



## **SOME BASICS** (a work in progress) cont. #4

“**Some Basics**” is a list of ideas and nutraceutical/transferceutical products we compiled to assist people in getting into, what we consider, is a productive frame of mind with regards to herbal and nutraceutical and transferceutical supplements. It is by no means the be-all and end-all. We're sure others will have additional thoughts on this.

We started with ideas about **motivations and commitment** to taking care of yourself as much as possible. Then we went on to **the obvious importance of clean air and pure water**. We then reviewed **Transfer Factors**.

Previous installments of “**Some Basics**” are available at our website.

<http://www.naturesbetterway.com/> Our complete list of **Some Basics** is located at the bottom of this article.

Next on the list is

### **consumption of a natural source vitamin & mineral supplement.**

We've all heard the saying “You are what you eat” We would suggest that that phrase be rephrased to “**You are what you digest and metabolize.**”

Often people will come into our store or email us or call us asking for recommendations on supplementation. Quite often these requests revolve around a specific health issue. Whenever we get that kind of request, we make sure they understand that **we are not doctors and cannot diagnose and will not prescribe**. **(Please read our Disclaimer below)**

We have joked with many that we should have some sort of entrance exam for people new to our store and looking for answers to their concerns.

Two questions:

- 1-Do you take a good food source multiple vitamin/mineral supplement?**
- 2-Do you have at least two bowel movements a day?**

We'll deal with #2 in a later email. The reasons for these two questions is however relatively simple. **Is the body getting basic nutrients and is the body getting rid**

**of waste material?** Most bodies want to be healthy and then we insult them in some way or ways.

**Is the body getting basic nutrients?** We've all heard that a balanced diet (whatever that means) is the best way to get our nourishment. Who among us fits in that category? Isn't that just about impossible to do in this day and age?

**Check out this quote:**

In the June 19, 2002 issue of the **Journal of American Medical Association (JAMA)**, these profound statements were made by the article's authors, Robert H. Fletcher, MD, MSc and Kathleen M. Farifield, MD, DrPH,

**"Most people do not consume an optimal amount of all vitamins by diet alone. Pending strong evidence of effectiveness from randomized trials, it appears prudent for all adults to take vitamin supplements."**

<http://silverlining21.com/wp-content/uploads/2012/01/JAMA-abstract-Vol-287-No-23-June-19-002.pdf>

Excuse me! Did they say **"it appears prudent for all adults to take vitamin supplements."**?

So, now those who used to mock the **Health Nuts and Food Faddists**, think maybe there could be something to this nutritional supplementation stuff. Go figure. Does it have anything to do with money?

Everybody's an expert nowadays. So and so said I **should** do or take this or so and so said I **should** do or take that. My neighbor said I **should** take more of this or take more of that. I for one am really tired of being **"should on"** all the time. Many are looking for the magic bullet (which in most cases doesn't exist). We're not discounting the importance of individual vitamins/minerals. We're only suggesting that a comprehensive vitamin/mineral product might make sense before you start trying to micro manage your supplementation. Does this make any sense?



Is **natural** better than **synthetic**? Does it matter to you?



**What is natural?** Something having undergone **little or no processing** and **containing no chemical additives**: *natural food; natural ingredients.*

**What is synthetic?** It pertains to compounds formed through a chemical process by human agency, as opposed to those of natural origin.



The following is from an article we found on the web a few years ago. Unfortunately the link we have to this piece is no longer working. We want to give credit where credit is due so **thank you to whoever penned this** in the first place.

### Natural verses Synthetic

“This is a very wide ranging subject that could encompass everything from air fresheners & food, to bath and body care products, to medical treatments for our bodies.

With all the media outlets available to us today, all telling their story of what you should buy and use, is there any wonder that we don't just all throw up our hands and give up. Who's telling us the truth? Better yet, who's telling us a lie? (Oh, it's just a little white lie. It really won't hurt anyone. I promise!)

We must dig deeper than what someone tells us if we really want the correct answers. It's not the fault of the people pitching us those catchy marketing lines... they usually don't know any better either.

No, **we must start taking responsibility for ourselves** by asking questions and searching until we are satisfied with the answers we find.

Your body is the most incredible piece of machinery known to man. You cut your finger. It heals. You break a bone. It will heal. Have you ever wondered why the same type of action doesn't usually happen internally? Even with the "advances" we have made in Western traditional medicine, cancer cases go up every year, heart disease cases go up every year, adult onset diabetes cases go up every year, etc. Western traditional medicine does not have the answer to these diseases, only treatment for the symptoms. Well if my body wasn't made to have those things go wrong with it, I don't want them going wrong with it... obtainable treatment for the symptoms or not. **I am fully convinced if we will only make the proper nutrients available, our bodies will utilize them and take what it needs to heal itself. It was preprogrammed to heal itself!** The key is in giving it the nutrients it needs. Your body is a natural living breathing organism. Giving it whole foods grown organically (so it is nutrient dense), pure water, and eliminating the hydrogenated foods (brimming with refined carbohydrates) will make more of a difference than you can ever imagine. Processed, hydrogenated,

synthetic additives, may taste good, but as far as nutrients go, we may as well eat cardboard. How long do you think your body will optimally function on a cardboard diet? I know this sounds ridiculous but I want you to think about it.

If it is not natural, your natural body doesn't know quite what to do with it as far as breaking it down, absorbing it, and eliminating it goes.

After years and years of "running on cheap gas" it starts to take a toll on your body. Then Western medicine sets about to treat the symptoms, and you are still left with an ill-functioning body.

However, if you start eating more nutrient dense foods, changing some of western societies worst offenders, taking some vitamin and mineral supplements, using essential oils, and yes, sometimes Western medical care to some extent is still needed, your body will reward you by beginning to rebuild and heal itself, just as it is programmed to do."

Thanks again to whoever penned the above!

There's a good article at this link explaining natural vs. synthetic supplements.  
<http://www.doctoryourself.com/synthetic.html>

How do tell the difference? Here's good link.  
<http://energyfanatics.com/2008/10/19/how-to-natural-synthetic-vitamins/>

As should be obvious there's a lot of discussion about which is better synthetic or natural. To us the answer seems self evident. Something dad used say was "**the more concentrated a substance is the more it makes the bodily processes work**". You decide.



Also, what's your price position? None of the good stuff is cheap. You can buy vitamins at a gas station anymore. Not the good stuff but... We would suggest that **the most expensive stuff is the cheapest stuff that doesn't work!** That's like throwing your money away. Is it better than nothing? Again, you decide.

When my father and mother started in this business, over 80 years ago, there were relatively few producers of nutritional supplements. There were also many less chemical additives in our food. Nowadays you almost need a degree in chemistry just to read a food label.

What can you do? You can start by paying attention. Make sure you're getting what you think you're getting. Ask for verifiable information about the quality of the supplements you buy. Don't be satisfied with "Trust us". **Do your own due diligence.**

**Disclaimer: We do not directly dispense medical advice or prescribe the use of herbs or supplements as a form of treatment for illness. The information found here is for educational purposes only to empower people with knowledge to take care of their own health. We disclaim any liability if the reader uses or prescribes any remedies, natural or otherwise, for him/herself or another. Historically all of these herbs & vitamin supplements may nutritionally support the body's biological systems. Please consult a licensed health professional should a need be indicated.**

**These are our ideas. We are not doctors nor do we play one on TV. We cannot diagnose and we will not prescribe. No claims are made. These are just our ideas based on a long family history (over 80 years) in and around the health and nutrition business. Do your own "due diligence" and investigate this. You are the most important person in the world! To you - you are! No one cares more about you than you do. Pay attention! We only go around once.**



### **“Some Basics”**

- **Real "Want to"**
- **Conviction**
- **Consistency**
- **Clean Air**
- **Pure Water**
- **Transfer Factor**
- **Multiple Vitamin/Mineral (Food Source)**
- **Probiotics**
- **Digestive Enzymes**
- **Hydrated Bentonite**
- **Psyllium**

**You can do this if this is what you want to do.**

If you have any questions, please do not hesitate to contact us.

To your health and wellness,

***Chuck & Judy Erkfitz***

***Natures Better Way***

PO Box 261 - 870 W Dryden Rd., Metamora, MI 48455

[www.naturesbetterway.com](http://www.naturesbetterway.com)

[www.naturesbetterway.my4life.com](http://www.naturesbetterway.my4life.com)

[www.naturesbetterway.mynsp.com](http://www.naturesbetterway.mynsp.com)

1-810-678-3131 [erkfitz@erkfitz.com](mailto:erkfitz@erkfitz.com)



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