

Supplementary Isolates & Nutrition

Nutritional supplements have become exceedingly popular consumer-products and has been a perpetually growing industry ever since the early 1990s. Unfortunately, a vast portion of all the supplements sold today, especially isolated nutrients, are unnecessary, useless, and in most cases produce harmful effects over the long-term.

With the financial struggles people face today it is important that whatever funds they choose to invest in dietary supplements, be spent toward the supplements that will have a meaningful impact on their health in one fashion or another, without negative effects.

Isolates (Vitamins, Minerals, etc.)

“I don’t use isolates. [I] don’t believe in them. I don’t believe in monkeying with chemistry.” ~ Robert Morse, N.D.

Most vitamin and mineral supplements are produced synthetically. In other words, the sought-after nutritional constituents are extracted and isolated from the synergistic and symbiotic complex of the whole food. The natural arrangement of nutrients in whole foods are necessary for the proper absorption and utilization of each constituent. So, the isolation process is where the trouble begins, for it is a futile attempt at imitating the naturally occurring nutritional components which eventually results in undesirable effects.

Some of the problems that are encountered is the disruption of the body’s chemical balance. As an example, taking isolated magnesium will impact the homeostasis of the body’s calcium and phosphorous and vice versa.

Another example is how isolated vitamin C (ascorbic acid) has been found to be antagonistic to calcium, copper, manganese, and zinc.

An example of the harmful effects that can be experienced is that of supplementing with calcium in the presence of thyroid and [especially] parathyroid weaknesses. The hormones calcitonin (thyroid hormone) and parathormone (parathyroid hormone) regulate the waxing and waning of calcium through intricate chemical processes. When these glands are compromised and not adequately producing the aforementioned hormones, when needed, supplemented calcium ends up becoming a free radical resulting in progressive hardening of joints as well as calcifications in the presence of acidosis.

The supplement game isn't worth playing, especially given that it's not necessary. The synergistic and symbiotically bonded constituents in raw, fresh fruits, leafy vegetables, sprouts, herbs, nuts, seeds, and so forth, are significantly more bioavailable (following proper digestion) and ready for utilization and will not settle and accumulate in tissues. And if it so happens you cannot utilize the constituents properly (from inadequate hormone and steroid production) you don't end up with harmful and toxic "side" effects as with isolates. Also, you don't risk depleting your body of co-factor nutrients.

However, let it be clarified that isolates are sometimes a viable, temporary resolution such as for emergency situations where you may not have access to herbs, spices, essential oils, flower essences, homeopathic remedies, etc. or you need to induce a certain action within the body as fast as possible in which case the benefits clearly outweigh the risks.

Nutritional Deficiency vs. Acidosis

There are essentially two popular thoughts on the root causes of dis-ease:

- a.** Toxicity and nutritional deficiency.
- b.** Toxicity and acidosis.

It appears to be very clearly understood, by those who take it upon themselves to conduct independent research, what impact toxic elements have on the human body, if not removed as soon as possible. And although there is vast disagreement as to how the body deals with this toxicity (some argue that the body handles toxins just fine through the liver's alleged detoxifying capabilities, while we understand the process of detoxification to be a little more serious and involved than that), there seems to be a common consensus on the harmful nature of toxins and chemicals nonetheless.

So let's have a look at deficiency vs. acidosis. The concept of nutritional deficiency is one of the driving forces behind the vast consumption of not only supplements, but also animal products, legumes and grains.

'Deficiency' defined: A lack or shortage, especially of something essential to health; an insufficiency: a nutritional deficiency.

The reasons Dr. Morse doesn't focus on nutritional deficiencies are:

- 1) A different perspective on how much nutrition the body actually requires.
- 2) First addressing the body's ability to properly digest, absorb, utilize and eliminate, before even contemplating nutritional deficiency (as he has always found the nutritional problem to fix itself in the process).

- 3) Recognizing that people are facing much greater and deeper problems than nutritional deficiencies, which supplementation isn't going to solve.

Nutritional Requirements:

"This is one of the problems that we face: we're using our intellectual mind when it comes to proteins, vitamins, minerals and all this kind of crap. This idea of vitamins and minerals... when you tear a food apart, a food has a massive amount of different forms of chemistry, from coumarin to flavonoids, to tannins, to alkaloids, to all kinds of things. We're just fixated on vitamins and minerals."

"Don't ask what nutrients we are missing, ask what foods we are missing."

"Scratch deficiencies and put either malabsorption or utilization problems."

"We make nutrition so much bigger than it really needs to be."

"A lot of times we get trapped in the nutritional side of life."

~ Robert Morse, N.D.

The Four Essential Processes for Health and Vitality:

It is imperative that you understand this section, as the following is what must be addressed before even considering nutritional deficiencies of any sort.

First and foremost, ask yourself the following questions:

- 1) Am I consuming the most nutritional and organic food for my physiology? Or is my diet comprised of nutritionally devoid, overly-processed junk foods?
- 2) Am I chewing and digesting my foods properly?
- 3) Is my body absorbing the nutrition from my (hopefully) well-digested food?
- 4) Once absorbed, is my body capable of properly utilizing these constituents?
- 5) Is my body successfully eliminating the waste byproducts created from bodily and cellular metabolism?

If you want an idea of what the answer to the first question looks like, please peruse the PDF entitled 'List of Raw Foods to Eat'.

First - Digestion:

Our focus points for proper digestion include the mechanical phase (i.e. chewing your food properly, before swallowing), the stomach (protein), pancreas (carbohydrates), as well as the liver and gallbladder (fats).

All the above organs (and gland) must be functioning properly.

Second - Absorption:

“7 out of 10 eyes I see on a daily basis have malabsorption.” ~ Robert Morse, N.D.

‘Interstitial lymphatic constipation’, or ‘systemic lymphatic stagnation’ are two terms coined by Dr. Morse and exemplifies precisely what goes wrong when one is unable to adequately absorb their nutrition through the intestinal wall, as the lymphatic system has backed up in the intestines resulting in inhibited absorption.

Also, as a result of many years of consumption of starches, white flour and dairy products, the intestinal villi which serve to expand the internal surface area of the intestinal walls (allowing for greater absorption of nutrition), and also serve to grab ahold of digested food particles for absorption, are progressively matted down as a result of the gluey effect that the aforementioned foods have on the intestines.

So, for absorption, our focus points are all three sections of the small intestines, and the cecum (first) portion of the colon.

Third - Utilization:

“And then we have utilization. Study your adrenal steroids and you’ll see how many steroids are involved in mineral utilization. What if your adrenals are really low and all your steroids are off? How are you going to force your body to utilize minerals without good steroids? And of course [then] there’s the hormones for calcium. How are you going to correct that by eating more nutrition? You’re not!” ~ Robert Morse, N.D.

Now, while digestion and absorption are two factors that are considered by many, this third factor is one that is considered by virtually very few.

The focus points here are:

- Adrenal glands
- Thyroid gland
- Parathyroid glands

The cortex portion of the adrenal glands produce various mineralocorticoid steroids, the most relevant here being aldosterone and deoxycorticosterone. These steroids assist in the **utilization** process of electrolytes and most other minerals.

The thyroid produces a hormone known as calcitonin, while the parathyroid glands produce a hormone known as parathormone or parathyroid hormone. Both of these hormones play their respective parts in the waxing, waning and utilization of the body’s most abundant mineral - calcium.

Fourth - Elimination:

Fourth and final, the elimination process. If elimination of digestive and cellular waste doesn't take place, to the degree that it should, it eventually results in problems in all other compartments concerning one's health due to the resulting systemic acidosis. One of our core focuses in detoxification is to address the individual's inability to filter their lymphatic system the way they should - which is ultimately where most problems begin (of course preceded by dietary habits and overall lifestyle).

The body's primary eliminative pathways are:

- 1) The kidneys (which are controlled by the adrenal glands).
- 2) The colon (note that peristalsis can be affected by impaired adrenal function).
- 3) The skin (note that the thyroid plays a primary role in regulating body temperature, which determines your ability to sweat and thus eliminate through the skin).
- 4) The lungs (primarily in expelling carbon dioxide).

Unfortunately, very few people do not have any problems with all four processes essential to health, outlined above. Therefore, using dietary supplements should only be done as a temporary resolution, if absolutely necessary, while keeping in mind that there is a lot more involved behind the cause of the problem you're taking the supplement(s) for in the first place.

'Acidosis' defined: An abnormal increase in the acidity of the body's fluids, caused either by accumulation of acids or by depletion of bicarbonates.

You will hopefully now understand why nutritional deficiency is still a secondary problem at worst. The consumption of acid-forming foods (dairy in particular) has resulted in the over-stimulation and degeneration of bodily tissues responsible for eliminating cellular and digestive wastes. This has caused the lymphatic system to backup from the kidneys, slowly stagnating all the way back throughout the body. Once the acidic lymphatic wastes deteriorate the adrenal glands and thyroid/parathyroid glands as well as the liver and spleen, pushing these tissues into under-activity, you will begin seeing varied fluctuations in body chemistry. Call it blood serum B12 deficiency, call it iron deficiency, call it whatever deficiency you like, when you receive your blood workup.

Addressing the lymphatic system and strengthening the glands and organs involved is the only true way out of this.

*"You've gotta fix those problems. And those problems rank more on the acid/lymphatic side than they do on the nutritional side. Because, now that your glands are down, now that your lymph system is backed up and you're having malabsorption, now that your adrenals are genetically [compromised] and weakened through diet... you've gotta correct those things, if you want to be dynamically healthy. And when you do, you'll be surprised at how **LITTLE** nutrition goes a long way." ~ Robert Morse, N.D.*

Whole Food Supplements

Instead of supplementary isolates, we encourage the incorporation of whole food supplements. Whether you will call this a “supplement” or not is up to you, for essentially, it is food that has been dried and condensed into powder or flakes; had its juice extracted and turned into powder; or the beneficial properties have been drawn out by infusing into alcohol or glycerin to make tinctures.

The following are excellent options:

- Quality superfood blends (Without added digestive enzymes, probiotics and blue-green algae).
- Kelp (powdered; carefully sourced).
- Moringa Oleifera.

But don't forget what you'll get from the fruits, salads and green juices.