
Nutrients and Absorption - the Key to Life!

WHY FOOD SUPPLEMENTS? Most of us think of starving refugees from war or famine when we hear the word “malnutrition”. However, malnutrition is *also* caused by too much food, the consumption of unhealthy foods, a lack of variety in foods eaten, lack of absorption, or lost nutrition through processing. Unfortunately, we are not taught better nutrition and how it relates to our health. In fact, we eat for taste, not nutrition; sadly the processors of food know this. When we sit down to a ‘typical’ meal, what we eat will have almost 50 synthetic, man-made chemicals, without counting those in the air we are breathing or the water we drink—eating 80% fresh and raw foods (see Avena December newsletter) eliminates a high percentage of those chemicals – reducing the toxic load on the body.

Surprisingly, it wasn’t until early in the twentieth century that the *study* of nutrition became a recognized experimental science. Before this time it was known that in order to survive, living organisms needed food stuffs, (including water and the salt and potassium minerals), to provide energy. However, many ailments befell people who had enough ‘calories’ to eat, but little to no variety in their diets, and thus failed to thrive, especially those subsisting on foods such as potatoes and polished rice.

Our modern living typically involves one out of three meals eaten out of the home, and most often stress, fast-paced life, prescriptions, and processed, packaged convenience foods. The price we pay for poor nutrition and lack of enzymes is very high. People, especially seniors, commonly suffer from malnutrition—often from apathy, diminished sense of taste and smell, poor teeth condition, low income, and/or an inability to obtain or prepare healthy meals. Digestive and absorption problems, sometimes from lack of hydration and lack of enzymes, also play a role. The importance of nutritional food-based supplements for seniors is virtually ignored. Fortunately, in its raw plant supplements, Avena helps us all restore into our diets that which was originally in the food in the first place. And, if you aren’t feeling better today than you did ten years ago, you have the greatest reason for taking whole food supplements!

The study of nutrition has led to a far greater understanding today of how our bodies absorb or don’t absorb nutrients, and how deficient our modern-day diet and food supply is. Unlike plants that make their own food from raw soil materials using enzymes, our bodies are designed to process foods for nutrients, and so rely totally upon plants for our nutrition, for our life energy. Just as we humans depend upon the plants for our enzymes, the plants must obtain their minerals from the soil, and studies have shown the plants will actually sacrifice their enzymes when grown on mineral-deficient soil. After various metabolic processes of the soil nutrients within the plants, the soil mineral salts become complexed with various carbohydrates, lipids, and proteins in the plant to become part of that living organism. So for our nutritional benefit, we eat the plants (or animals that have eaten and processed plants) that have obtained their nutrients from the soil. This process is commonly referred to as the “food chain”

Thus we see that in nature vitamins and minerals are organic substances, are never isolated, and are an intrinsic part of the food or plant, never isolated from other vitamins or plant components. Nature provides nutrients in the small and balanced amounts essential for health, growth, reproduction, and maintenance. These must be part of our diet since they cannot be produced in a sufficient quantity by our bodies. Each vitamin performs a specific function; hence one cannot replace another. In the same way, nutrients work synergistically and should not be taken in isolation of each other.

Plant food vitamins are chemically and structurally different to the crystalline vitamin analogues. Even though vitamins may often be called ‘natural’, most *non-food* (or synthetic) vitamins are isolated substances that are crystalline in structure and these are often organic only in that the term ‘organic’ can mean that it is a carbon-containing substance. Synthetic, petroleum-derived, supplements may be called ‘vegetarian’— not because they are from plants, but because they are not from animals. Most vitamins in

vitamin supplements are made from such excellent foods as Acerola cherries, alfalfa sprouts, carrots, corn, grapefruit, lemons, limes, nutritional yeast, oranges, rice bran, tangerines, berries, etc (some companies also use animal products). The truth is that only foods, or supplements composed of 100% whole foods, can be counted on as not containing non-food vitamin analogues.

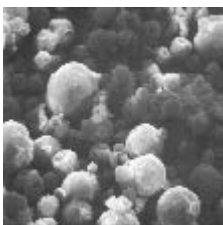
In this way, supplements are food that the body can utilize to correct deficiencies, without causing an imbalance with the body. The only time that larger dosages may be advised would be in circumstances of specific deficiencies, as identified by a health practitioner via objective testing. Normally, no vitamin or mineral should be taken in concentrations greater than what is typically found in food. Any vitamin or mineral in individual mega-doses is stimulating to the body and creates an imbalance. The body must then work hard to eliminate the excess and, in the process, further deplete its supply of other essential nutrients. You may ask, "How can this be? When I take certain vitamins in larger doses, I feel better." That may be true, but it is because of the stimulation effect that you feel good, the same as when people who drink coffee are stimulated by the caffeine. The 'feeling better' is because of the body's increased metabolism in order to eliminate the supplement which, in that form and excess quantity, is probably more harmful than good. Over time this causes more deficiencies and wears the body down. The same stimulating situation applies to some isolated herbal supplements and treatments commonly found on the market.

Writing in the BIOMEDICAL 'Nitty-Gritty' January 1982 newsletter, Dr. Richard Murray quoted the following, "...always, NATURAL versus Synthetic, LIFE versus Death, TRUTH versus THE LIE.". To quote Dr. Leo Roy, "The only source for totally replenishing your cell's needs is other cells and their extracts. If using extracts they need to be separated from their mother cells only in such a way that nothing is lost, denatured, or destroyed." Dr. Lee wrote, "Natural complexes differ from synthetic crystalline vitamins in many ways. For example:

1. They are colloidal, protein in nature, in the form of an enzyme or coenzyme.
2. The crystalline vitamin itself, in the natural product, is in a critical combination and cannot be split off without destroying its biological activity. If separated, it must recombine with other members of the complex before it can function as a nutrient.
3. The natural complex carries trace mineral activators, without which the vitamin fails as a biochemical catalyst.
4. If so-called "High-Potency" crystalline vitamins are ingested, they must be put into proper combination, as a complex, before the vitamin function can be appreciated by the body. Meanwhile, most (if not all) of the crystalline part is lost through the kidney."

Isolated non-food 'vitamins' (often called 'natural', or USP, or pharmaceutical grade) do not necessarily originate primarily from plant tissues, and cannot fully replace all food vitamin activities. Vitamins from food are always present in the form of natural complexes that produce a variety of actions in the body. Whereas, some isolated USP vitamins are analogues of vitamins that appear to have at least some of these activities. USP vitamins are synthesized (according to strict federal standards), standardized, chemical isolates (as listed in the United States Pharmacopoeia or the USAN and in the USP Dictionary of Drug Names).

Physical and Structural Differences:



Food Complex
Vitamin B-1

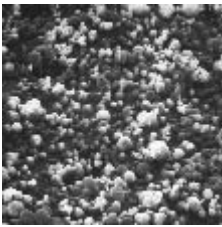


Isolated USP Thiamin
Hydrochloride

Illustrated on the next page is an example of a synthetic Ascorbic Acid vitamin that is perpetrated as the real thing. The drug industry calls this 'Vitamin C'. Ascorbic acid is NOT Vitamin C.

Ascorbic Acid is only a fraction (the outside layer) of the biologically utilizable Vitamin C Complex.

Avena's 'Electric C' is a complete, biologically whole-food utilizable Vitamin C complex.

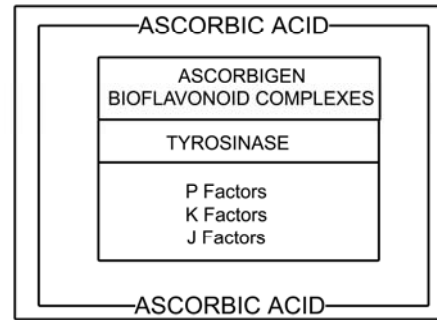


**Food Complex
Vitamin C**



**Isolated USP
Ascorbic Acid**

*Photographs from Electron Microscope
(all taken at same magnification)*



Actually, no matter how much synthetic vitamins one takes orally, it is much harder for these to replace all the functions of food vitamins, or to be absorbed and retained the same. If supplements are not food-based they will be composed of petroleum derivatives, hydrogenated sugars, acids and or else industrially-processed stones or rocks, and they lack also the antioxidant effect of food nutrients.

Processing significantly reduces the levels of vitamins and other organic nutrients in food because of exposure to heat (killing the enzymes), oxygen and gradual degradation during storage. The quantity taken of any supplements depends on your unique nutritional needs; however the most important reasons for taking food-based supplements are:

1. To compensate for foods lacking in quality, partly because of food production emphasis shifting from growing to manufacturing
2. To make up for gaps in the diet due to poor eating habits
3. To achieve optimal nutrition because of genetic differences of people (biochemical individuality)
4. To protect against free radical damage, one of the most basic causes of aging and degenerative disease
5. To help the body synthesize and repair our bodies' DNA towards normal biochemical processes
6. To compensate for environmental and dietary insults from "an unnatural world"
7. To slow down the aging process, reduce disease risk, and minimize the production of free radicals
8. To improve sleep, moods, lessen mood swings and irritability
9. To facilitate the energy-producing reactions that occur in cells, thus fighting off fatigue
10. As a safer, less expensive remedy for dis-ease (e.g. Cambridge University published its medical study on Vitamin E showing that supplements of 400 to 800 IU daily, as in Avena's Toco, reduces the incidence of heart attacks by 77 percent!)

(Source: 'The Nutrition Report' Jack Challem)

Our bodies are the beneficiaries for every dollar that we put into plant-based supplements. The one thing that will determine whether or not we enjoy the money we spend on cars, homes, education, and the workplace is our health. Yet sadly, our health most often comes last when spending money on our physical bodies. Food-based supplements can keep you healthy and keep you energetic. You're worth it!

Health is not an accident nor is it just freedom from disease. It is an achievement, something we have accomplished - whether we realize it or not. Often it is simply a case of being under-educated, and a lack of knowing what it takes to keep our organs and systems healthy. Prevention is much cheaper than treatment (remember that old familiar saying – an OUNCE of PREVENTION is WORTH a POUND of CURE. Looking at food, we must ask ourselves "does it feed me or does it hurt me?", "will this bring life to my body, or will it bring death?" Ultimately, it is far easier, and much more affordable to stay healthy and continually work towards achieving a better quality of life than it is to risk the costs and sacrifices involved in recovering from serious sickness and dis-ease.

Raw-4-Life Recipes

'The Best' Applesauce Pie

This pie rivals the most legendary cooked apple pie. Rich, sweet, and aromatic with cinnamon, offer this pie to your skeptical friends—they will never believe that it is a Raw Pie.

Crust

- | | |
|---|---------------------------------|
| 1 3/4 cup almonds, soaked 8 to 12 hours | 1/2 teaspoon vanilla (optional) |
| 1 1/2 cup date pieces, or chopped dates | Dash of cinnamon (optional) |
| 1 Tablespoon water, or more as needed | 2 teaspoons dry Psyllium husk |

Drain almonds. Dry in sun or dehydrator for an hour, or simply towel dry. In a food processor, chop the nuts until evenly ground. Add dates and process until mixture is finely ground. Add water, vanilla, and cinnamon while processing. Crust should appear slightly damp and must hold together before adding the Psyllium; add a small amount of water if necessary. Gradually add the Psyllium. Immediately press the mixture into an 8 or 9 inch pie pan. Dehydrate crust for one hour, or leave in the sun for 1-2 hours, or in warm oven (250 degrees) for 20 minutes. May use crust immediately but results are better drying.

Note: Psyllium enables the crust to hold together. You can make the crust without the Psyllium with fairly good results.

Filling

- | | |
|---|------------------------|
| 10-12 apples (peeled, and cored), cut in chunks | 2 teaspoons cinnamon |
| 2 cups dates, pitted (Medjool dates are the best) | 2 Tablespoons Psyllium |
| 1 cup raisins | |

Put apples, dates, and raisins through a heavy-duty juicer, using a blank screen. This should yield at least 6 cups of applesauce mixture, if it doesn't, add more apples and put through the juicer again. For best results, then place the mixture in a food processor and process until very smooth. Add cinnamon, process until mixed in. Gradually sprinkle in Psyllium, process until mixed in thoroughly. Immediately pour into pie shell. Cover and refrigerate. Will last for several days in the refrigerator.

Note: If you own a heavy duty blender such as a K-tec or a Vita-Mix the recipe can be made in that instead of using a juicer and a food processor.

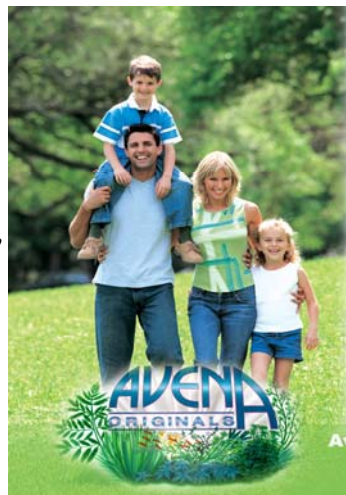
(Adapted from *The Raw Gourmet* (©1999 Alive Books) by Nomi Shannon
www.rawgourmet.com or 888-316-4611)

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