

Newsletter "The Source"

BETTER HEALTH- Nutrition

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Nutrition.....

People have been dying from poor nutrition for thousands of years. Although malnutrition certainly exists and has taken its toll on the human race we are not discussing lack of food here. We are discussing lack of the proper nutrients which the body needs to be healthy. You may be eating plenty and yet not be feeding your body what it needs to keep going. After Columbus brought corn back from the New World to Europe there were epidemics of pellagra because the poor in Europe started using the easy-to-grow miracle corn plant as their main dietary staple. Corn is lacking in niacin. The Native Americans from whom the plant came knew that corn had to be balanced with other foods like beans, squash and chilies but the Europeans didn't and thousands died even up until 1928 (7000 died in that year alone-people in the poor southern states of the U.S. ate corn morning noon and night and couldn't afford anything else to go with it).

Scurvy seems trivial nowadays but it was no laughing matter for the huge numbers of sailors who died over the past few centuries until lemons were finally introduced to their diet for the vitamin C content.

And people take a child's right to have a childhood very seriously these days but up until child labor laws were passed this was not the case. Rickets, a vitamin D deficiency, was the scourge of children from medieval times until well into the 20th century. There were so many people afflicted with it that it seemed normal to have curved spines, swollen joints and bent legs. Vitamin D can easily be had from sunlight but children in cities, especially during the Industrial Revolution worked from dawn until after dark in factories at least 6 days a week and when they did get outdoors the air was so full of coal dust that very little sunlight got through. Someone finally came up with doses of cod liver oil and sunshine - both good sources of vitamin D.

Of course we're smarter now aren't we? We have computers and television and newspapers to educate us. We know better now, don't we?

Twenty- five percent of our modern diet consists of added sugars which contain no nutrients, just calories.

15 to 30% of our daily calories come from processed fats - cooking fats, mayonnaise, margarine, salad oils and fats added to baked goods.

People who drink beer, wine or other liquors on a fairly regular basis add another 20% of their caloric intake from alcohol, which has very few nutrients to feed our cells. And then people wonder why they develop nagging little problems that don't go away. Is it really any wonder?

If your diet is typical you may not be getting the nutrients your body needs to stay healthy and repair itself on a daily basis. Between all the sugar, fat, and alcohol the average modern American is now getting approximately half of their daily calorie intake from sources that have no nutrients to offer the body, only empty calories that make it feel full and satisfied.

This is why vitamins and mineral supplements have become a multi million dollar business - most all of us need them.

For the past 70 years the tendency has been to think that disease is caused externally by things like bacteria, viruses, and lately chemical toxins wreaking havoc with our immune systems. Truthfully this is only part of the answer. Two people can be exposed to the same bacteria and one will get sick, the other stay well. Why?

It is important to realize that the source of disease can be twofold; the cause can lie both outside the body and within it. In actuality the inner cause is the most significant for it is your own physical condition which plays a major factor in determining your health. Although deadly chemicals and drug resistant viruses are a reality, the likelihood of the average person dying from one of these is minuscule in the scheme of everyday life. It is far more important to pay attention to what you put in your body both mentally and physically.

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