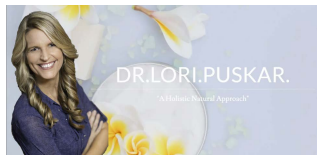


# The NUTRITIONAL Essentials



## From the Pen of Dr. Royal Lee

(1895-1967) Inventor,  
Scientist, Genius, Founder of  
Standard Process, Inc.

*"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."*

## A Partial List of Conditions Related to Nutritional Deficiencies

Allergies - Hay Fever  
Arthritis  
Back Pain  
Blood pressure  
Bursitis  
Circulation  
Colitis  
Colon, Spastic  
Constipation  
Cough, Chronic/Allergic  
Diarrhea  
Disc Problems  
Diverticulitis  
Dizziness (Vertigo)  
Emphysema  
Energy - Low or No  
Fatigue  
Feet, Cold or Burning  
Female Issues  
Fibromyalgia  
Gall Bladder  
Gas/Bloating  
Headaches  
Heart Problems  
"Nervous"  
Hemorrhoids  
Hormones  
Hot Flashes  
Infertility  
Inflammation  
Injuries  
Insomnia  
Kidney/Bladder Problems  
Liver Problems  
Lung Problems  
Nervousness  
Nerves - Numb/Tingling  
Pain - Muscle/Joint Sciatica  
Shingles  
Sinus Trouble  
Sleep Problems  
Stress  
Throat  
Thyroid Conditions  
Ulcers  
Skin  
Yeast Infections

## Organically Grown Health - Do You Have It?

**G**ood 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 animal 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 de-natured 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 become 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 DIS-integration, 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? The truth is

# Organically Grown Health Begins with Catalyn

Continued from page one

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](http://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! Catalyn has worked like this for people for 90 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 1950s, 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.

**15% OFF COUPON\***  
**Your First Bottle of**  
**CATALYN!**

**ORDER ONLINE:**  
**Coupon Code:**  
**Catalyn**

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Cannot be combined with any other offer.

*"We have good health if we get good food, we get good food if it comes from good land."* Dr. Royal Lee-Founder Standard Process

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