

# Strength & Vitality Bulletin

Volume 16 Issue 2

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This would be the first time since we began publishing that we have only arrived at issue 2, and yet we are over halfway through the year! Why has this occurred? Our recovery from having an incompetent technician deleting all the information on the D drive certainly was a real spanner in the works. It has taken considerable effort to restore things, and unfortunately some things have been lost forever. Such is life. However the major event that turned out well after initially appearing disastrous, was the fact that on Monday May 13th in the late afternoon Gordon found himself for the first time in 71.5 years being admitted to a hospital. This transpired because of having a heart attack, which came out of the blue with no warning whatsoever. No angina, no high blood pressure - nothing. He was outside picking some greens for Dave the Yellow Turquoise parakeet, when a feeling of high inflammation in the chest started up. This developed further to the point that an immediate visit to the Kawerau Medical Centre took place. Everything flowed from there - high speed ambulance trip to Whakatane Hospital, and then helicoptered to Waikato Hospital. The next day on Tuesday a heart stent was placed in the lower left ventricular artery, and everything was so successful he was returned home on Thursday night. His natural health products consumed since then means he is doing positively, walking every day downtown which is 2.2 kms. Kind Regards Gordonna

## WHAT ABOUT VITAMINS & MINERALS?

### Different opinions and reports causes consumer confusion

What a subject to discuss! There are at least 2 divergent opinions about partaking of vitamins and minerals, as well as much hype as to what can be accomplished if you do so. We thought that as a service to our customers and clients, it might be beneficial to take an

Despite much information stating that this is possible, most ignore this point: The nutritional value contained in foods grown in the soil is falling.

enlightened view of the subject as well as considering some of the products freely available to New Zealand consumers. And as can be seen from the picture on our right, it is



**In New Zealand, vitamin sales are closing in on \$100 million a year, with multivitamins the largest sector of the market and the fastest growing, climbing at the rate of nine per cent a year to \$73 million in 2013. The combined vitamin and dietary supplements market is around \$275 million a year.**

perceived that citizens of our beautiful country are enthusiastic about enjoying better health, accordingly regularly visiting pharmacies, supermarkets, health retail outlets, as well as consulting overseas advisors by means of the internet in their search for quality products. In fact in the Yellow Pages there are listed 39 different business's under the

heading of Natural Therapy for the Bay of Plenty alone!

With this article we will explore several areas of this subject with emphasis placed upon the following questions:

What are the different opinions about the need to partake of these nutrients?

How many vitamin and minerals are necessary for



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our good health, and therefore do we gain anything by consuming those that are not essential for life?

Can an individual get all their daily requirements for vitamins and minerals from diet alone?

Can vitamins and minerals be stored in the body for later use, or do they depart from us at such a rate that they need topping up consistently?

Does a multivitamin and mineral supplement have an advantage over taking individual components, or a variety of such?

What happens if a consumer chooses to stick assiduously to taking herbs instead of a vitamin or mineral supplement?

All good questions to ask, so before we begin to answer them, how did you personally get on yourself in your personal understanding of what's best for ourselves? Have you wondered about this before today?

### When were vitamin and minerals first discovered?

As can be seen from the boxed chart over to the right on Page3, it can easily be perceived that a simple answer cannot be given. That is due to all the different types of nutrients available, as well as having multiple people involved in investigating and discovering important truths about various aspects of such, which with it being combined

with contributing new understandings in different eras of time - adds up to one thing: mankind has spent a lot of time and effort to get to answering important questions about vitamins and minerals. Basically it can be ascertained that it's an ongoing thing, that started out in the distant past but has accelerated a lot in our modern times.

### What are the 2 basic differing opinions about the need to partake vitamins and minerals on a regular basis?

There are those who say we should - and in the opposite corner are those who say it's a waste of time and money. (they usually add in the

comment that all you do is make expensive urine) Proof of this can be found in Donna Chisholm's article found on the Now to Love website ([www.nowtolove.co.nz](http://www.nowtolove.co.nz)) in which she writes "In December 2013, one of the world's most influential medical journals, *Annals of Internal Medicine*, declared the multi-vitamin debate closed. In an editorial titled "Enough Is Enough: Stop Wasting Money on Mineral Supplements", five doctors, including three professors from the prestigious Johns Hopkins University in Baltimore, examined the available evidence and concluded "their use is not justified and they should be avoided". Rubbish! Comes the quick reply from those who advocate the opposite.

Taken from Various Sources  
Including Natural News



## ACTIVE HEALTH SERVICES PRESENTS

### Health News in brief from around the Globe

According to the January 19 *National Geographic* magazine it reveals that in 1980 the life expectancy of a American was 73.7 years. Now however despite spending more money on health care than any other nation on earth, the life expectancy is now a mere 78.8 which is below all other OCED nations which have capped their spending on health care and medical prices. They average between 81.2 to 83.8 even with reduced spending compared to America.

Henry Bodkin writes in the *Daily Telegraph* 13/6/16 that high cholesterol does not cause heart disease,

therefore treating with statins is a waste of time. He writes that a review of research involving nearly 70,000 people found there was no link between what has traditionally been considered "bad" cholesterol and the premature deaths of over 60 year olds from cardiovascular disease. Published in the BMJ Open journal, the new study found that 92% of people with high cholesterol lived longer.

*Time* magazine 1/7/19 reports that back in 1972 when 1,500 tons of tapioca grains caught fire inside a Swiss freighter, the water used to put the fire out combined with the heat to cook the

tapioca, resulting in a giant glutinous pudding.

*Time* magazine 3/6/19 in an article entitled **The worldwide threat of genetic drugs**, speaks of the fact that in the last 10 months, dozens of versions of the genetic blood pressure drugs valsartan, losartan and irbesartan have been recalled. The active ingredients in some, manufactured in China, contained a probable carcinogen once used in production of rocket fuel.

*Time* magazine 24/6/19 reports that there were 37 measles cases in America in 2004, which was a

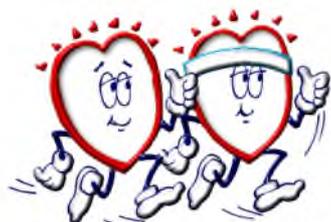
record low annual total. In June 2019 as of June 6th there were 1,022 the highest rate since 1992.

*National Geographic* in the 2017 September edition had an article entitled: **The Addicted Brain**. The article identified that 1.1 billion people smoke world wide, and that 91 Americans die each day from opioid overdose. It also highlighted that 3.3 million die each year from alcohol.

Gummy vitamins are fun to take than pills as the *Time* magazine of 1/4/19 states. However it highlighted the danger of each gummy having 1 gram of sugar, and lose their potency over time.

There is no such thing as bad publicity

Nobel laureate Dr Linus Pauling states “If you take a reasonable amount of Vitamin C, the incidence of common cold goes down. If you get a cold and start immediately, as soon as you start sneezing and sniffing, the cold just doesn’t get going.” And although there are those who don’t always agree with this man, it is a fact however that after his death in 1994 he was voted the second most important scientist of the 20th century. He is the only man to have won 2 unshared Nobel prizes as well as having 48 PhDs! And in conjunction with Dr Paul Enstrom he analysed a large survey which was conducted in the USA, and established that there were significant reductions in overall mortality from cancer and cardiovascular disease for those who partook vitamin E and C supplements. So such an important human as he certainly does not agree with the afore stated opinion as expressed in the written article by Donna Chisholm. This is of course only a very small sample of the opposing viewpoints, and although we could expand on this with other quotations, it serves to demonstrate that the arguments for both sides continues ever onward. It is the view of this business that supplementation of any product is exactly that: **supplementation**. There are other factors in achieving better health such as lifestyle, exercise and dietary consumption that are streets ahead what can be achieved by partaking of high quality products.



## VITAMINS AND MINERALS BEING DISCOVERED

Polish scientist Cashmir Funk named special nutritional components of food a “vitamine” after “vita” which meant life, and “amine” from compounds found in Thiamine that had been isolated from rice husks. It was later on shortened to vitamin.	1912
Elmer V. McCollum & Marguerite Davis discovered Vitamin A, and around that same time Yale researchers Thomas Osborne & Lafayette discovered a fat soluble nutrient in butter that was later called Vitamin A.	1912 — 1914
Vitamin B was discovered by Elmer V. McCollum, however Cashmir Funk had discovered Vitamin B1 in 1912.	1915 — 1916
Vitamin B2 was discovered by Max Tishler.	1926
Niacin was uncovered by an American biochemist Conrad Elvehjem.	1937
Folic Acid was discovered by hematologist Lucy Wills, and this discovery of folic acid changed preventive prenatal care for decades to come.	1933
Vitamin B6 was discovered by Hungarian born American biochemist, nutritionist, and pediatrician Paul Gyorgy.	1934
Vitamin C was originally identified by Scottish naval surgeon James Lind in 1747 as the best way to combat scurvy, and was rediscovered by Norwegian researchers A. Hoist & T. Froleich in 1912. In 1935 Vitamin C was the first vitamin to be artificially synthesized .	1747; 1912; 1935
Vitamin D was determined (and thereby discovered) by British physician, pharmacologist, and scientist Edward Mellanby to promote calcium absorption whilst doing research on rickets.	1919
Lettuce was the first food found to assist with reproduction, but then wheat and in particular, wheat germ oil did a better job. The active factor was named “vitamin E” and following further investigations by many groups, it was isolated in 1935 and named “tocopherol” (from Greek terms signifying “the childbirth-producing alcohol.”	1935
Carl Peter Henrik Dam was a Danish biochemist and physiologist who was awarded the Nobel Prize in Medicine in 1943 for joint work with Edward Doisy in discovering vitamin K and its role in human physiology. He reported in 1935 that it was the deficiency of a new fat-soluble vitamin, which he named “vitamin K” in recognition of its essential role in blood coagulation.	1935
Magnesium was first discovered outside of the Greek city of Magnesia and was used as a curative in early and ancient times, in the form of laxatives and Epsom salts. In the 1600’s, water from the famous Epsom spring discovered in England was a popular curative, used as an internal remedy and purifier of the blood. In 1695, magnesium sulfate as a salt was isolated from the Epsom spring water by Nehemia Grew. Magnesium is excellent for keeping the cardiovascular system in good health.	800 BCE? - 1695
Metallic potassium was first isolated by Sir Humphry Davy in 1807 through the electrolysis of molten caustic potash (KOH). Useful in assisting the cardiovascular system and is most beneficial in balancing body fluids by keeping an excellent acid /alkaline level.	1807
Iron had early medicinal uses by Egyptians, Hindus, Greeks, and Romans. During the 17th century, iron was used to treat chlorosis (green disease), a condition often resulting from iron deficiency. However, it was not until 1932 that the importance of iron was finally settled by the convincing proof that inorganic iron was needed for hemoglobin synthesis.	1932

## How many different vitamin and minerals are available that can influence our day to day health?

There are 13 essential vitamins, with five of them being: A,C,D,E and K. The other 8 are found in the B complex area that range from 1, 2 and 3, (missing out 4 for some reason) 5,6,7,9, and 12. There is also 15 and 17, however these two are controversial and are not considered essential. The vitamins can be divided into two classes: water or fat soluble with the water ones being: all 8 of the B complex range and vitamin C. Water-soluble vitamins are packed into the watery portions of the foods you eat. They are absorbed directly into the bloodstream as food is broken down during digestion or as a supplement dissolves. Because our body is mainly made up of water, this makes it easier for water-soluble vitamins to circulate in our bodies. The kidneys continuously regulate levels of water-soluble vitamins, removing anything that is in excess of our bodily functions. The best way to remember the difference between the two types of vitamins is that water soluble is unable to be **stored**, whereas the fat type is in contrast storable. The vitamins that are fat soluble are: A,D,E and K and that explains why in some cases products containing these ingredients have on their labels that they are best taken with food.

Minerals make up about 4% of our body mass and are mainly found in our skeleton. Our body contains 102 minerals, however there is a total of only 16 essential types with them also being broken into two separate divisions: Major and Trace with the former having 7

**Table 11: MICRONUTRIENT SOURCES**

Selected Micronutrients	B Vitamins	Calcium	Vitamin C	Vitamin D	Magnesium	Selenium	Iron
Vegetables	Leafy green vegetables Asparagus Cauliflower Sweet potatoes Mushrooms	Broccoli Kale Turnip greens	Tomatoes Potatoes Broccoli Red peppers Turnip greens Collard greens		Spinach Romaine Lettuce	Green beans Broccoli	Spinach
Fruits	Dried prunes Bananas Orange juice	Fortified Orange juice	Citrus fruits like oranges grapefruit and strawberries		Pineapple Banana	Banana	Raisins and dried apricots
Grains	Whole grain breads cereals pasta rice tortillas	Corn tortilla Flour tortilla	Fortified breakfast cereals	Fortified cereal	Whole grain cereals and oatmeal	Spaghetti Rice	Oatmeal Spaghetti Fortified cereals
Dairy	Milk Yogurt	Milk and dairy products		Milk and dairy products	Yogurt	Cottage cheese Cheddar cheese	
Meats eggs nuts and beans	Turkey, pork chicken salmon tuna soy	Soybeans	Tofu salmon	Tuna salmon sardines soy milk eggs	Almonds cashews peanuts baked beans chick peas	Lean beef ham chicken tuna nuts	Red meat dark meat poultry chick peas shrimp

thereby leaving the other 9 for being trace. And the first thing that needs understanding is that although they are divided into two separate classes all are essential to the enjoyment of good health. That needs explaining due to the terminology of the words major and trace, with one getting the impression that major is more important than trace. The best way to remember the major ones is to think C,C, and M enjoy being with the two P's and S's, namely Calcium, Chloride, Magnesium, Phosphorus, Potassium, Sodium and Sulphur. The volume percentage within our anatomy that they go in is : Calcium which makes up the most abundant mineral weighing an average of 1000 - 1300 grams in the typical male living in the community; Phosphorus which makes up about 1% of our weight; ; Potassium is the 3rd most abundant mineral with roughly 98% of potassium in our body is found in the cells. Of this, 80% is found in your muscle cells, while the other 20% can be found in our bones, liver and red blood cells; Magnesium makes up the 4th most abundant mineral in our body with the cells in our heart having 10 times more magnesium than is found in the blood; Sulphur comes in at 5th with it playing a vital role in pain control, inflammation, detoxifying

and tissue building; The 6th is Chloride with the average human body containing 115 mg. This means chloride makes up 0.15% of the total human body weight and loss of chloride from the body happens when a person suffers diarrhoea, heavy sweating, and/or vomiting; Finally Sodium completes the essential 7 and in fact it makes up the 6th most abundant mineral on our planet. It is an important factor with our health for sodium is involved in making the sodium potassium pump work effectively in our body.

As regards the trace minerals they exist in the following definition: Minerals needed in only small amounts, generally less than 20 milligrams per day, are called trace minerals. They are: Iron; Zinc; Manganese; Copper; Fluoride; Molybdenum; Iodine; Chromium and Selenium. As previously mentioned although they are in such small amounts in our body, they are still considered essential to good health and accordingly one must still pay attention to ensuring our daily requirements are met. Iron is a major component of the red blood cells and helps carry oxygen throughout our entire body. Copper, Manganese, Molybdenum and Zinc are components of many enzymes, which are needed for every chemical

reaction in our hard working body. Zinc also plays important roles in wound healing, ability to taste and sperm production. (that is why one way you know that you are lacking in zinc is to take a taste test. If you can't taste anything, or it seems sweet that is a sure sign you need it) Selenium acts as an antioxidant and works alongside Iodine to keep your thyroid healthy. (interesting that N.Z. soils lack in Selenium) Chromium helps keep your blood sugar levels normal, while Fluoride keeps bones and teeth strong. (hence why we have it forced on us by many councils by having it added to our drinking water)

### Interesting facts - however what does this have to do with everybody living in New Zealand?

You will have noticed that all of the previous discussion was to do with the **essential vitamins and minerals**. That leads us onto some of the hype and confusion that exists about supplementation. Let's look at one example found on the Internet: "Ritual, which started selling vitamins in 2016, features a quote from the lifestyle site Well & Good on its home page, saying, "Everyone you know is about to start taking this buzzy multivitamin."

The line is also cited in Facebook and Instagram ads. But while it appears to be an editorial endorsement, it comes from a post that Ritual paid for — the online equivalent of a magazine advertorial. Ritual has also featured praise from the site PureWow: “One month was great. But improving my health over time is really the goal. And to do it with a vitamin that I’m not sceptical about? All the better.” That bit of testimony also comes from a post paid for by the company.” (From an article written by Sapna Maheshwari Sept. 2, 2018 in *The New York Times*.) However after spending much time researching this matter of hype on the Internet, it appears that various consumer groups and government agencies have reduced the output of nonsensical claims about consumption of vitamins and minerals. Most claims that are being made allow for individual interpretation of what is being stated and all responsible manufacture's now clearly place on the bottom of the label: “These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.” So this basically let’s us all decide for ourselves the merits of the product under consideration, and to be fair most honest hearted health enthusiasts are prepared to present any information about a health product in a measured manner. You will have noticed that the last page of this newsletter features a product for your consideration, and it has been our experience that most consumers have been happy with purchasing it, with multiple repurchasing occurrences ensuring afterwards. So we can easily

comment that many of the claims made have not been disputed, nor has there been a consumer kickback indicating that the product has been a failure. Therefore to answer the question posed at the beginning of this subheading: If you wish to improve your health by partaking of vitamins and minerals - it pays off in multiple ways if you make an **informed decision**. And to do that successfully takes knowledge, and the best source of such is to be assisted by a health professional who loves what he does on a daily basis. If you don’t have access to one, then this can be combated by taking a trip to the local library and reading the opinions of informed professionals, who frequently have spent many hours, months and years before producing the book available for your evaluation.

### **Can an individual get all their daily requirements for vitamins and minerals from diet alone?**

Despite much information stating that this is possible, **most** ignore this point: The nutritional value contained in foods grown in the soil is falling. According to the following quote taken from *Scientific American* ([www.scientificamerican.com](http://www.scientificamerican.com)) nutrition in food is falling at an alarming rate. “It would be overkill to say that the carrot you eat today has very little nutrition in it - especially compared to some of the other less healthy foods you likely also eat - but it is true that fruits and vegetables grown decades ago were much richer in vitamins and minerals than the varieties most of us get today. The main culprit in this disturbing nutritional trend is soil depletion:

Modern intensive agricultural methods have stripped increasing amounts of nutrients from the soil in which the food we eat grows. Sadly, each successive generation of fast-growing, pest-resistant carrot is truly less good for you than the one before.” The article continues on quoting from a reliable study conducted by the U.S. Department of Agriculture and it was found that nutritional data from both 1950 and 1999 for 43 different vegetables and fruits, finding “reliable declines” in the amount of protein, calcium, phosphorus, iron, riboflavin (vitamin B2) and vitamin C over the past half century. So what do you think? Can we get sufficient vitamins and minerals from diet alone? Yes you can - however (and it’s a big however) you have to work very hard to do that, and with the level of stress and time commitments placed upon the ordinary citizen in New Zealand, this business finds the authoritative utterances pronounced by various experts to be highly questionable. And while we are in a questioning mood, what about the RDA’s recommended by many and approved by Government agencies? (RDA = recommended daily allowance) As regards Vitamin D consumption, recommendations from the US Institute of Medicine suggest that an average daily intake of 400–800 IU, or 10–20 micrograms, is adequate for 97.5% of individuals. Compare that advice coming from the Vitamin D council in America “Vitamin D3 intakes of at least 6,000 IU daily were required for those with a normal BMI to achieve a vitamin D status above 40 ng/ml.” Quite a variance and that means someone is telling porkies, and with this writer having

taken 10,000 IU daily during the last winter and feeling less pain and much improvement in his psoriasis, combined with an excellent result of 42.86 from a recent blood test tells its own story. ( healthy vitamin D levels, as defined by levels of 40 nanograms per millilitre or higher. ) RDA’s as recommended by many agencies are in fact the bare **minimum** and one should take that into consideration when evaluating whether to purchase a product to assist one’s health.

### **Does a multivitamin supplement do it’s job in promoting better health?**

A qualified yes is our answer. When it comes to a person enjoying good health and he believes that a multivitamin will continue that situation, then it’s a very good preventative for falling sick. That is unhappily not the scenario for many others. And if you are suffering some health condition that requires attention, then we believe that you would be asking too much for a multivitamin to correct the imbalance that currently prevails. Also we need to question what ingredients make up the product, and in what ratio’s they are existing in. It is vitally important to read the label, as well as pondering over who manufactures it - for there are many who hide the fillers that are used in the end product with the legally correct words: proprietary formula. And keep in mind that it is not a legal requirement to state how much of the product might have talcum powder in the tablet/capsule/powder that is being consumed. (Talc is added to supplements to prevent ingredients from clumping and sticking to

machinery when forming tablets, and talc as a food additive is "generally recognized as safe" by the FDA, .... Talc is not known to pose a risk of cancer when consumed from supplements.) Therefore we rely heavily on the integrity of the company, and the various techniques and ingredients that go into bringing the product to the marketplace. That is not a problem if you have good reason to believe you are partaking of a product that reaches the highest standard of compliance. Generally speaking the higher the price that we pay for them acts as a good rule to determine whether it's worth our while handing over our hard earned cash. Sometimes it is useful to consider if the manufacturing or health company has won any awards, or they have had excellent feed back from satisfied customers.

**Can a multi vitamin & mineral supplement do a job better than the consumption of individual components?**

It depends. At that is because there is only so much that can be packed into a tablet or capsule. You may have noticed how large they have to be, which some people find unsettling.. The single vitamin and mineral structure allows for more of the ingredient, and therefore can bring to the consumer a higher amount than what is found in a multi. But of course the drawback is that you also can only swallow down so many capsules at one time, and that can become burdensome. If you are searching for a solution to a health issue you will need to evaluate the amounts recommended to deal with such.

An example of a good multi Vitamin & Mineral composition



<b>Vit A</b>	<b>Vit B1,2,3, 5,6</b>	<b>Vit B12</b>	<b>Vit C</b>	<b>Vit D</b>	<b>Vit E</b>
1,500 mcg	25 mg	10 mcg	250 mg	5 mcg	100 mg
<b>Calcium</b>		<b>Magnesium</b>	<b>Iron</b>	<b>Zinc</b>	
150 mg		75 mg	10 mg	10 mg	
<b>Manganese</b>		<b>Chromium</b>	<b>Selenium</b>		
2.5 mg		20 mcg	25 mcg		
<b>Folic Acid</b>	<b>Biotin</b>	<b>Should also include some molybdenum, vanadium and boron</b>			
50 mcg	50 mcg				

**What happens if a consumer chooses to stick assiduously to taking herbs instead of a vitamin or mineral supplement?**

We bring our discussion to a conclusion by considering what's on offer from the herbal kingdom. Most people are genuinely surprised to discover that within herbs are contained many vitamins and minerals. In the very well written *How to Herb Book* by Velma J. Keith & Monteen Gordon there is an entire chapter set aside discussing vitamins and minerals. They say at the beginning of chapter 3 "Vitamins and minerals are included in this book because using them with herbs causes a **synergistic** relationship. That means the parts work together so they enhance and compliment each other. The total effect becomes greater

than the total of the individual effects. And, also, because herbs contain vitamins and minerals. Learning about vitamins and minerals will help you to better understand the properties of herbs. Vitamins, minerals and herbs are more effective when used **together** against disease and problems than when used separately."

We thought a good idea to feature some herbs and to analyse what vitamins and minerals can be obtained by ingesting them, either by capsules or raw.

- \* Alfalfa contains essential amino acids, chlorine, chlorophyll, iron, magnesium, phosphorus, potassium, silicon, sodium, vitamins A, B1, B12, E, D and K.
- \* Astragalus has betaine, B sitosterol, chlorine, glucuronic acid, sucrose.

\* Bilberry brings to you calcium, magnesium, manganese, phosphorus, potassium, selenium, silicon, sodium. Vitamins A & C with bioflavonoids and zinc.

\* Horsetail favourably assist with healing broken bones because it has flavonoids, iodine, iron, manganese, PABA, pantothenic acid, silicon, sodium and vitamin E.

\* Mullein is useful for being anti catarrhal. It has calcium, iron, potassium, sulphur, vitamins A, B complex and D.

\* Red Clover is a member of the pea family and has been used to fight cancer, bronchitis, nervous conditions, spasms and toxins in the body. It's primary nutrient's are: calcium, cobalt, copper, iron, magnesium, manganese, nickel, selenium, sodium, tin, vitamins A, C, B complex, F and P.

\* Slippery Elm which is used to heal broken bones as well as being an excellent survival food. It has calcium, copper, iodine, iron, phosphorus, potassium, selenium, sodium, vitamins A, F, K and P, selenium and zinc.

A big subject has been discussed here, and although we have done our best, have only been able to touch on some areas. However we encourage you all to extend your understanding of this important topic by continual reading.

Regular insert with  
our main newsletter.  
Discussing food that  
can be consumed  
with confidence



## Confidently Consume

### Beetroot - Simple to grow and consume

Beetroot is closely related to mangelwurzels and sugar beet. It contains high levels of beta-carotene and vitamin C, which help fight off infection and diseases.

Beetroot also contains vitamin B6, folic acid, calcium, iron, manganese, magnesium, phosphorus and potassium, which help improve the functioning of the kidneys, gall bladder and liver and help the body to develop healthy bones, teeth and muscles. Don't eat too much beetroot if you have kidney stones, however, as the high levels of oxalates in the vegetable block the body's absorption of calcium and iron. The iron and folic acid in beetroot help build up red blood cells, preventing fatigue and anaemia. Folic acid also has a role in preventing heart disease and cancer. The iron and manganese in beetroot help to alleviate particularly low haemoglobin levels caused by very heavy periods, and menopausal problems.

Storing and serving raw, freshly cooked and canned beetroot contain more nutrients than pickled beetroot. Beetroot can also be used in soups, notably the Russian and Polish favourite borsch.

Nutritional Content per 100 grams Raw

Energy 36 kcals; Protein 2 grams; Carbohydrates 8 grams; Fat 0; Fibre 3 grams; Vitamin C 5 mg; Potassium 380 mg; Calcium 20 mg; Magnesium 11 mg

Like many modern vegetables, beetroot was first cultivated by the Romans. By the 19th century it held great commercial value when it was discovered that beets could be converted into sugar. Today, the leading commercial producers include the USA, Russia, France, Poland and Germany. Many classic beetroot recipes are associated with Central and Eastern Europe including the famous beetroot soup known as borscht. Beetroot's earthy charm has resulted in its ubiquitous influence on fashionable menus and recipes. Its delicious but distinctive flavour and nutritional status have escalated it to the root you can't beat! Belonging to the same family as chard and spinach, both the leaves and root can be eaten - the leaves have a bitter taste

whereas the round root is sweet. Typically a rich purple colour, beetroot can also be white or golden. Due to its high sugar content, beetroot is delicious eaten raw but is more typically cooked or pickled. The plant pigment that gives beetroot its rich, purple-crimson colour is betacyanin; a powerful agent, thought to help



suppress the development of some types of cancer. Beetroot is rich in fibre, exerting favourable effects on bowel function, which may assist in preventing constipation and help to lower cholesterol levels too. Beetroot fibre has been shown to increase the number of white blood cells, which are responsible for detecting and eliminating abnormal cells. Red beetroots have been ranked as one of the 10 most potent antioxidant vegetables and are also one of the richest sources of glutamine, an amino acid, essential to the health and maintenance of the intestinal tract. Other studies have looked at the effect of beetroot juice on blood pressure. A reduction in blood pressure is beneficial for the avoidance of heart disease and stroke. Studies state that nitrate rich foods like beetroot may help in heart attack survival. Beetroot juice has gained popularity since Paralympic gold medallist David Weir announced that a shot of the juice was his secret to success. Good quality, fresh beetroots should have their greens intact. The greens should be fresh-looking with no signs of spoilage. The beetroot should be firm, smooth, and a vibrant red-purple, not soft, wrinkled or dull in colour. Fresh beets with the greens attached can be stored for three to four days in the fridge, but beets with the greens removed can be stored in the fridge for two to four weeks. Raw beets do not freeze well since they tend to become soft on thawing. Freezing cooked beetroot is fine as it retains its flavour and texture.

# Product of the Month

8

# QLS 5300 Lifestream Nature's Multi Advanced 60caps

**Retail Price: \$42.60**

Lifestream Nature's Multi Advanced is a high performance all natural wholefood multi vitamin and mineral for health conscious people who want to give their body a blend of highly concentrated food designed for maximum absorption.

Some people need to top up their daily nutritional intake for a variety of reasons including strict dieting, poor appetite, recovery after illness, increased exercise, or less-than-healthy food choices. Taking Lifestream Nature's Multi Advanced is an easy way to fill in those nutritional gaps.

This advanced wholefood formula is 100% natural, vegetarian, and free from artificial additives and fillers.

## INGREDIENTS:

Spirulina, Marine Magnesium, Calcium (Lithothamnium calcareum), Quinoa sprout, Acerola (Malpighia glabra), Selenium yeast

## Quantity per 1 cap serve

Vitamin B1 109mcg; Vitamin B2 141mcg; Vitamin B3 1.6mg; Vitamin B5 0.6mg  
Vitamin B6 139mcg; Vitamin B12 0.3mcg; Beta carotene 135mcg; Biotin 5.0mg  
Boron 19.8mcg; Vitamin C 4.7mg; Calcium 33.8mg; Carotenoids (mixed) 292mcg  
Chlorophyll 0.9mg; Chromium 0.7mcg; Copper 2.8mcg; Folate 20.6mcg; GLA 0.9mg  
Iodine 2.5mcg; Iron 258mcg; Vitamin K 0.9mg; Magnesium 38.1mg;  
Manganese 58.0mcg; Phosphorus 1.4mg; Phycocyanin 12.8mg; Potassium 3.0mg;  
Selenium 33.2mcg; Silica 7.5mcg; Xanthophylls 158mcg; Zeaxanthin 77.8mcg  
Zinc 7.7mcg

## DIRECTION FOR USE:

Adults: 2 capsules daily with a glass of water

Children under 12 years: 1 capsule daily with a glass of water

Note: If you are taking any prescribed medications we recommend you check with your healthcare professional before taking supplements.



This product featured above can be purchased from us. Text us at 021 - 294 - 6747