The NUTRITIONAL Essentials

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

"One of the biggest tragedies of human civilization is the precedence of chemical therapy over nutrition. It is the substitution of artificial therapy over natural, of poisons over food, in which we are feeding people poisons trying to correct the reactions of starvation."

A Partial List of Conditions Related to Nutritional Deficiencies

Allergies - Hay Fever
Ankle Swelling
Arthritis
Back Pain
Blood pressure - High or Low
Bronchial Conditions
Bursitis
Circulation, Poor
Colitis
Colon, Spastic
Constipation
Cough, Chronic/Allergic
Diarrhea
Disc Problems
Diverticulitis
Dizziness (Vertigo)
Emphysema
Fatigue, Chronic
Feet, Cold or Burning
Feminine Problems
Gall Bladder Disorders
Gas
Glandular Troubles
Headaches
Heart, Fast or "Nervous"
Hemorrhoids
Impotence
Injuries to Soft Tissues
Insomnia
Joint Pain
Kidney Problems
Knee Pains, Chronic Leg Pains, Cramps, Tingling, Numbness
Liver Problems
Nervousness
Neuralgia
Prostate Trouble
Sciatica
Shingles
Sinus Trouble
Throat, Sore / Hoarse / Congested
Thyroid Conditions
Ulcers -- Stomach, Duodenum, Skin
Yeast Infections

In search of a good night's sleep

After a busy, stressful day, a good night's sleep is like a miracle of nature. Peacefully drifting off to sleep, awakening refreshed and ready to begin another energetic day is your birthright. But many of us to do not enjoy this healthful rest.

Every few minutes a television advertisement warns viewers not to take the chance that they might not fall asleep *instantly* - just take this drug! **Is drug-induced sleep as valuable to the body as natural sleep? Not on your life!** Delay in falling asleep—difficulty in staying asleep—are common problems in today's society and a likely sign of nutritional deficiency … not the need for dangerous drugs.

Dangerous Drugs

Drug companies warn in their fine print that sleeping pills are intended to be used only for short durations, 7-10 days, and they should not be taken for longer periods. These drugs are habit forming and cause side effects such as memory loss, dizziness, drowsiness and coordination difficulties.[1]

Far too many people take sleeping pills as a way of life and thereby degenerate their health unnecessarily. More importantly, these dangerous drugs do not treat the *cause* of insomnia and are a dangerous habit to develop ... especially when there are natural solutions to the condition of insomnia.

What Causes Insomnia?

Sleep involves a shifting balance of chemicals that carry messages throughout the brain and body, gently and naturally turning off and on the brain and nervous system. The body's production of these bio-chemicals depends on diverse nutrients that are too often deficient in the modern food supply. Without the proper nutritional essentials our bodies do not release the chemical signals required to initiate and sustain sleep.

These chemical messengers known as neurotransmitters are made up of amino acids and work in harmony with other nutritional essentials such as organic minerals, healthy fats and vitamin complexes to provide for proper, consistent rest.

Understanding the Cause

Nutritional deficiency results in many symptoms, syndromes and diseases including insomnia. Nutritional deficiency is caused by a combination of factors.
These factors are:

1. Poor nutritional quality of foods.
2. Poor digestion and assimilation of food.
3. Toxic environment – from chemicals, drugs and poor elimination.
4. Depletion of body stores of nutrients caused by unnatural "food" and toxins.

Poor Diet – The processed, nutrient-poor modern diet is known to lead to nutritional deficiency. When we don't receive enough nutrients from the foods we eat, we suffer.

Robbing the Body Store - Modern processed foods have large quantities of white sugar, white flour, corn sweeteners and bad fats – even table salt has been stripped of its trace minerals!

These unnatural and nutritionally barren ingredients require more nutrients for metabolism than what is innately present in food, leaving people ever more deficient in nutrients. Similarly, a toxic environment drains healthful nutrients from the body store, causing the body to be depleted, disordered and deranged.

The Nutritional Essentials build the necessary health factors, preparing the body for a good night's sleep.

Healthy Natural Solutions for Insomnia

Every person suffering insomnia is unique and so is their particular solution. Unnatural food, environmental toxins and other life-style choices result in an altered body chemistry unsupportive of natural restful sleep. There are many solutions however, and the right combination of factors could help you sleep like a baby! Consider these healthful steps.

Take the Sugar Challenge!

Refined unnatural sugar and corn sweeteners deplete the body of HealthBuilding factors and must be avoided. Take the Sugar Challenge and break the cycle of sugar overload and restless fatigue. (See TNE-11) With our help eliminate refined sugar for 21 days and you may avoid it for the rest of your life while enjoying better health and sleep.

Organic Minerals

Some of the first nutrients to be deficient in the modern lifestyle are organic minerals which are vitally important to a properly functioning nervous system and sleep. Organically bound minerals are found in plants, becoming part of chlorophyll and other plant nutrients and every person needs them to one degree or another.

Vitamin Complexes

Synthetic vitamins extracted from their naturally occurring synergists stimulate changes in unnatural ways. Over decades these vitamin extracts have been proven again and again to be of little or no value to health. Only vitamin complexes, those found in whole foods and whole food concentrates, are valuable to the long term health of the body.† Avoid taking high potency synthetic vitamins. Replace them with natural whole food vitamin complexes. Ask me for alternatives.

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† These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. They are to support your health.

1 http://www.lunesta.com/lunestaOverview/lunestaPPI.html
[2] 90% of Serotonin comes from the gut.

Digestion

Amino acids necessary for the formation of neurotransmitters must come from food that is properly digested[2] therefore digestive enzymes must be present in the appropriate quantities. If you have bloating, heartburn, gas and other symptoms of indigestion, nutritional support for your digestion may be an answer for your insomnia.

Purify Toxins

Build-up of toxins can result in allergies, swollen nasal passages and symptoms of sleep deprivation and insomnia. It is advised to consider a purification program periodically to reduce the build up of toxins which may contribute to insomnia and other conditions. (See TNE-6)

Get in the Rhythm of Nature!

Our bodies respond to cues from the morning sun and the evening darkness to create the chemical messengers that control waking and proper sleep. Bright lights at night such as TV and computer screens can stimulate the brain in such ways that restful sleep is delayed.

Peace and Purpose

Spending a few minutes calming your nervous system in an evening activity of meditation and reflection upon the good we do each day to help our family, friends and co-workers can do wonders for ending our days on a positive note, thus preparing us for restful sleep.

If anyone you know suffers from Insomnia please invite them to read this TNE-Issue.

Patients Speak

I have been taking medications nightly for months to help me fall asleep. Truth is they don't really work all that well and I feel groggy and drugged in the morning many times. After three weeks on the Nutritional program I am already off the medication and enjoying a good night's sleep. Thanks. M.A.

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