

“What the Health?”: Where do I start? Daily Essential Nutrients required for a Transformational Habit of Health



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- A.A.D.P. (Holistic Health Practitioner).
- 20 yrs. private practice, over 17,000 clients
- Int'l Lecturer (U.S., Canada, China, Israel, Mexico, U.K.)
- Author *“Life is a Teeter-Totter”*, *“Outsmarting HPV”*.
- 11 DVD's, 100's published articles, TV, and Radio.



Remember these simple phrases...

- *“May you never know the disease you prevent”*
- *“The road to good health is paved with good intestines.”*
- *“When all else fails, return to the guts”.*
- *“A healthy person has a thousand dreams, an unhealthy person only has one.”*

Repair and Replenish (BUILD) with 7 Essential Nutrients: – Vitamins & Minerals, Essential Fatty Acids, Enzymes, Probiotics, Fiber, Protein (Amino Acids) and Antioxidants



“What the Health?” - Integrating natural health concepts has a big impact!

- Did you know?
- Medical debt (allopathic) can account for up to 62% of all personal bankruptcies?
- Of those bankruptcies, 78% have some type of insurance? (Harvard University 2015).
- What makes more sense? Taking action now to change your current lifestyle, or wait for a health crisis?



Lifestyle Is Key, 1-2-3!



1. Exercise/Water

- fresh air/release stress

2. Diet/Nutrition

- A “good fat diet”, not a “low fat diet.”
- Diet soda, 61% ↑ CVD.
- Veggies (7x day), Grains, Lean Meats
- British Med. J. 2014 (Oxford) – an apple a day for over 50 yr. olds, could prevent 8,500 strokes/M.I.’s a year. Same # as Rx statins.

3. Supplementation - 7 essentials



Repair/Replenish (BUILD)



- **ABC's of natural health (Activate, Build, Cleanse)**
- We are focusing on the "B" or "Build". This is also known as "Repair and/or Replenish".
- To "live and thrive - not just survive", we must have daily essential nutrients.
- The body does not make many of these daily essentials. Foods today are devoid, so supplementation is key.

Transformational Habit of Health

- It takes *will power* to be healthy and *will power* to become a habit.
- Just deciding what to ingest each day, requires us to make 227 discrete choices!
- **40% of all deaths are attributable to poor self regulation** (a fight between our pre frontal cortex and amygdala – front brain vs. mid brain) – *New England Journal of Medicine 2012*
- Book recommendation: "The Power of Habit" - Charles Duhigg



7 Essentials

- ◆ Vitamins/Min.
- ◆ EFA's
- ◆ Enzymes
- ◆ Probiotics
- ◆ Fiber
- ◆ Protein/Amino Acids
- ◆ Antioxidants

1. Essential Vitamins and Minerals

- **13 essential Vitamins** (water and fat soluble).
- **16 essential Macro minerals** (i.e. Calcium, Iron, etc. more than 100mg/day)
- Micro (trace) minerals (i.e. silica, boron, less than 100mg/day).
- Studies have found as many as 87 total minerals identified in the body (so far).
- Minerals can comprise about 4% of total body weight. Minerals come to us from plants/water.
- They need to be replaced *each day* for optimum health.



Supplementation makes sense

- It is a toxic world! Higher nutrients are required.
- Top soils are depleted (lacking minerals).
- With the large amounts of over-processed, canned, boxed, processed, microwaved, plastic packaging, and nutritionally poor foods, *it makes perfect sense to provide what may be missing on a daily basis.*
- Many nutrients are also lost due to processing/refinement and chemical ingestion.

Daily essential nutrients are not just “Builders” either...

- “Essential vital nutrients are necessary to convert toxins into a form the body can eliminate, effectively.” – Univ. Wisc. Integrative Medicine Detoxification Health Publication 2014
- Detoxification is based on 3 phases (involving enzymes, vitamins/min./antioxidants/fiber)
- **Phase I:** Uses *enzymes* which chemically transform lipid soluble toxins into water soluble toxins in prep for phase II.
- **Phase II:** 15 “hydroxy-pathways” in Liver alone: need an *enzyme blend & use vitamins/antioxidants* (green tea)/cruciferous veggies/chlorophyll etc.) to complete transport.
- **Phase III:** Uses *fiber* for proper bile flow (i.e. artichoke).
- **So if you are missing any of these daily essentials? What happens?**

Test Your Health Knowledge!

What ingredient is the single biggest source of calories in the average North American diet?

- A. Table Sugar
- B. Processed Flour
- C. High Fructose Corn Syrup
- D. Hydrogenated Oils
- E. I don't want to know...(plug ears, cover eyes)

Welcome To North America!

A Few Standard North American Diet Numbers
U.S. and Canada



- Avg. daily calorie consumption: 3,770
 - Avg. global daily calorie consumption: 2,833
- Overweight and obese children: 33%
 - Global overweight and obese children: 12%
- Annual sugar consumption: 142 pounds per person (64kg)
- Percentage of fast food as part of daily diet: 55%

What about Global Trends?

Health



Cardiovascular Disease

Obesity

Respiratory Challenges

Diabetes

Joint Health

Are all vitamins “vit-al”?

Top brand (toxic):

- Sodium Selenite*
- Nickelous Sulfate*
- Chromic Chloride*
- Sodium Borate (Borax)*
- Cupric Oxide*
- Macro minerals only
- Chelated, coated with chemicals, dyes, and fillers - **no phytonutrients**
- * barred from nations drinking water by EPA – added solely based on profit
- Chemical isolates are no longer beneficial to life!

Pick supplements that mimic nature:

- **Vital Nutrition** Support – it should says so on the label!
- **Chlorophyll** coated?
- Some chelation necessary
- **Unique macro & trace minerals**
- **Herbal** and Protector Shield Proprietary Blend of **antioxidant fruits!**

How DO they get away with it?

- It is called the “Weight of Evidence” standard.
- Inorganic and synthetic non-vitals are considered safe until proven guilty.
- Burden of proof falls on lab tests from many epidemiological studies.
- This hinges on **the fact that proving toxicity in humans requires dangerous tests on humans. Any volunteers?**
- These chemical isolates (no synergy, no enzymes, etc.) may not be toxic in a “daily” small dose but, may build up over time.



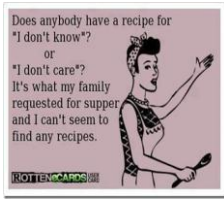
The kids are **not** alright....

- Processed sugar, lack of fiber, poor sleep, etc. The list is endless as to why kids need good nutritional support and supplementation.
- Example: **7 hours or more of sleep + chewable Vit. C increases the defense from colds and flus 60%! (J. Pediatrics 2012)**
- Estimated: **70% of all children are Vit. D3 deficient. (JAMA 2012)**

Vitamin/Mineral dosage?

- **Everyday for life.** RDA is recommended.
- Optimum levels have not yet been established.
- Anatomical fact: it can take 90 - 120 days to rebuild all of ones red blood cells. Up to 5-7 years to build an entire brand new you!
- Given what we discussed so far, the 4 factors etc., - daily for life.
- Supplements help nourish the glands, rebuild the glands, help hormones convert, and help hormones to be accepted by the cells.

When thinking about food/supplements,
1st – “feel” for food/supplements!



2. Essential Fatty Acids

- These are know as Omega’s or essential fatty acids (EFA).
- They are Omega 3’s, 5’s, 6’s, 7’s and 9’s.
- 2 are considered essential: Alpha-linoleic acid (Omega 3) and Linoleic acid (Omega 6).



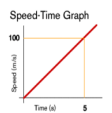
Essential Fatty Acids

- The EFA's are required by the human body daily because our bodies cannot synthesize them.
- Fatty Acids are required for biological processes and fuel.
- In 1923 were actually considered Vitamin F.
- Balance between Omega 3-6's strongly affects function.
- The S.A.D. is very high in Omega 6 and low in Omega 3, creating a deficiency and imbalance.

Benefits of EFA's?

- Research suggests increasing your daily essential fatty acids decreases major depression (DHA).
- It is proven to improve heart, brain, nervous, and cerebrospinal fluid balance/health.
- Rees AM, Austin MP, Parker G (April 2005). "Role of omega-3 fatty acids as a treatment for depression in the perinatal period". *The Australian and New Zealand Journal of Psychiatry* 39 (4): 274-80.
- Heather Hutchins, MS, RD (2005-10-19). "[Symposium Highlights -- Omega-3 Fatty Acids: Recommendations for Therapeutics and Prevention](#)".

3. Enzymes



- Macromolecular biological catalysts.
- Almost all processes in cells need enzymes to occur at rates fast enough, to sustain life.
- Known to catalyze over 5,000 biochemical reactions. (includes digestion/detoxification).
- i.e. orotidine 5- phosphate decarboxylase allows a reaction to take place in a millisecond. Without it, the reaction would take millions of years!
- Callahan BP, Miller BG (December 2007). "OMP decarboxylase—An enigma persists". *Bioorganic Chemistry*

Enzymes



- **The body makes 21 sextillion chemical reactions per second.**
- *All* these reactions require enzymes! Enzymes make everything happen faster and are key to life. They help us “absorb” nutrients too!
- *Did you know?:* Vitamins don’t work without minerals, minerals don’t work without vitamins. *Neither* work without enzymes?

“Let food be the medicine and medicine be thy food”

- By now you are familiar with: “we are what we eat” and even “we are what we absorb”. But let’s take that one step further:
- *Are we not “what our microbes eat?”*

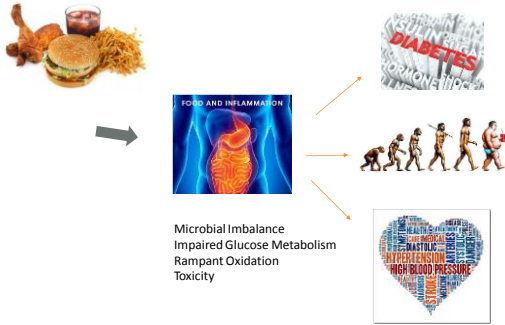




4. Probiotics

- Probiotics: microorganisms beneficial to human life (good guys). Est. over 10,000 species inside humans.
- Help decrease pathogenic gastrointestinal microbes (bad guys).
- Est. up to 10% of total body weight.
- Strengthens the immune system, regularity of bowels, resistance to allergens, reduces gas and bloating.
- *British Journal of Nutrition 106 (9): 1291–6.*

Today's Megatrends...



Why probiotics? Are they a daily essential?

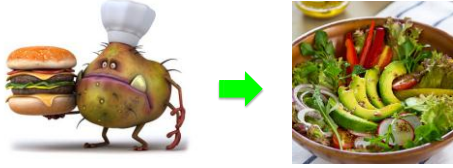
- Consider: 70% to 80% of the immune system is located in the gut. Essential nutrients *and* addition of probiotics - “daily” becomes a must.
- 90% of our neurotransmitters (body made chemicals - regulating mood) are made in the gut (not the brain, as once thought as they affect mood and behavior too).
- Massive amounts of research/literature are now focused on what is known as the “**gut microbiome**” or probiotic home.

Benefits of (good) Bacteria



- Probiotic = pro-life.
- “**The Microbiome should be considered an organ in and of itself**” – **Dr. David Perlmutter M.D.**
- Up to ½ of stool weight is discarded bacteria (NIH Human Microbiome Project 6/2012).
- Fiber and fermented foods help feed the good bacteria. In turn help detox body. Healthy probiotic colony viewed as a second liver!
- **Replenishing** with lost probiotics only makes sense, especially with widespread antibiotic use and antibiotics in foods.

Change your diet (+ supplements), and you change your gut microbiome



5. Fiber

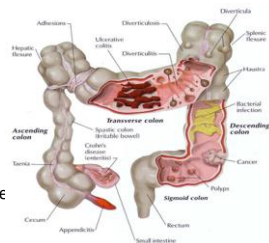


- Dietary fiber or roughage is derived from plants.
- 2 kinds of fiber known as “soluble and insoluble” (5 distinct noted sources).
- Terms may include: polysaccharides, oligosaccharides, lignin, etc.
- Promote laxation, maintain healthy cholesterol levels, and proper blood sugar balance.
- A true daily essential! Optimum amounts are debated but current rec. is 20 grams daily.

Intestinal System Problems

A poor function can lead to a variety of health concerns, including the following:

- Hemorrhoids
- Diverticulitis
- Constipation
- Colonic polyps
- Cancer
- Ulcerative colitis
- Irritable bowel syndrome
- Crohn's disease



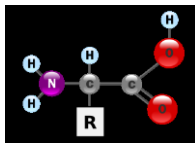
Fiber = Balance



- Key probiotics live right upside the lining of the intestines.
- They ferment fibers that *we* cannot digest on our own.
- This produces food for *other* microbes and cells.
- Some cells of our colon get nourishment **only in this way**. No fiber - no nutrients.
- No fiber, these microbes will have to eat sugar instead (morph), which produces *excessive* mucus, an unhealthy intestinal balance.

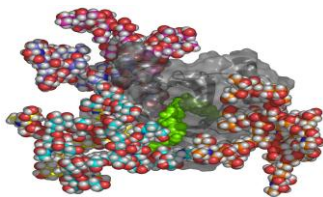
6. Protein/Amino Acids

- Macromolecules with one or more long chains of amino acids.
- Daily essential nutrient. Building blocks of the body and a source of fuel.



Orthomolecular

- **Your body makes 500 quadrillion *protein* molecules per second...**
- “*What protein are you eating?*”



Protein benefits are numerous...

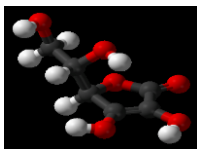
- Growth, maintenance, muscle, hair, skin, nails, bone structure, and is found in all cells of the body.
- *Most abundant molecule in the body.* It is the basis of all blood cells.
- When broken down into amino acids alone, amino's act as coenzymes, hormones, immune response, cellular repair (DNA), and molecules essential for life!

The animal vs. vegetable debate

- Vegan sources generally are *easier to digest, have a lower calorie content, higher vitamin/mineral content.*
- Worldwide, plant proteins contribute 60% supply. But in North America, animal offerings are 70% of supply.
- A great source of vegan is **legumes** or "**pulses**" such as soy or yellow peas. Vegan sources tend to be less acidic and more kidney friendly (Consider adding nuts and seeds to diet as well).
- Vernon Young, Peter Pellett (1994). "[Plant proteins in relation to human protein and amino acid nutrition](#)". *American Journal of Clinical Nutrition*

7. Antioxidants

- Simply put, an Antioxidant is a molecule that inhibits "oxidation" of other molecules.
- Oxidation produces "free radicals" that left unchecked can damage cells. i.e. Vitamin C is a great known antioxidant.



Are they necessary?

- **Studies may be questionable but any molecule that slows or prevents oxidation in the body is similar to slowing or preventing rust on a car.**
- They are orthomolecular molecules from foods that help scavenge free radicals accumulated by the body. Free radicals unchecked create oxidation. Which in turn can lead to inflammation.
- **Antioxidants benefit virtually every organ and body system because they mop up damaging free radicals.**



So that's the 7, now let's put it all together!

- Let's look at the power of 7 daily essentials.
- An example of the power of this foundational Transformational Habit of Health: **Sleep!**



Good Sleep: an example of the 7 daily essentials!

- Human brain capacity is 1 million gigabytes. Takes a lot of energy and produces a lot of *oxidation*.
- Sleep helps restore the brain/body.
- **So what nutrients are needed to ensure great sleep?**
- DHA (EFA), L-Taurine, L-Theanine, L-Glutamine (amino acids), Magnesium, Zinc (minerals), Melatonin (hormone), GABA, Phosphatidylserine, 5-hydroxy tryptophan (amino's), B-vitamins (vitamins), Alpha lipoic acid, Lycopene (antioxidants).
- *"Insomnia is also linked to microbiome, regulating cortisol levels"* (Crit. Rev. Immunol. 14, no 3-4 1994: 355-79)
- No wonder the #1 over the counter medication today is: a pain reliever P.M. (is this a nutrient?).
- **Good sleep is a must and requires a lot of essentials.**

Time to type your questions!

- Take a quick breath here.
- Type any questions you have to this presentation. We will answer these after the end of the presentation.
- Thank you.



“So, where do I start?”



Daily Essentials, that’s where!

- From this webinar, its easy to understand how taking daily action with daily essentials *is* the start. It is the basis for anyone with a health challenge or to find “a habit of health”!
- Science shows our daily choices, diets, supplements, do make a difference.
- However to reach “optimum health”, *adhere* to the foundation: Transformational Habit of Health.
- So let’s conclude with some easy suggestions...

Just 3, daily!

- How can we feel secure in knowing we can address the 7 essentials everyday without breaking the bank?
- Just look at these easy to do, simple daily essentials, and high quality nutrients:



Start here!

- Nature’s Harvest
- Probiotic Eleven
- Stixated (optional)



Nature’s Harvest #3090



- This tasty nutritional drink mix provides 13 g. of vegetable *protein* + 75% of the (RDA) for 18 essential nutrients per serving.
- Vegan, dairy-free, lactose-free and gluten-free.
- **Benefits:** Provides nutrient-dense plants, fruits and herbs for health and energy.
- Contains green foods, *antioxidants*, *essential fatty acids*, *nutritive herbs*, *fiber*, *enzymes*, *pre-biotic*, and more.
- Hint: add an ounce of **Ionic Minerals #310** one time a week to round out complete mineral profile.

Natures Harvest #3090

- Suggestion: If want to up the protein count of grams (from 13 g. to about 17 g.) and/or change “taste”, add one scoop of Love and Peas to one scoop Harvest.



Stixated #6540

- Suggestion: add one packet of Stixated to your Harvest (Love and Peas) meal replacement at same time! Up the ante! Get additional benefits of Garcinia cambogia and Chromium picolinate.



Probiotic Eleven #1510

- Suggestion: Best in between meals as capsules but can also be added to meal replacement. (Absorption of microbes also happens in mucosal linings).



How easy is that?

- You can spread these supplements out through the day or do all at once!
- Make sure you are replenishing and repairing the body on a daily basis!
- It is truly **“Where to start”**.
- *Thank you*, it's been an honor!
- Lets take some questions...



Thank you JAY!
