

# NUTRITIONAL ESSENTIALS



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## 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

“Disease does not exist in primitive races eating natural foods. We know also that the diseases of civilized man - cancer, diabetes, hardening of the arteries, tooth decay and many others - are practically nonexistent among (those) living on natural foods.” Dr. Royal Lee (1895-1967)  
Inventor, Scientist, and Founder of Standard Process.

## Is There Poison in Our Food?

### If you were eating poison virtually everyday of your life would you expect to feel well?

Of course you wouldn't. But unknowingly, many, if not all of us, are eating certain foods that may be dramatically affecting our health and well-being.

First, let's explore what the word "poison" means.

1. A toxic substance that causes illness, injury, or death if taken into the body.
2. Negative influence - something that exercises a destructive or corrupting force, especially in an insidious way.
3. To pollute the water, land, or air severely with a harmful substance.

**Processed foods are, for many, insidious, toxic substances resulting in the disordering of the normal body chemistry leading to illness and, in the extreme, disease and death.(1)**

### Food & Business - An Unhealthy Alliance?

Processed foods were developed in order to package and preserve foods to make them available year-round to people everywhere. Granted, this was a worthy goal, but somewhere along the way whole, natural foods were replaced by foods selected and processed for storage, shipping, shelf-life and cost, not for nutrition and health.

Fresh, whole foods are only available in close proximity to where they are grown because they spoil. The processing of foods made them consistently available to everyone everywhere but also less healthful.

The food business has morphed from farming, to provide essential sources of nourishment to "food" as a commodity. Artificial ingredients are added to control and manipulate desires while encouraging over consumption and sales.

One can easily see how certain foods that are easily grown, harvested, preserved, transported, prepared and flavor-enhanced have assumed prominence in the modern food supply. The processed food industry tends to use the least expensive ingredients that meet their goals, regardless of whether they contribute to the consumer's nutritional needs. And since these processed foods are part of everyday life, it is difficult for some people to accept that one of their everyday foods could be poisoning them little by little. Refined flour is one example.

### Refined Flour and Gluten

Wheat is one of the most commonly processed foods and is found in most packaged food. While refined wheat flour makes light, fluffy cakes, breads and cereals with a long shelf life, it is dramatically deficient in nutrients. That's because when wheat is refined for use in processed foods, the wholeness of the wheat is destroyed as the wheat germ is separated from the starchy parts of the wheat grain. Wheat germ is the healthy part of the grain as it is the primary source of vitamins and healthy oils.

The problem for the processed food business is that the germ quickly goes rancid and spoils after grinding the wheat for baking. The spoiling of grains makes them taste bitter while reducing shelf life, therefore making them unfit for the processed "food" business.

Gluten is a protein found in the starchy. Carbohydrate-dense part of wheat that remains after separating the germ and is extensively used in the processed food industry. **The gluten protein is one of the substances that for some people is poisonous.**

# Don't Suffer - Take the Gluten Challenge

## Let's learn more about gluten and how it may be negatively impacting your health.

Gluten-rich processed foods are challenging to health for at least three reasons:

1. Wheat gluten protein is difficult to digest and for some people causes immune reactions and inflammation.
2. Gluten is found in most breads, cereals and refined food products; it's everywhere!
3. Processed "foods" high in gluten lead to nutritional deficiency disorders.

## What happens when a person sensitive to gluten eats it?

A gluten-sensitive person's immune system reacts to the gluten molecule as it passes through the small intestine. As a result, the small intestine becomes inflamed and "leaky," unable to maintain a barrier between the contents to the intestines and the internal tissues. This immune system disorder may lead to inflammation, infection, damage and disease, especially autoimmune disease.(2)

Stressed by these circumstances, the digestive system may lose its ability to absorb nutrients, causing healthful foods to pass from the body unused. Nutritional deficiency disorders are a common result.(3)

## Do you suffer any of these common symptoms linked to gluten intolerance?

- Bloating or fatigue, especially after meals
- Headaches, mental fog, forgetfulness and lack of concentration
- Joint pain and stiffness
- Depression
- Loss of balance

If, from time to time, you suffer any of these symptoms, you may be gluten intolerant and should take **The Gluten Challenge**.

Although there are extensive and expensive tests to determine true gluten intolerance, oftentimes after The Gluten Challenge people feel so much better while living a gluten-free lifestyle that they choose to continue it for life, regardless of the results of testing.

## Patients Speak about The Gluten Challenge

*My long-term exhaustion and gloom, my unclear thinking especially when my blood sugar would drop every afternoon, my low back pain that never really went away and constipation that was getting worse, all improved once I took The Gluten Challenge and stopped aggravating my body with breads, pastas and snacks.*

*Now I have no back pain, I can better take care of my family and home, and I am so happy to be cheerful and able to think again! MS*

## What is The Gluten Challenge?

The Gluten Challenge is a three week commitment to a gluten-free food plan. This means that you will focus your attention on vegetables, salads, fruit, beans and non-gluten grains, as well as adequate protein.

Very simply, gluten-sensitive people avoid eating gluten-laden "foods" and repair their body with whole foods and whole food concentrates.(4)

Ask me for a copy of The Gluten Challenge food plan and let's find out if you are one of the millions of Americans negatively affected by this "poison."

## References:

- 1: **Dietary patterns and risk of mortality from cardiovascular disease, cancer, and all causes in a prospective cohort of women.** *Circulation*, 2008 Jul 15;118(3):230-7. Epub 2008 Jun 23.
- 2: **Inflammatory bowel diseases and celiac disease.** *Endocr Metab Immune Disord Drug Targets*, 2009 Jun;9(2):199-218.
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- 4: **Nutritional aspects in inflammatory bowel disease.** *J Pediatr Gastroenterol Nutr*, 2009 Apr; 48 Suppl 2:S86-8
- 5: **How the mid-Victorians worked, ate and died.** *Int J Environ Res Public Health*, 2009 Mar;6(3):1235-53. Epub 2009 Mar 20.

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## What Did You Learn?

Grains are refined to benefit the food business, not my health.

True False

The healthy part of grain is removed because it spoils.

True False

Gluten is a protein that remains in processed grain "foods" and is in most packaged "food."

True False

Gluten is "poison" to some people and health challenging to virtually everyone.

True False

Symptoms of gluten intolerance are serious and should be explored.

True False

Taking The Gluten Challenge may be the best way to see if I am gluten intolerant.

True False

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**The Gluten-Free Challenge**

The Gluten-Free Challenge is a three week “test run” to see how much better you might feel by getting off of all forms of gluten grains, breads and pasta. Breaking the gluten habit may not be easy but it is worth it! Gluten and refined carbohydrates “foods” inflame most bodies and limit the absorption of vitamins and minerals essential to health. We need to get off the “foods” with gluten then restore those lost nutritional essentials and build your health.

The recommended foods below are used to eliminate your exposure to gluten. The objective is to learn how many of the symptoms you now feel are due to the quality of the food you eat and the lack of essential nutrients. Please follow it very closely. Remember this is only three weeks trial. The benefits of following this health building program are many: people feel better, generally having more energy, weight loss is common; cravings often disappear completely; mentally and emotionally people often feel much better,; improved quality of sleep is generally noted. The truth is you may join millions of others who maintain a gluten-free lifestyle but for now you are only committing to trying it for three weeks - could that be so hard?

**BEVERAGES:** WATER - Two quarts per day. Herbal Teas (unsweetened). Fruit Juice (containing no added sweeteners) diluted 50% with water, limited to two 6 oz. glasses/day.

**VEGETABLES:** As much as you like! In salads, steamed vegetables, in omelets and soups.

**FRUITS:** All fresh fruits are allowed except for bananas and pineapple. No dried fruit.

**PROTEINS:** Small amounts of protein every two hours is the key. You may have as much protein as you desire, but no more than the size of your palm at any one sitting.

- Red Meat - optimally 3oz. 3 times a week
- Fish or Fowl - un-breaded
- Raw Nuts - Almonds - Walnuts - Pecans (chew all nuts thoroughly)
- Eggs - Raw or cooked, unlimited.
- Lentils and Beans - Such as in lentil and bean soup.
- Cheese - Swiss is preferable and Yogurt - Plain unflavored.

**GRAINS:** Restricted to Roasted Rice for dinner only. Method: Place long grain rice in a dry skillet and toast to a golden brown. Some of the kernels may pop. Cool, store and cook as needed, as you would cook regular rice.

Whole Food Concentrates - These products/amounts vary on individual needs.

**Catalyn** - 3-6 per day

**Enzycore** - 2 each meal and 1 each snack

**Cataplex B** - 3 each meal or 9 per day

**Drenamin**—2 each meal

**Remember to Avoid: All wheat products, even those labeled whole wheat. Take a break from bread, cereal, pasta and crackers.**