



# Revitalize With Nutritional Supplements


"EVERYONE WILL DIE, BUT HOW YOU LOOK AND FEEL FOR THE LAST 20-50 YEARS DEPENDS ON YOUR LIFESTYLE AND INTAKE ANTIOXIDANTS AND FOOD SUPPLEMENTS THROUGHOUT YOUR ENTIRE LIFE."

# Disclaimers

This PDF is provided for educational information only and is in no way designed to discredit the Medical Fraternity or to hurt anyone's feelings;

- It is recommended not to change or add medications or supplements without consulting your personal physician;
- The writer does not practice medicine, diagnose, treat or advise sick or diseased patients. Kindly relate accordingly;
- The data and facts of this PDF have been compiled from various online resources and personal experiences. Anyone has the right to accept it fully or partially and even reject the ideas discussed.
- Any liability, loss or risk that may be incurred as a consequence, directly or indirectly, from the use or application of the contents of this presentation is specifically disowned.





**W**e hear it many a times from the patients: Doctor, I am eating just like you told me to - lots of grains, beans, fruits, and vegetables, nothing fatty or sugary. Now you are recommending supplements, too? If Mother Nature felt I needed extra nutrients, would not she have put them in my food? It is a perfectly valid question, and one which you may have wondered about at one time or another.

In many ways, supplements are to humans what fertilizer is to plants. Give plants adequate amounts of sunlight and water, and it will survive. Add some nutrient-rich fertilizer (of course, organic), and the plant will thrive. For us humans, the same principle applies. A healthful, balanced diet supplies the body with sufficient nutrients to carry out routine tasks. Supplements such as vitamins, minerals, essential fatty acids and photochemical - enrich the body's internal environment to fortify cellular protection, repair, and regeneration and support the renewal process.




## Mother Nature's Ulterior Motive

How did our ancestors survive without supplements?

You see, Mother Nature has never cared about optimum health. Nor has she concerned herself with longevity. Her main objective is survival and propagation of the species. So she programmed us humans to survive on even the crummiest diet, nutrition-wise, into our twenties - when we are old enough to reproduce. Beyond that age, we are on our own.




Over thousands of years, one generation has passed its "survival genes" on to the next. So thanks to our ancestors, we are equipped to subsist on minuscule amounts of the essential nutrients, just in case a famine comes along. But as said before, this insurance policy remains effective only into our twenties -just long enough for us to reproduce. It includes no provision for aging.



By the time we reach our twenties, we have established lifelong eating habits. And because our survival genes have protected us from the adverse effects of our dietary transgressions, we have no reason to believe that what we are eating (or not eating) is doing us any harm. So we continue feeding ourselves nutritionally vacant junk foods, unaware that they are quietly eroding our health. Often we do not see the effects for several decades.

The point here is this: Even with a lousy diet, we can remain fairly healthy through our first 30 to 40 years of life. But if we want to achieve optimum health and maximum life span, the nutritional bare bones just will not cut it. We need to eat nutritious foods, and we need to take supplements.

The standard diet today gets about half of its calories from fat and another one quarter from sugar. In other words, about 75 percent of the calories we consume provide none of the nutrients that our bodies need. Incredibly, despite our dietary excesses and an epidemic of obesity, as a nation we are sometimes overfed and mostly under nourished.






**Diet is not the sole force behind the national plague of nutrient deficiencies. Other factors include the following:**

- Alcohol consumption (depletes B vitamins, vitamin C, most minerals, and antioxidants);
- Allergies and infections (deplete vitamins A and C and zinc, among other nutrients);
- Exposure to air pollutants and other toxins (depletes antioxidants);
- Smoking (depletes antioxidants)
- Stress (depletes all nutrients, especially B vitamins and vitamin C).

Some people simply require more of certain nutrients than the general population does. Children and older adults tend to need a bit extra, as do pregnant women. Others with increased nutritional demands include those who diet and those who exercise strenuously. Then, we eat some foods because we think they are healthful, but have actually been stripped of their nutrients before they get to our plates. Whole wheat loses 75 percent of its B vitamins, minerals, and fiber when it is milled into flour. Likewise, rice loses most of its vitamins, minerals, and fiber when it is polished to turn it from brown to white. Even the soil that these and other plant-derived foods grow in is often nutrient-depleted.







## The Price of Poor Nutrition

Initially, the body hints of a nutrient shortfall with any of a hodgepodge of minor symptoms: fatigue, weakness, insomnia, irritability, nervousness, depression, poor concentration, memory loss, aches and pains, recurrent infections, allergies, circulatory problems, and just not feeling good. These are the vague symptoms that drive patients to doctors, and drive doctors up a diagnostic tree. Because most conventionally trained physicians have little education or experience in nutrition, they are unable to make the connection between a patient's complaints and a nutrient deficiency. Then when the test results come back normal (as they usually do in such cases), the symptoms tend to be dismissed as "all in your head"; or, even worse, as "a natural part of aging".

Treatment offered usually bypass nutritional supplements in favor of drugs such as anti-inflammatories, antidepressants, tranquilizers, and the like. These not only mask symptoms but also deplete nutrient stores even further. This accelerates the degenerative process, which is the forerunner of disease and aging.

Chronic nutrient deficiencies invariably lead to serious health problems. Data collected from large populations show that as the availability of nutrients declines, the frequency of illness increases. Unfortunately, when heart disease, cancer, diabetes, osteoporosis, arthritis, or some other serious deficiency-driven condition develops, neither doctor nor the patient is likely to realize that the symptoms had begun years before.





Ultimately, nutrient deficiencies deprive us of years of life. The average adult survives only into his seventies or, if he is lucky, his eighties. Yes, there is always someone who beats these odds and lives to a ripe old age - a 101- year-old who eats nothing but junk food, swigs coffee all morning and downs a shot of whiskey before bed, smokes two packs of cigarettes a day, and has never swallowed a single multivitamin. The fact that few of such people “live as long as they want to,” are truly remarkable! Unfortunately, they give the rest of us an opportunity to rationalize our own eating habits and lifestyles.








## Shoring up with Supplements

All of us can take a giant leap toward longevity just by taking supplements. Supplementation not only protects against deficiency but also bridges the gap between average nutrition (which culminates in premature death), and optimum nutrition (which extends life span by decades). The extra nutrients that supplements provide prevent marauding free radicals from harming healthy cells, speed the repair and regeneration of damaged cells, and facilitate renewal. The upshot of all this is a longer, healthier and more life of vitality.

Supplements are intended to enhance the nutrient density of your diet. Nutrient density means the ratio of micronutrients (vitamins, minerals, and other essential nutrients) to macronutrients (carbohydrates, protein, and fat). The higher this ratio, the healthier is your diet.

The "Anti-Ageing" diet, for instance, has a naturally top-notch nutrient density. Supplements boost the ratio even higher because they supply nothing but essential nutrients – no carbohydrates, protein or fat. The combination of a nutrient-dense diet and supplements creates an environment conducive to peak cellular performance. When your cells thrive, your body thrives – and that translates into extra decades of optimum health.






**“I feel Healthy; so it will not happen to me – I am too young to worry about my health right now.**

This is one of the greatest medical myths and we have heard the above statement quite often! Please do not get me wrong; there is nothing wrong with "feeling healthy!" However, feeling healthy and actually being healthy may be two very, very different things. We have heard about some of the greatest athletes who looked to be in the peak of health and dropped down dead. We Indians are indeed fortunate that one of our greatest cricketers, Yuvraj Singh won his fight with Cancer. What about the pretty Bollywood actress Manisha Koirala? They both had the resources to fight it out. We know very well that if the critical illness like cancer does strike, an ordinary man will be ruined financially on his way to a surely death. Have you ever thought about the fact that people degenerate overtime and may not be aware of several health issues?






It is unfortunate that we are now seeing many teenagers coming up with illnesses earlier and at a higher rate than ever. Here are some important statistics to recognize when talking about age and health:

- All degenerative diseases are on the rise;
- Disease is regularly occurring at younger ages;
- Infants and children are contracting catastrophic illnesses at increasing rates;
- About 50 years ago, there were no pediatric oncologists (children's cancer specialists) because there were no need;


The reality is that our bodies are very forgiving and adapt to so many stresses. Yet, sometimes, there is no warning before sudden death or critical illness. Since you have gone through this article and have reached up to this juncture, I am sure that you must be convinced by now that people will die "prematurely" from diseases caused by or compounded by deficiencies of food supplements.






## Only Diet will not Help


Let us take a hard look at the facts and what you we are facing in today's world:

- A man's chances of getting cancer during his lifetime are now about 50% and a woman's chance are now about 40%;
  - In 1900, only about 5% of the population died of heart disease, cancer or diabetes. Today, 95% of us will die from any combination of these causes;
  - In the last about 20 years, in spite of billions of dollars spent on research, cancer has become the number 2 killer;
  - Every year few million of women feel fine before being diagnosed with breast cancer. A sizeable number of these women eventually die. Many of these have gone to their doctor saying "This cannot be happening to me - I feel fine!"
  - For majority of men and women with heart disease, a fatal heart attack is their first symptom;
  - In the US, for the last few years the cause of death in people under the age of 30 has been cancer;
  - The WHO states that the world's cancer rate is predicted to increase by 50% by the year 2020.
- 



You may be telling yourself there is nothing you can do about all these “recent” changes in our health over the Last 20-50 years. Bad news can overwhelm us and we do not like to recognize good option and healthy choices anyway.






All we need to do is turn back the clock and get the nutrients in our diets our parents and grandparents got so years ago. But there is one small problem. We cannot possibly do it today with our food supply.

Would you let your car go 50,000 km without an oil change? Of course not! So, please do not do the same thing to your body, whatever may be your age, by not providing them with the essential nutrients so vital for us. It is amazing that supplementation still generates as much controversy as it does. Detractors often charge that supplements do nothing more than create expensive urine.

On account of soil depletion, pesticides, fruits and vegetables being plucked off the vines too early and sent to cold storages and so on, we cannot possibly re-enact the diets of those 50+ years ago. Not to mention that many of our foods have been genetically altered and no longer are what we would have called food, a generation back.

However, we can supplement our diet in a way so we do get what our ancestors got in their diets 50 years ago. However, the challenge is to find the right supplement for individualized needs.

Everyone will die, but how you look and feel for the last 20-50 years depends on your lifestyle and intake of "Antioxidants" and "Food Supplements" throughout your entire life.





## **Reverse Ageing- Restore Regeneration**


Finding the best products to support health can be difficult. The lack of adequate government regulations, the dizzying number of products on the market, and the large variations in quality all create a minefield for anyone trying to find the right vitamin or herb. Many supplements do not work. This is one of the reasons why people have lost faith in using them.

Some of the problems in the supplement marketplace: there are little of the active ingredients promised; the supplements are not always tested or stabilized; many of the supplements take a drug like approach - fix the symptoms; many of them are not tested for long term usage.

There are effective supplements, ineffective supplements and hazardous supplements. Uneducated consumers are at risk from two sides:

- 1.** Consumer knows they should supplement but does not know how to select an effective supplement, therefore wastes their money, time and health;
- 2.** Consumer is uninformed (or given bad advice) on the need to supplement and sacrifices their health.






Here are some of the basic criteria which can be used to evaluate a supplement:

- Look for GMP, HACCP, HALAL, SGS or supplements standards from an outside certifying body;
- Third-party analysis for active ingredients and contaminants;
- Use products that have some basis in basic science, clinical trials or have a long history of use with documented testimonies;
- Choose products that are free of fillers, binders, excipients, flow agents, shellacs, coloring agents, gluten and lactose.
- Look for the FSSAI certification (Food Safety and Standards Authority of India), which is a must for marketing food products in India.

Follow your head! Get the required information. As stated earlier, many products on the market do not meet the standards for stability. Many suppliers have produced solutions based on individual nutrients without doing lab and field standard test on effectiveness, profit being the sole motive. Use supplements of a company that has an in-house scientific testing and validation system with a long standing track record. We can help you lead on the right track. We can help you to find the right combination of nutrients in order to make an effective antioxidant mix that will help turn back your clock or slow it down.








## Your Best Investment

Let us say you are one of the 5% of Indians who does eat three to five vegetables and fruits daily. Do you still need a supplement? Definitely Yes - because on any given day, your choice among those foods is likely to fall short in something! Without optimum nutrition, you cannot achieve optimum health. And without supplements, you cannot achieve optimum nutrition. It is as simple as that.

When it comes to planning careers, vacations and taxes, we have no problem seeking out a qualified professional to help meet or goals. Why should something as important as our diet and supplements be any different?


Changing your diet and adding quality supplements for your daily intake does should not be an inconvenience. Nor does it need to be a matter of depriving yourself of those things you enjoy. Simple, minor changes and an overall awareness of better health is all it takes. You can do it! There is no other investment in this world that pays higher dividends than that.

**"One-quarter of what you eat keeps you alive. The other three-quarters keep your doctor alive." – Hieraglyph found in an Egyptian Tomb.**





## Disclaimers


- The above information is based on the resources freely available on the electronic and print media and is designed just to provide competent and reliable educational information regarding the topic covered. However, it is presented with the understanding that the writer is not engaged in rendering professional advice nor it is intended to discredit the medical fraternity.
  - In presenting this information, no attempt is being made to provide diagnosis, care, “treatment or rehabilitation of individuals. The information is not intended to replace a one–on–one relationship with a doctor or qualified health care professional. It is strongly encouraged to make own health care decisions based upon research and in partnership with a qualified health care professional. You and only you are responsible if you choose to do anything based on what you read.
  - The information presented herein is where you start to discover new resources for your health, healing, happiness and fitness... They are not where you should finish. The chapters and the articles are general in nature and you are a specific and unique individual with unique needs and circumstances.
- 



## Disclaimers

- Whatever you learn from this material, you have the responsibility to learn more about how it will interact with your unique chemistry, lifestyle, age, condition and any medications you may be taking. Your primary resource should be a medical professional who has knowledge of your medical history, current physical condition, list of medications, access to tests and who has examined you. Any liability, loss or risk that may be incurred as a consequence, directly or indirectly, from the use or application of the contents of this booklet is specifically disowned.
- Although best efforts have been made to ensure correctness and sanctity of the information presented herein, no responsibility is assumed for any inadvertent errors or injuries / accidents arising out of misuse / abuse of the information.
- Knowledge is exploding. Circumstances are changing even as this disclaimer is being created. This information is a starting point... It is not where you should finish.

**“All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident.”–Arther Schopenhauer (AlternativeTherapies Chapter)**





For extensive details, please go online and gather further resources.



**Success**  
L I F E C R E A T I O N