

# The Nutritional Essentials

*LiveIt! Lifestyle Lesson 6*

**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.

*"We must remember that any disease is at first a disturbance in cell metabolism brought about by interference with cell respiration or starvation, and that to survive the way nature intended we must avoid those things, which produce these adverse biochemical changes." 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

## Support the Liver and it will support you

### Patients Speak

*"In just 3 months I have gone from a size 18 to a size 8! Plus, in only 1 1/2 months my total cholesterol went from 203 to 168: my triglycerides dropped from 318 to 192! This is phenomenal! I have discontinued my high blood pressure, acid reflux and gout medications. I feel like a new person. At age 52, Vibrant health is truly mine . . . I would like to convey to you my most sincere gratitude for a life changing experience." Very sincerely, M*

### Is this a miracle!?!

### What could have made such a positive change?

**T**his person followed one of The Nutritional Essentials principles -- that is, the **Purification Principle**. Toxins had built up in her body to such a degree that her normal body functions were impaired. She gave her body a chance to release accumulated toxins through some simple purifying lifestyle changes, her health was restored, and now she is feeling and looking GREAT!

Do you want to restore your health? Would you like to lose some of the excess weight and nagging symptoms that plague you?

Does this sound like you? "No matter what diet plan I try, I feel worse and my weight is the same!" You may be suffering from a build up of TOXINS which are affecting your health and function. Let's review the causes of toxic build-up and for many, the essential solution.

### Toxins cause stress to the body

We encounter toxins in our environment almost constantly – air pollution, water pollution and food pollution. Petrochemical toxins from industry and vehicles, water pollution from acid rain, toxic run-off from farms and factories, food pollution from pesticides, chemical fertilizers, preservatives, chemical flavorings and medications. All this contribute to toxic build-up in our tissues.

Food is supposed to help our bodies build health, but in the typical "fast-food" lifestyle,

"food" wears us down. People eat too many processed foods that are riddled with contaminants, additives and damaged fats. (See Fat Fallacies) Air, water and food can all be sources of pollution causing stress on our body, and we seek symptomatic relief with medications that make us more toxic. We merely exchange our symptoms for new ones, called "side effects!"

### Symptoms can be toxic side effects

For every toxin there is a toxic reaction. All toxins have side effects. As these toxins enter our body through the air, water or food, our organs must react to them to protect our tissues. This is a normal defense mechanism. The body uses energy and HealthBuilding resources to eliminate or isolate toxins. This constant process takes life and vitality out of our body and we eventually develop symptoms.

### Support the Liver and Live Healthier

The liver has the primary job of clearing toxins from the body with help from the bowels, kidneys, lungs and skin. But the liver can become overwhelmed by all the toxins that get in the way of the essential metabolic processes the liver handles for us (the liver has over 2,000 important metabolic process going on at one time or another.) When the liver does not have the nutritional resources to handle a toxin, that toxin often ends up stored in the fat cells of our body.

Fat cells swell up – water is then retained to further buffer our body from these toxins and pretty soon we are overweight, have high blood pressure, and our doctors are telling us that our blood tests spell trouble. Medications taken to solve these symptoms add to the stress on the liver, add to the toxic build-up in our systems all the while failing to treat the cause of the problem.

# 21 Days to Living Healthier - Begin today

## Symptoms of toxic build-up

Before we discuss what you can do to help the liver improve your health take a look at this partial list of symptoms and conditions associated with toxins and liver inefficiency.

### Abnormal Fat Metabolism

Elevated LDL cholesterol & triglycerides and reduced HDL cholesterol which can lead to high blood pressure, heart attacks and strokes.

### Digestive Problems

Indigestion, acid reflux, abdominal bloating, gall stones and gall bladder disease, constipation, irritable bowel, hemorrhoids.

### Blood sugar Problems

Sugar cravings, excess weight gain, inability to lose weight even while dieting, hypoglycemia and unstable blood sugar levels.

### Nervous System Problems

Depression, mood changes such as anger and irritability, poor thinking and "foggy brain," recurrent headaches, including migraine associated with nausea.

### Immune Dysfunction

Allergies—sinus, hay fever, asthma, hives, Multiple food and chemical sensitivities, skin rashes, chronic fatigue syndrome, fibromyalgia, increase in recurrent infections.

### Hormonal Imbalance

PMS, headaches associated with hormonal changes.

### Other signs of toxic build-up in the body

Coated tongue, bad breath, excessive sweating, offensive body odor, dark circles under the eyes.

## The Three Phase Approach to Living Healthier.

- ✓ **Eat simple meals** of properly prepared fruits, vegetables, nuts and food high in concentrated health benefits.
- ✓ **Avoid toxic chemicals** in our home and work environment.
- ✓ **Give your body a "vacation"** from the constant work it is performing to clear the toxins out of our system by following a **Purification Program**.

Just imagine your body is a factory that is working 24 hours a day 7 days a week, 365 days a year. It needs a break! It needs help to clear out the mess, to sweep out the factory, to clean up the "machinery." That is what the Purification

Program does. **For 21 days at a time we simplify your food intake to give your body a break.** We support your body with whole food concentrates and herbs to help your body clear out toxins and improve the function of organs so they can do a better job for you the rest of the year.

## Here are the some of the HealthBuilding products we may recommend in your case:

**SP Complete** is a whole food supplement used to make a nutritious shake. The natural whole food ingredients provides essential vitamins and minerals to the body during purification supporting healthy cardiovascular, digestive, and nervous system function.

**SP Cleanse** enlists the detoxifying properties of over 20 different whole foods and botanicals. SP Cleanse helps the body eliminate toxins that originate in the environment, as well as metabolic toxins that are given off internally. Supports the body's internal waste-removal systems to encourage healthy kidney function, help purify the blood, support lymphatic system function, promote efficient gastrointestinal elimination, and maintain healthy liver detoxification function.

**SP Green Food** is made from whole food complexes with their synergistic cofactors to support normal growth and development, immune system response, antioxidant protection, and detoxification activities.

**Multizyme** is a digestive support product that contains digestive enzymes and pancreatin necessary for the proper breakdown and absorption of proteins, carbohydrates, sugars, and fats.

**Protefood** is a multiple amino acid nutritional supplement that completes dietary amino acid patterns supporting protein metabolism.

**Linum B-6** Flaxseed oil in Linum B6 converts to essential fatty acids that influence hormone production and help maintain healthy skin, nerve tissue, and blood fat levels to support the cardiovascular and immune systems.

## Ask me which ones may help you!

† 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 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?

Toxins in our environment – air pollution, water pollution and food pollution – cause STRESS and strain on our normal body function. True False

People eat too many processed foods that are riddled with contaminants, additives and damaged fats causing symptoms of toxicity. True False

When the liver does not have the nutritional resources to handle a toxin, that toxin often ends up stored in the fat cells of our body. True False

I want to give my body a "vacation" from the constant work it is performing to clear the toxins out of our system by following a **Purification Program**. True False