of inner health.

The perennial quest for that healthy glow does not end with make-up, elixirs, potions or peels but by consuming the nutritional essentials as a part of a healthy lifestyle of whole foods and whole food supplements.

The skin is the largest organ of the body. It protects us from our environment, resists toxins, aids in the production of vitamin D, absorbs nutrients and releases toxins. Most people don't realize that the skin forms the inside of the mouth, the lining of the intestinal tract and the bottom of the feet as well as the skin of the face.

**Some believe healthy, radiant skin is the result of good genetics. While genetics do influence health, environment and lifestyle choices are most certainly the major causes of skin blemishes.**

A doctor colleague of mine recently made a trip to Switzerland for the study of health. Switzerland is an interesting country in which to study health because in a very small area there are people from the same gene pool, some of whom live in the countryside while others live in the cities.

In the cities, adolescents and young adults eat basically the same diet consumed in urban areas all over the world: fast food and processed foods.

In the rural areas, cows and sheep raised on fields of bright green grasses are everywhere one can see. A natural lifestyle of fresh air, exercise and pure mountain water joined with a diet consisting of whole milk (rich in fatty acids and calcium), beef and lamb (high in protein and healthy fats), salads and herbs is the natural bounty supporting their health.

Rural adolescents and young adults wore no makeup and had no sign of skin blemishes. No acne, no bumpiness and no rough skin. The skin of their peers in the cities had the look of the typical American teenager: red spots, bumps, acne and scarring. The difference was not of genetics, but of lifestyle.

### Natural Lifestyle is the Key to Health

Can we achieve a natural lifestyle in our cities? You bet we can! The answers are simple when our choices are based on these natural principles:

1. **Natural** (unrefined) **foods are best.**
2. **Drink plenty of water** (not distilled.)
3. **Exercise** (walk, at least) **daily.**

**Refined foods are bad for our body.** Refined foods drain healthy nutrients from our systems while providing little or nothing of value. These synthetic foods must be avoided. They cause weight gain and toxic build-up in the tissues, leaving the body nutritionally deficient and thus unable to maintain health.

If you are a person who eats from packages, boxes and cans, you likely do not have a natural diet. Fresh fruits and vegetables and wholesome, properly prepared meals need to be the mainstay of your daily lifestyle. **Your meals primarily need to be from the produce section of the market** and the remainder from the meat and fish section.

**Water is necessary for health.** When one eats 90% of their meals from the produce section there is high water content naturally

# Try Natural Remedies Before Drugs, Pills, Potions

in those foods. Spring water, rich in minerals, needs to be consumed daily as well. Water from these sources assists the HealthBuilding of your body, including the release of toxins so often associated with unhealthy skin.

## Exercise helps our body oxygenate its tissues.

Oxygen is so very essential to health, and exercise is the way to increase the benefits of oxygen to your system. Unhealthy bacteria cannot live in an oxygen-rich environment, and exercise helps keep the body healthy and free of toxins. That's because good circulation which is the result of exercise takes toxins which otherwise might be forced through the skin (causing blemishes, acne and rashes) and delivers them to the kidneys and lungs to be released in the urine and breath.

Occasionally the flushing of toxins by water and exercise is not enough to restore a toxin-free body and healthy skin. That's when the nutritional essentials for a healthy liver will support these detoxification functions. (See TNE-6)

## Lifestyle is Not Enough

Because our environment is polluted and our food is unnatural and unwholesome, we must supplement our diet with whole food nutritional supplements. Only natural, whole food supplements provide what the body needs by concentrating the goodness of natural foods.

Standard Process products give us the convenience of taking a whole food meal supplement, rich in nutritional essentials, wherever we go.

**Ask me for a personalized nutritional program for your healthy skin.**

**IMPORTANT NOTE:** Once symptoms of unhealthy skin appear, the body has been unhealthy internally for weeks, months or years. This deep-seated nutritional deficiency typically requires a concentrated effort of HealthBuilding to remedy the problem.

## Healthy, glowing skin results from a natural lifestyle of whole foods, water, exercise and whole food supplements.

Although each person has their own personal needs to achieve and maintain healthy skin – identified by a nutritional deficiency evaluation – there are some nutritional essentials basics which apply to everyone.

**Cataplex F** – contains the vitamin F complex, supplying essential unsaturated fatty acids known to be supportive to healthy skin.

**Chlorophyll Complex Perles** – This product contains the fat-soluble vitamin complexes of A, E, F and K. These vitamin complexes are vital for the normal function and integrity of skin tissue, normal calcium and phosphorus metabolism and healthy blood. Chlorophyll provides the nutrients necessary to manufacture hormone precursors often related to periodic skin breakouts.

**Cataplex A-C-P** – This whole food supplement combines the vitamin complexes of A, C, and P. Each of these vitamin complexes are known to be supportive to healthy skin.

**Dermatrophin PMG<sup>(c)</sup>** – This unique formula helps protect the skin from autoimmune attacks which can be brought about by the constant bombardment of our skin from the chemical and mechanical trauma of our industrialized world, unnatural cosmetics and personal hygiene chemicals. This product aids in the repair and maintenance of healthy skin.

† 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.

*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>

## What Did You Learn?

The skin is the largest organ of the body. True False

Our skin protects us from our environment, resists toxins, aids in the production of vitamin D, absorbs nutrients and releases toxins. True False

Lifestyle and the environment has more to do with healthy skin than age and hormones. True False

The solution for healthy skin is based on these natural principles:

- 1. Natural** (unrefined) **foods.** True False
- 2. Drink plenty of water** (not distilled.)
- 3. Exercise** (walk, at least) **daily.**

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