

# NUTRITIONAL ESSENTIALS



Richard J. Fetcho, DC  
105 E. Franklin St.  
Bloomfield, IA 52537  
(641) 664 2423

“Wheat germ oil acts as an antioxidant, or oxygen conserving factor. . . And its “tocopherols effect . . . Seems to be only that of an anti-oxidant to protect the more important factors.”

Dr. Royal Lee (1895-1967)

Inventor, Scientist, and Founder of Standard Process.

## Partial List of Conditions Related to Nutritional Deficiencies.

- Allergies
- Ankle Swelling
- Arthritis
- Back Pain
- Blood Pressure Trouble
- Bronchial Conditions
- Bursitis
- Poor Circulation
- Colitis
- Constipation
- Cough
- Diarrhea
- Disc Problems
- Diverticulitis
- Dizziness (vertigo)
- Emphysema
- Chronic Fatigue
- Feet Cold or Burning
- Feminine Problems
- Gall Bladder Disorders
- Gas
- Glandular Troubles
- Headaches
- Heart Rate Disorders
- Hemorrhoids
- Impotence
- Insomnia
- Joint Pain
- Kidney Problems
- Knee Pains
- Leg Pains, Cramps
- Liver Problems
- Nervousness
- Neuralgia
- Prostate Troubles
- Sciatica
- Shingles
- Sinus Trouble
- Thyroid Conditions
- Stomach Problems
- Yeast Infections

## The Real Truth about Antioxidants

Scientific “truth” is a relative thing. What is believed to be true at one moment can change with a new discovery. While the earth was considered flat for centuries, mankind now knows that it is round and that the sun, not the earth, is the center of the solar system.

### Flawed Theories

The antioxidant/free radical theory of health and disease is likely another example of flawed theory. Newer research and a deeper understanding of earlier discoveries are changing the current theory of the role of antioxidants in health. Even though millions of people believe that free radicals cause disease, and that taking high potency antioxidants will restore health - the truth is **taking high potency antioxidants cause more harm than good.**(4)

While a proclamation like this seems to go against commonly held beliefs, you will learn that such beliefs are like the “flat earth.” Read this lesson and please make the appropriate lifestyle changes to build your health.

### The Antioxidant Myth:

Antioxidant extracts are important substances to consume in high volumes because they slow the aging process by neutralizing free radicals.

### The Real Truth about Antioxidants

Antioxidants simply are Nature’s way of protecting the important nutritional value of foods until such time as food is consumed.

### The Brief History of the Antioxidant Theory

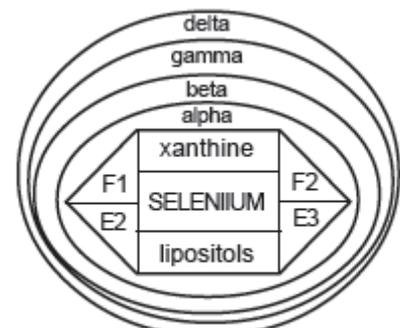
In the 1950’s a theory of aging was promoted which stated that free radical atoms were the cause of accelerated aging. The chemist who proposed this theory, a Dr. Harmon, experimented on rats with a preservative called BHT that had antioxidant properties. While none of the rat populations showed an increase in maximum lifespan, the overall population did show a statistical increase in average life span. From these humble beginnings, the antioxidant theory began to take hold in the minds of the scientific community and the drug companies began the search for antioxidant chemicals.

### Fifty Years Later

Today advertisements abound promoting the mythical virtues of antioxidants while the scientific community is now beginning to abandon them. Dozens of research projects have failed to show any benefit from antioxidant extracts added to the diets of sick people.(4) In fact, **some research has shown that ingesting antioxidant fractions may actually increase the likelihood of health degeneration!**

### What IS the Real Truth About Antioxidants?

Antioxidants are Nature’s way of protecting the nutritional value of foods until such time as they are consumed. Antioxidants are an integral part of wholesome foods. But they are only a part of the food - antioxidants alone do not build health. The truth is, whole foods that are high in antioxidants are also very high in many healthful nutrients - Nature put the antioxidants in to protect the nutrients!



Wheat Germ Oil  
is more than antioxidants

**Whole foods are good for our health and should be consumed often!** Fruits and vegetables have many vitamins, minerals and phytochemicals, some of which are antioxidants. But this inherent goodness is not due to antioxidants, the goodness of fruits and vegetables themselves are coincidental with antioxidants.

Remember this important concept: Whole foods are greater than the sum of their parts. And as Dr. Royal Lee stated 60 years ago, the antioxidant factors in foods seem to be there to protect “the more important factors.” Scientific studies now demonstrate that he was right all along.

# Increase Antioxidant Rich Whole Foods

## Health Building Action Steps

Out with the BAD and in with the GOOD

### First Sep - REDUCE exposure to toxins

1. Reduce or eliminate any and all toxic chemicals around your homes such as non-biodegradable chemical cleaners, solvents, aerosol sprays, pesticides and perfumed products.
2. Eliminate foods that contain fake or damaged fats, additives, preservatives, artificial colors and flavors.
3. Reduce inflammation in your body by supporting your digestive and immune systems. (see lesson 3 and 8)
4. Reduce the load of toxins in your body through periodic purification. (see lesson 6)
5. Quit smoking and avoid second-hand smoke and smog.

### Second Step - INCREASE whole foods

1. Eat fruits and vegetables high in antioxidants and other phytochemicals - and a lot of them - 9 or more servings per day!
2. Eat organic foods as much as possible - they have up to 30% more antioxidants and up to 97% more phytochemicals on average!
3. Enjoy a wide variety of antioxidant and phytochemical - rich foods - the more colorful; the better! Good examples are blueberries, plums, broccoli, strawberries and red cabbage.
4. Supplement with whole food concentrates known to be high in antioxidants because that is where the important known and as yet unknown nutrients vital to health are found.

5. Free Radicals - Unstable molecules with unpaired electrons that set up chain reactions cause biological damage.
6. Harman, D (1956). "Aging: a theory based on free radical and radiation chemistry". *Journal of Gerontology* 11 (3): 298-300
7. Harman, D (1972). "A biological clock: the mitochondria?". *Journal of the American Geriatrics Society* 20 (4): 145-147
8. Howes, R (2006). "The Free Radical Fantasy - A Panoply of Paradoxes" *Ann.N.Y.Acad.Sci.*1067:22-26(2006)

+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.

We recommend supplementing with high quality whole food concentrates from Standard Process such as:

**Wheat Germ Oil** - Introduced in 1939. Is one of the richest sources of complete vitamin E complex. This whole food antioxidant protects, stabilizes, and repairs cell membranes and is beneficial in numerous metabolic processes.+

**OPC Synergy** - One of the strongest, natural, phytochemical - rich whole food products available, OPC Synergy contains a combination of grape seed extract (including Masquelier's Original OPC), buckwheat, red wine extract, green tea extract, and bilberry.+

**SP Green Food** - Research suggests that we should consume from five to nine servings of fresh fruits and vegetables daily in order to meet the nutritional demands of our bodies. SP Green Food is one way to assure your body receives the phytochemical benefits of whole food complexes with their synergistic cofactors to support immune system response, antioxidant protection, and detoxification.+

**Cruciferous Complete** - Kale and Brussels Sprouts contain phytonutrients that protect against cell damage.

**Cataplex A-C-P** - combines the vitamin complexes of A and C with the vitamin P complex. The vitamin P complex, a bioflavonoid sometimes known as rutin, is essential for the successful absorption of vitamins A and C, the healthy function of capillaries and connective tissues, and immune system support.+

**Cataplex A** - Introduced in 1934 - Cataplex A contains whole food concentrates of vitamin A complex including betacarotene.+

**Cataplex C** - Introduced in 1934. The vitamin C complex has long been recognized as an important nutritional compound essential for supporting the immune, cardiovascular, endocrine, musculoskeletal, and blood building systems.+

**Fetcho Family Chiropractic**  
**Richard James Fetcho, DC**  
**105 E. Franklin St.**  
**Bloomfield, IA 52537**  
**(641)-664-2423**

[www.FetchoFamilyChiropractic.com](http://www.FetchoFamilyChiropractic.com)

[Share This Information with a Friend—Thank You](#)

### What Did You Learn?

**Taking high potency antioxidants cause more harm than good.(4)**

Antioxidants are nature's way of protecting the important nutritional value of foods until such time as the food is consumed.

Antioxidants are an integral part of wholesome foods. But they are only a part of the food - antioxidants alone do not build health.

**Whole foods are good for our health and should be consumed often!** Fruits and vegetables have many vitamins, minerals and phytochemicals, some of which are antioxidants. But this inherent goodness is not due to antioxidants, they are coincidental with antioxidants.

True False

True False

True False

True False