

Reasons to take Good Supplements

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- Since the nutrients in food are so depleted it is essential that every person take supplements.
- The supplements themselves need to be high in quality. There are certain manufacturers that live up to these standards, but there are also many manufacturers that do not include the nutrients in the vitamins that are listed on the package.
- Vitamins: Out of the 21 brands tested only 10 met stated claims on their labels, so we must be sure that they are GMP certified and of a higher quality
- **Your brain takes in 1/5 of all nutrients in the body.**

- There's an expression, "Vitamins only give you expensive pee." The question is by the time the vitamins get through your system; don't you think it has done some good for your body?
- According to the experts, they want expensive urine and feces because that is making our body healthier, at least your body had the availability to get all it needed before discarding the rest. *** But if you didn't have enough in your system in the first place you are deficient.
- If you are buying cheap supplements, you are getting what you paid for. You can't expect to drive a Mercedes for the cost of a Yugo?
- **Omega-3** helps prevent cancer, stroke, and heart attack. It works by 13 different mechanisms.

- *** **Research shows that supplemental users are all healthier compared to the normal population.**
- 50 human genetic diseases caused by defective enzymes can be remedied by doses of B-vitamins and the vitamin component of the corresponding co-enzyme.
- In fact, there was a study performed on a girl with Down syndrome and when she was placed on high doses of B-vitamins her entire complexion/face changed.
- *** A whole day of thought uses as many vitamins as running 10 miles.
- The RDA recommends a daily allowance that is the nutritional equivalence to the minimum wage. **You MUST supplement your body to achieve optimum health.**
- According to research every step along the road to malignancy, plant nutrition tend to reduce the likelihood of the next stage of progression.
- *** In the United States, 72% of people are vegetable deficient. 83% of people are fruit deficient. In fact, 1/4 of all the vegetables in the United States that are eaten are French fries.