

SUPPLEMENTATION

Introduction:

Because of the poor diet that most of us eat, the depletion of the soil in which the food is grown, and chemical additives, supplementation is very important. But what and how much is needed? Should I get it from foods or synthetic means?

GENERAL RECOMMENDATIONS

- Calcium- type and amount varies with the individual – to be exact you need to take a RBTI test of saliva and urine.
- Magnesium- 500 mg.
- Potassium- 500-1500 mg.
- Vitamin A – 5,000-10,000 IU
- Vitamin B1 (thiamine) – 4 mg.
- Vitamin B2 (riboflavin) - 4 mg.
- Vitamin B5 (panthothenic acid)- 10 mg.
- Vitamin B6 (pyridoxine) – 25 mg.
- Vitamin B12 (methylcobalamin) – 1000mcg.
- Folic Acid – 400 mcg. (B6, B12 & Folic Acid can be taken together in a good sublingual; all the other B's can be taken individually or in a combination tablet.)
- Vitamin C – 2,000 mg per day.
- Vitamin D – 400 – 2,000 IU per day
- Vitamin E – 400 - 1000 IU per day.
- Proteins – daily intake should be 25 – 50 grams. Most Americans eat 100 grams or more per day.
- Fat – Most of us eat too much of the “bad” fat and not enough the “good” fats. The good ones are the Omega 3's found in cold water fish. To supplement take 2-6 grams per day from flax seed or olive oil.
- Carbohydrates- Most of us eat too many already. Most people need to cut their carb intake in half! Most need to emphasize complex carbs instead of simple carbs.
- Salts – 1-3 grams (Most Americans get between 4-6 grams per day in their diet, so no supplementation is needed.)
- **Remember:** Whenever possible – it is best to get the vitamins and minerals you need from food instead of supplements; it is best to take organic instead of inorganic or synthetic materials. If you take a multi-vitamin or multi-mineral, you may be getting some or all of these in it.

BENEFITS OF FOODS

- Apples – purify the blood, tone up digestive system, improve complexion. Unfermented apple cider is good for those who have trouble with apples.
- Grapes – good for almost everyone – especially those with high acid content.
- Lemons – helpful for many conditions – rheumatism, tonsillitis, gout, asthma, helps to balance acid/alkaline.
- Orange juice – good for fevers, constipation etc.
- Lettuce – contains small amounts of opium therefore good as a sedative.
- Onion juice – good for bronchitis.
- All fruits and vegetables (raw) have high nutritional value because they lower the body's acidity.
- High acid content of foods causes many problems; such as acid reflux, which can be healed by eating less acid foods and eat more raw fruits and vegetables.

- Sweeten with stevia or honey. Processed sugars, such as: equal, and nutrasweet have aspartame in them which becomes formaldehyde when it reaches 86 degrees.

FOOD PREPARATION

- Cook foods over low heat. When cooked over 140 degrees (other than soup) the enzymes and nutrients in the food are killed. Very little benefit (other than fiber) is then gotten from the food. Example: milk pasteurization occurs at 145 degrees.
- Steam vegetables.
- Baked potatoes – the skin contains the nutrients, the pulp is starch which is turned into sugar in the body.

THE PLACE OF WATER IN THE DIET

- The body is “water cooled.” 60-70% of the body is water. The cells need water inside and outside to function properly. Many Americans are in a constant state of dehydration.
- Drink steam distilled water. Faucet water has many chemicals added that at best are not needed and at worse become harmful; such as arsenic. Water purifiers help but still leave many microbes. Steam distilled water is pure water.
- How much? Divide your weight in half and drink that many ounces of distilled water per day. Drink it slowly throughout the day, approximately 8-10 ounces per hour.
- Benefits of distilled water include: it acts as a vacuum since it has nothing in it and pulls out waste from the body. Helps to cleanse the colon. Acts as a balancer for acid/alkaline stomach.

THE PLACE OF EXERCISE

- At least 30 minutes per day three times a week. One hour a day of aerobic exercise is preferable.
- Whenever possible, walk instead of ride.
- Park further away at the grocery, or when going to the shopping center.

SHORT TERM BUILDING OF THE IMMUNE SYSTEM

- Vitamin A – 10,000 – 20,000 IU per day
- Vitamin C – 2,000 – 10,000 mg per day
- Vitamin D - 2,000 IU per day
- Vitamin E – 800 – 1000 IU per day
- Echinacea
- Herb teas

GEN.1:29 DIET (Only for those who are seriously ill or serious about taking care of their body).

- Drink a barley green and alfalfa drink for breakfast. Mid-morning drink about 12-16 oz. of fresh carrot juice.
- Lunch is a large, leafy green salad. Mid- afternoon drink another 12-16 oz. of fresh carrot juice.
- Dinner is composed of one cooked item (like a baked potato etc.) plus raw vegetables and fruits. After dinner and before bed, you may eat a juicy fruit.
- All of this is supplemented by drinking ½ your body weight in ounces of distilled water per day. The carrot juice also counts as part of the water requirement.
- This diet is vegetarian. While on it, one needs to supplement with a good sublingual B vitamin that contains B6, B12 and Folic acid.