

Nutritional Supplementation

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The first questions are, are you getting optimal levels of essential nutrients from your supplements and are you taking the right ones or simply offering up your money in urination to the porcelain god? Very important inquiries because most nutritional supplementation is ineffective, even some of the more expensive ones. What makes you think the Nutraceutical companies are not just as egregious as the pharmaceutical companies in their promotion and claims?

Let's start with the following and then we will engage in the importance of nutritional supplementation...High quality and effective supplementation

Multi-vitamins are a gross waste of your hard earned dollars

Fish Oil supplementation is rancid and toxic

Whey Protein is a waste product of the dairy industry and toxic

The majority of Vitamin D supplements are not bio-available or absorbed

What? Mother of Mercy and all that is Holy, you cannot be serious? My doctor, you know, is the "mostest" of the most, and the go to guy for all the athletes, told me to take a multi-vitamin and a fish oil supplement every day along with my aspirin and my whey protein smoothie. God, I loathed that word, smoothie. The only smoothie I work toward is one of the bowel movement kind. Well, your doctor or worse your health coach, whatever kind they are, is wrong and you are wasting your money on junk that is not being absorbed and actually causing a pro-inflammatory response in your body which in turn is creating disease.

It amazes me to watch the public throw their hard eared dollars at the feet of various doctors, "health and lifestyle coaches", personal trainers and massage therapists who have no depth of understanding of human physiology and the actions of nutrients at the cellular level. You are listening to people who got their information listening to the TV or the internet or read a bogus research journal like the New England Journal of Medicine and regurgitated it to you and you are throwing pearls at the feet of uninformed, uneducated and indoctrinated swine. Anyone that advises the aforementioned illustrated in bold is swine and a swindler and you are a fool to give them your money and listen to them. Not strong enough for you. Ya, well I can bring it much sharper than that. I am simply pulling in the reigns so as to not offend the truly innocent. Although, we are most likely well beyond that, aren't we? I sure hope so. This is your health we are talking about and they don't care about it. They care about the money and the ego. Period. And you want the quick fix and the magic whey bullet and there is no such thing, friends.

Here is the deal. Today's diets are depleted of vitamins, minerals, essential fatty acids, enzymes and other essential nutrients due to decreasing quality of our food supply from tainted nutrient depleted soil and genetically modified foods. Today's lifestyles involve juggling work, family and other activities, which leaves little time devoted to quality of food choices and meals, leading instead to selections based on convenience instead of health. These choices tend to be higher in low quality fat, refined grain based carbohydrates and over processing to improve taste of a toxic rancid product while destroying essential nutrients. Kind of like, oh, let's see.....WHEY protein powders! Ya, there ya go.

In a recent survey of over 2,000 adults investigating how they choose meals, 34% chose convenience, 28% chose taste and 21% chose cost resulting in making the 17% that chose health, as the least important factor.

**Translation: "Is the food I am eating taste good, fast and cheap?"
"Healthy? What's that?"**

And you wonder where the cancer came from?

The current American standard diet is characterized by a high intake of:

- *Poor quality saturated fat
- *Corn/Soy fed Genetically Modified animal protein
- *Genetically Modified refined grains
- *Sugar
- *Pasteurized/Homogenized Dairy

Consuming a balanced nutrition plan still may not ensure ample nutrient intake due to changes in our food supply. A comparison study evaluated changes in the average nutrient content of 43 fruits and vegetables between 1950 and 2000 and found up to a 40% decrease in nutrient value. In 1938 the US Agriculture Commissioner stated that due to our soil nutrient depletion, our food supply was void of any measurable mineral content. If your body is depleted in minerals, you will not absorb vitamins. The reason your fruits are no longer sweet and shrivels up in 2 days after you bring it home is because it lacks minerals. Brix is the measurement of carbohydrate or sugar and mineral content of a vegetable or fruit. Most commercially created produce today has very low Brix content making it nutrient deficient and not sweet. Even some organic grown produce that has not adequately addressed healthy soil has low Brix measurements.

Food quality changes are a result of multiple factors:

> Storage time and maturity at harvest

Nutrients can be harmed during storage or transportation. A 2004 study cited that storing tomatoes for only 5 days decreased nutrient value by almost 20%. Harvesting plants prior to proper maturity critically diminishes nutrient potential.

>Genetic Modification

Genetically modified fruits and vegetables that have been altered for shelf life, high yield or other growth characteristics rather than the ability to extract or synthesize nutrients from the environment are actually toxic to the body

>Fertilization quality

Fertilization of soil with chemicals that destroy soil microbiomes can lead to nutrient losses

>Farming practices

Free range animals fed non-GMO'd grain and grass fed produce meat with significantly higher levels of Omega-3 fatty acids and conjugated linoleic acid which is a Parental Essential oil or what is commonly referred to as Essential Fatty Acid. Parental Essential Oils is what the body needs, not the derivative fish oils. Unfortunately, most farm animals are restricted to feedlots and given regular hormone and anti-biotic treatments, resulting in meat and milk containing lower levels of nutrients and that are toxic to the body

>Industrial waste and contamination

Chemical residues and industrial waste, including heavy metals, pollute the land, water and food supply. A 2004 analysis of 3,000 people found that most people in the US carry a significant body of burden of pesticides and pesticide metabolites.

We have addressed proper food clean sources of food in previous essays. In addressing proper supplementation sources, choose ones that are food based for optimal absorption and do not

burden your already toxic system with supplements like multi-vitamins and whey protein that will make it worse.

Here is the hierarchy of supplementation:

First and Foremost, Above All

You must have adequate levels of gut bacteria or Probiotics in your system. 90% of folks lack any trace of gut bacteria, which places you on a certain road to illness and disease for a host of reasons. Refer to our Probiotic essay for the detailed critical importance of Probiotics. Stay away from anyone that dumps a bunch of vitamins on you and never addresses the microbiome first.

Second

You must have adequate amounts of **MINERALS** with Magnesium being the most important. The majority of society is mineral depleted which leads to the mal-absorption of vitamins. That is why it is a waste of money to focus on a multi-vitamin without addressing mineral content first.

You must have adequate **ENZYMES** in order to breakdown and digest the food you take in so the nutrients are available to the body. Again, as with minerals, most of society lacks adequate enzymes, which causes digestive issues. Keep in mind, if you are eating whole organic nutrient dense food, they will contain enzymes to assist in the breakdown and effective digestion of the food you intake so as not to burden your body or rob Peter to pay Paul, so to speak. Which is what the majority of you are doing.

Third with the Second and First

Food First Folks. FFF, the 'Trifecta of Health'. You can supplement all you want and listen to these 'go to guy' aplomb circus clowns about multi-vitamins and whey protein, however if you don't look at your food as your primary health source you are sorely mistaken. Refer to our "Are you confused?" essay and "Nutritional Plan" for the details of this issue. Our food supply is being purposefully tainted and depleted of nutrients. Ya, really. Start paying attention. You are getting sicker and you don't ask why? Quite interesting. Chemical manufacturing companies are making your nutrient deficient foods. Notice I wrote 'making' as opposed to 'growing'.

Fourth with the Third, Second and First

Hey wait a darn second here. It appears as though these all work in concert. Am I correct about that? Take the time to shop for your own organic food and prepare it at home. You are not too busy or too important that you cannot learn how to prepare your own meals at home and eat healthy. Here is a little tip for ya'll. When you get sick and I mean really sick like you were just diagnosed with 4th stage liver and pancreatic cancer and you run to me and want your life saved and you will do anything to that goal, it is too late. You should have stopped thinking you were too important or too lazy to eat correctly. Ah, the great American way. "Please someone take responsibility for my irresponsibility." It does not work that way.

"There is nothing more frightening than being completely well because then you have to take responsibility for the world around you"