

# “ORGANIC AND NATURAL” SUPPLEMENTS

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5 Harris Court, N6

Monterey, CA 93940-5753

From its very origins, back when the first head of the FDA, Dr. Harvey W. Wiley, was fired for being the first whistleblower on the commercial food industry, the FDA has been tainted. It has allowed the development of a commercial-food industry staggering in size and revenues. This in turn has caused the current *health care crisis* where almost all Americans over age 60 are suffering from *chronic degenerative disease*.

The food supply is corrupted and polluted. And the nutritional-supplement industry has taken the same high-profit road. The people, trying to help themselves, insist on taking "natural" and "organic" supplements. Sadly the joke is on the people. **Instead of real nutritional complexes that can work in the body, you are being sold the same chemicals that are being dumped into the food supply.**

Your "natural" and "organic" vitamins contain thiamine HCl and Thiamine Mononitrate as their source of B vitamins like B1. These *chemicals* are derived from coal tar. They also contain d-alpha tocopherols as vitamin E. This is a fraction of the real vitamin E, which is extracted from *highly processed and refined oils* (mostly cottonseed and soybean). They may contain d-alpha tocopherol masquerading as real vitamin E. This is manufactured in a laboratory. Your vitamins contain ascorbic as natural vitamin C. This is made from *refined corn sugar* and is a tiny fraction of the real vitamin C.

How did all this happen? Simple — it is American advertising at its best, with no interest whatsoever in your health or in resolving any of the myriad of health problems these "vitamins" are supposed to solve. According to big government (which is always in on this hoax), *natural* means anything that ultimately comes from nature. This means basically anything and everything, including toxic chemicals. And what about *organic*? Well, this means anything that contains a carbon molecule (like the toxic pesticide DDT). Are you getting it? These terms are a joke and are meaningless.

The only way vitamins can do anything for you is if they contain all their naturally occurring *activators*, including

enzymes, coenzymes, trace minerals, and other factors not yet discovered or understood. When these are missing (as in *all* store-bought vitamins), the vitamins are rendered *useless* unless they can gather these factors from your body. This is how deficiencies begin. This is how adrenal stress begins. This is how fatigue begins (especially with high-dose antioxidants).

Unless your supplements show on the label that the raw ingredients from which they are made are whole, healthful foods, these "supplements" are devoid of the activators and enzymes needed to make vitamins work. They are at best industrially stripped fractions and at worst pure chemicals manufactured in a laboratory. Either way they are 90 to 100% *useless*, yet still expensive.

## *The Nuts and Bolts of Real Vitamins*

If you look at *Catalyn*, a product produced by Standard Process Labs, my most-prescribed "multivitamin," you will not find a long list of 20 to 30 vitamins and minerals. Instead you will find the raw ingredient list includes whole green pea plant, raw mushrooms, raw liver, whole rice bran, beef lipids (fats), high-selenium yeast, vitamin A esters (real vitamin A), raw wheat germ, organic carrots, organic alfalfa, wheat and oat flour, and more. These real, organic foods contain *tens of thousands* of vitamins, minerals, and nutrients, both known and as yet undiscovered.

This is the definition of a *vitamin* — a live biological complex, sort of "wheels within wheels," consisting of enzymes, coenzymes, antioxidants, trace mineral activators, and more. Virtually every single mineral and amino acid needed by living cells can be found in these natural complexes. These natural complexes are destroyed or compromised by heat, steam sterilization, and pasteurization. Vitamins function as *catalysts* (they make things happen). Without the critical trace mineral activators and accompanying enzymes, *vitamins fail as biochemical catalysts*.

Crystalline vitamins (any "vitamin" not in the form of

concentrated food) taken into the body **must recombine** with their trace mineral and enzyme cofactors before they can function as vitamins. Otherwise, the crystalline component (useless to the body) will be eliminated through the kidneys. It is huge amounts of crystalline (synthetic) vitamins striving to recombine with trace mineral and enzyme cofactors in the body that can induce powerful nutritional deficiencies. It is also this effort to recombine that will slowly but surely induce fatigue or loss of energy. The initial "rush" of synthetic vitamins is a flurry of biochemical activity to recombine with natural nutritional counterparts. As this high-dose induced recombining process continues, fatigue is the inevitable end result. These are simply **biochemical facts**.

### ***The Antioxidant Craze***

A perfect example is the crystalline antioxidant portion of the vitamin complex. In nature's wisdom, vitamins are designed as complexes, with the antioxidant portion serving as the protector or preservative. The very term antioxidant describes this fraction — it protects the vitamin complex from being destroyed by oxidation. But the antioxidant is only the preservative or protectant. Eating only these fractions can be likened to eating the banana peel and throwing away the banana.

Even though oxidation is a perfectly normal reaction within all human bodies, the profit-makers have seized on this opportunity to dupe the public into buying megatons of "banana peels." The quickest way to depletion and chronic fatigue is to constantly consume high doses of synthetic anti-oxidants like tocopherol vitamin E, ascorbic acid, or beta-carotene.

### ***The Real Cost***

Most all of this synthetic stuff will be rushed through your body and excreted by your kidneys (an energy wasting procedure). Some of it will scour the system looking for its natural counterparts to hook up with and reassemble into a complex in order to function as a vitamin (another energy wasting procedure). And finally, as anti-oxidants search your system for their trace mineral activators and counterparts, they can drain you of vital nutrients, inducing deficiencies.

The perfect example is ascorbic acid. At the core of the real vitamin C complex is *tyrosinase*, an enzyme needed to produce hormones. (A real vitamin is a live biochemical complex made up of enzymes.) Tyrosinase is dependent upon organic copper for its production. As thousands of mgs of ascorbic acid are ingested, organic copper and tyrosinase are scoured in this unnatural process. And as copper and tyrosinase stores are

depleted, your body suffers. These vital nutrients are needed to make ATP (the real energy your body runs on), collagen (the glue that holds your muscles and joints together), and the hormone melatonin.

And these are just the functions we know of with just one enzyme in just one vitamin complex. Now multiply this "*synthetic-induced* energy-wasting process" times the dozens or hundreds of synthetic supplements being gobbled up by the public and you can understand the scope of this scam. Supplement manufacturers are becoming racketeers. And the big guys are really getting in on it.

Even though synthetic beta-carotene has been shown to make some cancers **worse**,<sup>1,2</sup> it is being sold as a "nutrient." Beta-carotene is just one of hundreds of carotenes which are just one of hundreds of nutrients found in fruits and vegetables. Do you think that isolating one factor among thousands and then making it synthetically in a chemical lab and selling it as a "nutrient" makes sense? It does not make "health sense" but it does make "business sense."

Since Americans are now sold on the antioxidant (and beta-carotene) craze, Hoffman-LaRoche (a pharmaceutical conglomerate) plans to cash in. They are building a plant in Freeport, Texas, to turn out **350 tons** of synthetic beta-carotene yearly. This is enough to supply a six mg capsule daily to every single American adult!

Don't fall for this hoax. Once you begin to understand biochemical facts, you will understand the cynicism I have for an industry that sells chemicals by using the terms "natural" and "organic." In the supplement industry in America, these terms are absolutely 100% meaningless.

#### NOTES

"Beta carotene increasing cancer flak?" *Health Alert*, Vol. 10, No. 4.  
2 *International Journal of Epidemiology*, 1991;20:603-610.



For more information, please contact  
Dr. Karl Johnson, D.C., L.C.P. (hon.)  
at (810) 731-8840  
or (810) 726-KIDS  
or visit our website at  
[www.wellnesschiro.com](http://www.wellnesschiro.com)