

LiveIt!

Nutritional Lessons



Organically Grown Health - Do You Have It?

LiveIt! Lifestyle Lesson 2

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“Vitamins are complexes, they are parts of enzyme systems – Like a watch which is a timekeeping mechanism – it is functional, organic, interactive – a watch is not a hunk of brass – a vitamin complex is not ascorbic acid – it is more – it is complex – organic – functional - whole, not inorganic chemical parts.”

*From the Pen of Dr. Royal Lee (1895-1967)
Inventor, Scientist, Genius, Founder of Standard Process, Inc.*



Good health is the result of many factors: one is wholesome nutrition found in organic foods. Organic food is more than foods grown without pesticides and chemical fertilizers. Organic foods are real foods, not phony, artificial, processed foods. Organic foods possess essential factors that build health. Organic food is greater than the sum of its parts. Like the “watch” metaphor used by Dr. Royal Lee (see above), organic food is an alive, functioning, integrated whole, possessing the essential “goodness” the Creator intended for building and supporting health.

Organically Grown Health is the result of eating organic foods and whole food supplements while doing our best to remove chemicals from our environment.

Organically Grown Health depends on food that Mother Nature intended humans to eat.

For humans, organic, healthy foods are derived from plant and ani-

mal sources, not from a synthetic chemical laboratory nor minerals directly from the soil. Plants, and ONLY plants, can take inorganic minerals from the soil, along with water and sunshine, and make them come alive with the vitamins, enzymes, and energy necessary for animal and human health. One would not find an animal in nature chewing rocks or shells for minerals because they are inorganic and not suitable food for animals. Similarly, inorganic chemicals, additives, pesticides and synthetic “vitamins” are unnatural and have negative effects upon human health and vitality.

Processed foods, food additives & medications are NOT Organic and take essential nutrients from your body.

Synthetic “foods,” that is, “foods” that are pasteurized, chemically-altered or denatured in any other way, such as through the use of food additives or preservatives, are not whole and are NOT fit as human food. So-called “vitamins” created in a laboratory are incomplete, inorganic and when ingested are known to leach out essential nutrients from body stores. When these essential nutrients (vitamins, enzymes and cofactors) are processed out of food and taken out of the body over time, deficiencies can be-

come the cause of the breakdown of the body and disease begins.

Toxins in the environment create the need for more nutrients.

When the body is burdened with synthetic toxic chemicals from the environment, it requires additional nutritional resources to relieve itself of the burden.

Summary of Organically Grown Health principles

Incomplete foods and environmental toxins lead to deficiency, disintegration and disease. Good health is restored and maintained when the nutritional essentials are provided in the form of organic foods and whole food supplements, in the amounts and duration necessary to replenish depleted body tissues.

- Real, whole organic food is the source of integration, health and life—and provides nutritional essentials.
- Synthetic “foods” lack these essentials and are thus the source of DISintegration, DIS-ease and death.

Need proof? Just look at the partial list of chronic conditions related to nutritional deficiencies on the side-bar of this page! How many of these do you suffer? How many do your family and friends suffer?

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Organically Grown Health Begins with Catalyn

The truth is staggering. Many millions of Americans are suffering from the lack of the nutritional essentials for health.

Let's do something about it! Take Catalyn®

Include in your daily foods concentrated whole food supplements that provide the organic wholeness essential for good health. Catalyn®, a whole food concentrate, was first released by Dr. Royal Lee in 1929 and is an organic vital food concentrate rich in nutrients that help to complete the elements missing in your daily food intake. Catalyn is a combination of 15 food sources, all rich in potent forms of enzymes, essential and nonessential amino acids, unsaturated fatty acids, synergists, cofactors, and minerals.

See: www.standardprocess.com

Everyone needs Catalyn. It is the organic whole food concentrate food supplement that has no peer. In our opinion, there is no substitute anywhere, provided by any company that comes close to the organically grown goodness in Catalyn. It is truly The Nutritional Essential! Check out "Patients Speak about Catalyn" in this newsletter. Catalyn has worked like this for people for 75 years now it will help people forever. Get it working for you and your family too!

Dr. Royal Lee explained the concept of organic food in one of his lectures this way, recorded in the 1950's, paraphrased here, "You cannot take apart a watch, which is a functioning mechanism, analyze its elements of brass, springs, jewels and glass then put all those same elements into a pile and expect it to tell time. It takes a 'watchmaker' to put it all together perfectly with the knowledge of the end purpose for those elements for a watch to be created to keep time. That 'watchmaker' is the Creator or Mother Nature and no chemist in a laboratory will ever make a "watch" out of a pile of elements with the same function as Nature provides."

Catalyn helps to provide the missing nutritional essentials for your health. The 'Watchmaker's' parts are in Catalyn and the body knows how to use them for your body's benefit. We recommend you include one of these products in your families' food intake, daily. Begin one of these today:

- **Catalyn 90 or 360 Tablet Bottles**
- **Catalyn (Chewable) 90 Tablets Bottle**
The health benefits of Catalyn for children

- **Cyrofood Powder 10 oz.**

Cyrofood is a powder form of Catalyn for mixing with other foods - such as smoothies and cereals.

- **CyroYeast Wafers 100 Wafers**

Benefits of Catalyn with a lactic acid forming probiotic support for large bowel health.

Patients Speak about Catalyn

"I have been a patient of the Dr. for years and tried different treatments. Since I started taking Catalyn I have been feeling a lot, lot better. It has relieved the pain (and swelling) in my ankles and I have even lost 28 pounds since I started (3 months previous.) I advise more people to use Catalyn. My wife and sister have started adding it to their food and have felt a lot better too!" T.H.

"Patients Speak" are actual testimonials of people who have benefited from the HealthBuilding qualities of whole food nutrition and whole food concentrates.

What Did You Learn?

For humans, organic, healthy foods **True False** are derived from plant and animal sources, not from a synthetic chemical laboratory.

Inorganic chemicals, additives, pesticides and synthetic "vitamins" are **True False** unnatural and have negative effects upon human health and vitality.

When the body is burdened with **True False** synthetic toxic chemicals from the environment, it requires additional nutritional resources to relieve itself of the burden.

Catalyn helps to provide the missing **True False** nutritional essentials for your health.

"We have good health if we get good food, we get good food if it comes from good land." Dr. Royal Lee

This LiveIt! Lifestyle Lesson is brought to you by:

Duben Holistic Chiropractic & Kinesiology

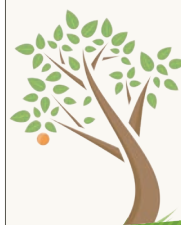
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