



# IMAGE AWARENESS WELLNESS INSTITUTE

## *Supplements That Work*

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“Man is a food-dependent creature. If you don’t feed him, he will die. If you feed him improperly, part of him will die.” (Emanuel Cheraskin, MD, DMD)

## THE NEED FOR SUPPLEMENTS

I thought I would never write anything on the need for supplements after JAMA recommended supplements in 2002, but I was obviously wrong. The Associated Press released an article titled “Huge study boosts disappointment on multivitamins.” The general point of the article was that a study of over 161,000 postmenopausal women found that multivitamins did nothing to prevent common cancers or heart disease.

I also received a paper by Victor Herbert published in 1996 in which he says, “Physiological amounts of supplements help some people, harm others, and have no effect on most.”

### REFERENCES:

Neuhouser, Marian, et al, Multivitamin use and risk of cancer and cardiovascular disease in the Women’s Health Initiative Cohorts, *Archives of Internal Medicine*, 2009; 169 (3), 294-304.

Herbert, Victor, Prooxidant effects of antioxidant vitamins, *American Institute of Nutrition J. Nutr.* 126: 1197S-1200S, 1996.

## VICTOR HERBERT

Let me address the issue of Victor Herbert first. He was an outspoken critic of the supplement industry. His fame was based upon his groundbreak-

ing research into folic acid deficiency. He induced a deficiency of folic acid in an unidentified human subject and noted increased irritability, forgetfulness, and progressive sleeplessness. He noted that the symptoms disappeared within 48 hours of oral folate intake

Those who knew Herbert wondered who he had been able to persuade to be a subject for such a dangerous experiment. Herbert was later cornered and forced to admit that he had conducted the experiment on himself. Some of Herbert’s critics feel that his experiments left him with permanent brain damage.

Herbert was not really much of an expert at anything. He was a highly paid expert witness for the pharmaceutical and medical industries.

Linus Pauling wrote, “I have known [Dr. Victor Herbert] for about 21 years now. I don’t think he is a scientist. It seems to me that he has little understanding of science and little ability in that field....there is no doubt that his beliefs are not based on facts.”

Pauling credited Victor Herbert

with motivating him to write his books on vitamin C. He would never have written the books he did if Victor Herbert had not sent him a scathing letter challenging him to produce a single “prospective, controlled, double-blind trial where vitamin C had more value than a placebo.”

Pauling immediately found four trials showing that vitamin C was superior to placebo. In researching this, Pauling also learned that the medical textbooks misrepresented the studies in some instances saying that the result had been negative when it had been positive. He became so irritated and angry one day he sat down and wrote *Vitamin C and the Common Cold*.

Herbert continued to pursue his legal agenda of destroying any physician that did anything with nutrition. His proof of his claims in court relied primarily on his own published works.

In 1997, Herbert with John Renner, William Jarvis, and Stephen Barrett compiled and published a quack list of 2,500 physicians and scientists who dared to work with nutrition. Linus Pauling was on the list.

Herbert was livid when the government opened the Office of Alternative Medicine. In one of his lectures he jumped off the stage and began throttling Frank Wiewel, the first head of the organization. This resulted in a court case which ended with a judge telling Herbert he never wanted to see him in his court again.





Victor Herbert died in 2002, but his ideas are still being propagated by an ever expanding internet. REFERENCE:

<http://www.mnwelldir.org/docs/history/biographies/herbert.htm>

## ARE VITAMINS USELESS?

Dr. Arthur Furst once said that he could get any result in a laboratory he wanted by selecting the design of his experiment. This is the reason why there is a wide variation in the results of experiments which are conducted. One should not base any conclusion on one experiment or even a handful of experiments without careful investigation into the design of the experiments.

Literally thousands of experiments on the benefits of supplements have been conducted. The *Journal of the American Medical Association* on June 19, 2002 reversed 20 years of rejection of supplements and advised all adults to take at least one multivitamin pill each day. The rationale was that the weight of evidence from numerous studies is now overwhelming that nutrients reduce the risk of such common degenerative diseases as cancer, heart disease, birth defects, and osteoporosis.

The position of the *Journal of the American Medical Association* is supported by a study conducted by Suzanne Murphy and published in the *Journal of the American Dietetic Association* in 2002. Murphy found that the diets of only 22% of 5,884 people contained 2/3 of the RDA for 15 essen-

tial nutrients. One wonders how many would have obtained 100% of the RDA.

It should not be surprising that the American diet falls short of basic nutrient requirements. The United States Department of Agriculture data in the late 1980's suggested that the standard American diet (SAD) contained the following each year:

- ◇ 134 pounds of refined sugar excluding honey
- ◇ 90 pounds of fats and oils
- ◇ 365 servings of soda pop (638 cans for those 12-29 years of age)
- ◇ 200 sticks of gum
- ◇ 22 pounds of candy
- ◇ 7 pounds of potato chips
- ◇ 8 pounds of corn chips, popcorn, and pretzels
- ◇ 63 dozen doughnuts
- ◇ 60 pounds of cakes and cookies
- ◇ 23 gallons of ice cream

Junk foods replace healthier foods in the diet increasing the likelihood of both health problems and deficiencies of nutrients not added to the processed foods.

REFERENCE:

Fletcher, Robert, and Fairfield, Kathleen, Vitamins for chronic disease prevention in adults, *JAMA*, Vol. 287, June 19, 2002, 3116-3126.

Murphy, Suzanne, et al., *J Am Diet Assoc*, 1992; 92:1352-7.

Jaffe, Russell, and Donovan, Patrick, *Health Assurance: Your Livable Health Plan*, Health Studies Collegium Prepublication for Professionals, 11.

## WHY SYNTHETICS DO LITTLE

Synthetic supplements have not always demonstrated a lot of benefits in nutritional studies. One reason is that they bear little resemblance to the nutrients we find in foods.

## STRUCTURAL DIFFERENCES

Paul Yanick discusses the difference between natural and synthetic nutrients in one of his papers:

"A closer study of the molecular and biological processes that underlie the enzymatic patterns found in the

natural and organic vitamin complex will convince the advanced clinical nutritionist or physician that the physiological function of these nutrients do not in any way correspond to that of isolated synthetic vitamins. When vitamins were discovered, it was the initial absence of knowledge of this complex biochemical structure that led to a letter system of designation with units of measurement being defined in relation to its effect on the animal."

REFERENCE:

Yanick, Paul, Ph.D., "Assessing the Physiological-Chemical Response," in *Clinical Chemistry & Nutrition Guidebook: A Physician's Desk Reference*, Volume One, 395.

## SYNERGISM

A second reason that synthetics are not likely to provide the benefits of food based nutrients is that the action of nutrients is synergistic. Foods provide nutrients in a living matrix.

Roger Williams coined the expression the "chain of life" to describe the interdependence of nutrients. He wrote,

"The chain representation is used to emphasize the fact that all links are needed; if even one link is missing or weak, the whole chain is weak and the favorable environment disappears."

Nutrients function poorly or not at all if enzymatic and other factors are missing because the nutrients in a supplement are synthesized or because foods are cooked. This observation was made by two eminent nutrition researchers:

"Doctors Harte and Chow, celebrated researchers in the field of nutrition, reviewed over 200 scientific studies of dietary interrelationships. Their findings reveal that the shortage of a single essential vitamin, mineral element, amino acid, or fatty acid will create a shock wave that spreads to affect the utilization and/or function of every other essential nutrient." "...this point cannot be overemphasized, all nutrients are interrelated. In other words, the optimal functioning of every single nutri-

ent is dependent upon the presence of every other essential nutrient.”

#### REFERENCES:

Williams, Roger, *Nutrition Against Disease*, New York: Pitman, 47.

Cheraskin, E, et al, *Psychodietetics*, New York: Bantam, 1976, 22.

### NEUHOUSER RESEARCH

The study on the disappointment with vitamins by Marian Neuhouser and JoAnn Manson makes a couple of important points. Neuhouser said, “Get nutrients from food. Whole foods are better than dietary supplements.”

GNLD has focused from day one on deriving supplements from whole foods which one would normally eat for this very reason. The body is designed and equipped to efficiently handle nutrients as they are found in foods. To the extent that these nutrients are altered they become less useful and provide reduced health benefits. This has been a long-standing GNLD nutritional philosophy.

JoAnn Manson, the co-author of the study, noted that the data in the study are not the most rigorous-kind of scientific research since the data are only observational. She said that multivitamins may still be useful as a “form of insurance” for people who do not eat well.

This is an important point as I have pointed out since most people do consume diets lacking in many nutrients.

The nature of malnutrition is not that it kills immediately. It compromises the feeling of well-being. Roger

Williams once pointed out that optimal nutrition is actually rather rare in nature. If a single yeast cell and its posterity received optimal nutrition it would be a ball the size of the earth in a week. Obviously, few yeast cells receive optimal nutrition and environment.

JoAnn Manson also noted that the inability of a multiple vitamin to reduce the incidence of cancer in the study might be flawed because cancer takes decades to develop and the observation only lasted eight years.

The most powerful anti-cancer nutrients are the carotenoids and flavonoids found in foods. These are rarely present in multiples in meaningful forms or quantities.

Eric Jacobs, an American Cancer Society epidemiologist, said that he recommends at least five servings of fruits and vegetables daily for prevention of heart disease and cancer. The fruits and vegetables would hopefully be rich in the carotenoids which are among the most powerful preventatives of cancer and heart disease development in nature. GNLD is not remiss to suggest that Carotenoid Complex is one of the most valuable and helpful supplements one can use.

One can be assured that the multiple vitamins the women were using in this study lacked not only carotenoids, but also phospholipids and omega-3 fatty acids. A large body of research suggests that vitamins and minerals do little when the major structural building blocks (quality fatty acids) of healthy tissue are missing. There are also few benefits when the nutrients (carotenoids) which protect these key structural building blocks are missing.

### QUESTIONS?

One of the issues not addressed by many studies is the question of why people voluntarily choose to use supplements. It has been my observation that most of those motivated to use supplements do not feel well or are aware of existing health problems.

It seems to me that this population would be at greater risk for developing problems than the average population.

The failure of the supplements to lower risk of heart disease and stroke is in conflict with many other studies and is suspicious. One study found that lowering blood homocysteine by 25% reduced coronary heart disease by 11% and the risk of stroke by 90%. A good multiple should have sufficient vitamin B6, B12, and folic acid to lower homocysteine levels.

One study showed that patients with acute coronary syndrome were eight times more likely to die if their folate levels were low and twice as likely to have a major cardiovascular event if their homocysteine level was high.

The point is that numerous studies have shown the benefit of lowering homocysteine so why does this study show no heart disease benefit unless the supplements the women were using did not have biologically available forms of the nutrients. It is doubtful that all of these women had low homocysteine levels.

#### REFERENCES:

Lowering Plasma Homocysteine, *The Medical Letter*, October 27, 2003;45(Issue 1168):85-86.

Garcia-Pinilla JM, de Teresa-Galvan E, et al, Influence of high homocysteine and low folate plasma levels in medium-term prognosis after acute coronary syndromes, *Int J Cardiol*, 2007; 118(2): 220-6.

### COMPLETE NUTRITION

It is healthy to remember that most of the studies done with nutrients do not work with the complete “chain of life.” The importance of an adequate intake of all essential nutrients was realized as an important factor at the very outset of the development of the GNLD tre-en-en.

One of the early papers discussing the significance of the research on the whole food extracts found in what is now known as Formula IV stated, “I don’t believe vitamins and minerals even keep us alive much longer. They just tend to overpep us--we are





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restlessly active rather than actually strong and well. Without the essential lipids along with them, these popular supplements actually may over-stimulate us-and kill us sooner.”

Nutrients work together and a major gap such as failure to obtain quality lipids will tend to undermine whatever potential benefit might be derived from even the best of vitamin and mineral supplements.

The early GNLD research repeatedly demonstrated that vitamins, minerals, and amino acids did little to improve health if the diet is inadequately supplied with lipids and sterols. These are the very nutrients most commonly removed from modern diets as a result of food processing.

The early researchers noted the significance of removal of the lipids for overall cellular health:

“Therefore right here, at the outer boundary of body cells, we discover a threat to sustained health at all ages. It should be noted that this is the kind of stealthy and hidden continuing factor easily overlooked. the cell-supporting lipids were slipped away out of the modern diet with all the eye-evading speed a magician uses with card tricks. Few modern men

and women, even few physicians, realize that a profound change in diet has taken place and that it may account in large measure for the change in the disease pattern so futilely speculated about. Both cell nutrition and cell elimination are being bottlenecked. So all life processes are being slowed down--to the danger point.”

### REFERENCES:

Meynell, Paul, *Role of the Lipids*, Researched Nutrition, 1214 Eighth Avenue, Seattle, Wash.

Meynell, Paul, *Disease Starts in the Cell*, Researched Nutrition, 929 Pine St., San Francisco, CA.

### PRO VITALITY

The GNLD Pro Vitality package contains the key nutrients missing in most diets and most supplement



programs. The carotenoids, lipids, sterols, and omega-3 fatty acids in this package have been extensively tested and shown to produce a wide variety of benefits unlikely to be provided by the typical multiple vitamin.

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