

The Nutritional Essentials

Livelt! Lifestyle Lesson



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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 Dr. Puskar Can Help

Allergies - Hay Fever
Ankle Swelling
Arthritis
Back Pain
Blood pressure-High/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

Are you suffering from a Nutritional Deficiency?

Where is my vitality?

Why do I ache all over?

Why am I tired even after I have had “plenty” of sleep?

Like millions of Americans - You may be experiencing the signs of nutritional deficiency.

Food is the fuel that energizes our body for work, play and healing. It is the source of our vitality and contains all substances necessary for the regulation of all our bodily processes.

Human life has advanced for eons using nothing more than natural foods from plants and animals, along with fresh water and clear air.

**“Anything Nature
made is better than
everything man-made.”**

But our environment has become very polluted. Most people live far removed from farms and have no gardens. Food is processed to allow for long distance transportation and a long shelf-life, not nutritional content. Synthetic compounds are used to increase crop yields, to add flavor, and to preserve food. Then we use synthetic vitamins and medications to treat deficiency diseases caused by depletion of life-giving nutrients. What a vicious cycle!

What are synthetic compounds?

Synthetic - *noun*: something resulting from synthesis rather than occurring naturally; *especially* : a product (as a drug or plastic) of chemical synthesis. Merriam-Webster Online Dict.

Synthetic compounds are fake, false, artificial. They are not found in nature, they are the result of man-made alterations to nature. It seems that sooner or later most, if not all of these synthetic compounds are found to cause some type of symptom pattern or disease.

Even “miracle” drugs are found to be the cause of disease, degeneration and sometimes death - sooner or later.

People are suffering and taking medications to stop the suffering. Medications come with long lists of side effects. One of the side effects appears to be nutritional deficiency. When a person is suffering from a nutritional deficiency or the side effects of pollution of our air, water or food, **whole-some food is the answer**, not more synthetic compounds. Treat the cause - not the symptoms.

Only 50 years ago, baby formula was considered equal to mother’s milk. Now it is laughable to think that people actually believed that a laboratory could make something equal to or better than Mother Nature. There are hundreds of nutrients,

enzymes, co-enzymes, vitamins and minerals in mother’s milk. Things scientists don’t even know about yet and could not “create” if they did know about them are in mother’s milk and in all natural foods. Go to: www.promom.org/101/

[index.html](#) for all the information you need about mother’s milk.

The point? **Mother’s milk is an example of Nature’s perfection** in the feeding of human babies. After we are weaned from our mother’s milk our nutrition quality goes downhill fast. “Junk” and fast “foods” don’t support health - only wholesome foods will.

I suggest that much of our suffering, our disease and health deterioration is due to low quality nutritional support. We need to understand this and begin to make choices which will build our health rather than tear it down. Need Good News? We have a solution!

The solution? Whole foods and wholefood concentrates.

**How do I find out if I have
a Nutritional Deficiency?**

Do You Have Signs of a Nutritional Deficiency?

Q: What is a Nutritional Deficiency?

A: A condition of the body in which the essential HealthBuilding nutritional factors are not available (from what you eat) to establish or maintain optimal health.

Q: What conditions can be caused by Nutritional Deficiencies?

A: Virtually every condition the body can experience is connected to a nutritional deficiency. (See page one.)

Q: What causes Nutritional Deficiency?

A: Pollution of the air, water and food with chemicals, pesticides and other toxins drain your body of essential nutrients. Junk food, incorrectly prepared foods, and foods eaten in poor combination with other foods result in poor digestion of essential nutrients and drains your body of enzymes, coenzymes and other HealthBuilding factors. These are the causes of the development of nutritional deficiencies.

Q: What can I do to build my health?

A: Eat simple foods – Unprocessed foods whenever possible. Enhance your digestive process by taking enzymes, coenzymes and other HealthBuilding catalysts daily from Standard Process* (SP) – For the rest of your life. Drink good pure water, get a moderate amount of exercise – daily walks for example – and enjoy the benefits of regular natural health care check-ups. *Learn more at www.StandardProcess.com

Q: Why Standard Process Products?

A: The healthbuilding qualities of Standard Process Products have stood the test of time. Made from organically grown foods, millions of people have benefited from SP products since first introduced in 1929. This is why we offer them at our office to help you and your family.

Q: What about my family - could they have signs of Nutritional Deficiency?

A: YES – Nutritional Deficiencies do tend to run in families for various reasons: Genetics, environment (air, water, food), and similar food patterns are a few of the reasons. It is wise to check all family members early and regularly (every six months) to help insure their health is supported as best as one can with the benefits of HealthBuilding Catalysts.

Come to the office for a Nutritional Deficiency Screening. We will perform various tests to determine what might help you to build your health!

“Patients Speak” A Testimonial

“For twenty years I have been taking high potency vitamin products trying to feel good again. Like I was when I was a kid. That good feeling just was not there. I would wake up tired, I was stressed during the day and felt like I needed stimulants to keep me going (cafeine.) Once I started taking wholefood concentrates that all changed. I sleep better, wake up with energy, I have been getting more done during the day! How could something so powerful have been so easy! All I needed was to get some quality nutrients. Thanks, Doc.”

J.Kelly

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

Share this information with a friend.

This LiveIt! Lifestyle Lesson is brought to you by:



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What Did You Learn?

Some diseases have the same symptoms as nutritional deficiencies. True False

Synthetic compounds are natural. True False

Chemicals found in our environment can cause nutritional deficiency disorders. True False

Only whole foods can support nutritional deficiency disorders. True False