

How to avoid killing yourself from taking supplements.

4 tips to help you not only stay alive but fully alive

Headlines read: Vitamin E causes cancer; Vitamin A causes birth defects; Muscadine Grapes are the natural anti-aging secret; ..... Which ones do you believe or are you confused?

Here are four simple tips to help you not only stay alive but live a life fully alive.

1. Learn the language of food
2. Learn the language of nutrition
3. Learn the language of the scientist
4. Learn the language of the optimist

Matthew 6:25 Do not be anxious for your life, as to what you shall eat.

God knew food was going to be a battle ground. Today our battle is more with the unknown or misunderstood than with the food itself. So let's start with a crash course on food; what is it?

Food – is essential for life. Food designed by God was to be an excellent source of nutrition to keep us strong and healthy. His foods come packed with vitamins, minerals, antioxidants, phytonutrients plus more than has even been discovered. The term Unknown Food Factors is used to acknowledge that everything given to us in the food God designed is not fully understood or identified. Incredible as it may seem man does not know it all when it comes to food! That means we can only rely on what we do know and/ or believe. Genesis 1:31 And God saw everything He had made and it was very good. Food includes plants and animals.

Humans need 26 nutrients and plants need only 16 supplied by their diet. In today's foods scientist determine which of those 26 nutrients are important for us and which ones are not. Same as with plants, of the 16 needed only 6 are given through watering and fertilizer.

What does that mean for us? Since we eat plants and animals this affects us. When plants are lacking in nutrients, and we eat the plants we are therefore lacking in nutrients. When plants are lacking in nutrients and the animals eat the plants they are then lacking in nutrients. When we eat the animals which are the plants we again are lacking in nutrients. Thankfully no one eats us except for a few mosquitos or the cycle would never end!

therefore the animals who eat the plants are lacking in nutrients, therefore we who eat the animals are lacking in nutrients.

Without all 26 nutrients in our diet our cells will start to wear out. This comes in the form of tiredness, skin issues, digestive issues, plus an endless list of issues.

Learning the language of labels – what you don't know may kill you!

*Be careful about reading health books. You may die of a misprint.*

*Mark Twain*

RDA, RDI, AI, UL, DV, ODI – the language of labels

These letters are the language of food and supplements: your understanding does matter.

Who dreams of working for minimum wage? In Virginia today minimum wage is \$7.25 per hour. Although for some that is ok, most of us dream of having an optimal career income that brings stability to our life – extra money, a dependable car, enjoyable vacations, a comfortable home, etc. Even the most frugal economist cannot reach all goals on minimum wage.

The same is true of our food and supplements. Running, playing, hiking, no illness or disease – this all needs optimal nutrition. Living on minimum nutrition is like trying to hike barefooted – ouch!

To understand what is minimum and what is optimal we need to learn the language of labels. Labels are to our health just as education is to our career.

Labels began with the discovery of nutrients over 500 years ago. Sailors were coming down with scurvy and dying from the lack of vitamin C in their diet while at sea. This was discovered when they fed the sailors limes on their journey and prevented the illness. Hence the term *Limeys*

The discovery of individual nutrients changed everything. Scientists determine which nutrients we need more and which ones we need less. Over the years this became the new theme in labeling known as RDA – Recommended Daily Allowances.

Label Language

**RDA** – The basis of RDA starts with studying people in gender and age ranges. Scientists then use the estimated average requirement (EAR) to meet the needs of 50% of healthy Americans in that age and gender range. If you consume the EAR for iron, for example, you would be eating an amount that half of the people in your age and gender group. In other words you have a 50:50 chance that this amount would be sufficient for you to maintain a healthy iron status.

From the EAR the RDA can then be established. So if the EAR recommends you consume 6 mg of iron then the amount is increased to 18 mg to meet the needs of 95% of people in your category of age and gender. These requirements are based on the fact that these people are already healthy and this is to sustain that health. Illness or disease is not taken into account.

**AI** – Adequate Intakes – these recommendations are based on the latest research and not by the EAR. It is an *estimate* of the amount of a nutrient that groups of similar individuals should consume to maintain good health. If you consume the amount suggested by the AI, you will likely exceed the RDAs.

**DV** – Daily value is the term used on supplements. The DV is similar to the AI and RDA but not always the same. DV was developed to help consumers determine the level of various nutrients in a standard serving of food in relation to their approximate requirement for it. The label actually provides the %DV so that you can see how much (what percentage) a serving of the product contributes to reaching the

DV. As long as you are over 4 years of age then everyone – yes all ages - has the same DV%.

**UL** – Tolerable Upper Intake Level – Because scientist believe consuming too much of some nutrients can lead to harmful side effects the Food and Nutrition Board has developed the tolerable upper intake levels. This (UL) refers to the highest amount of a nutrient that is likely to cause harm if consumed daily at high levels. Not all nutrients have an established UL value.

**ODI** – Optimal Daily Intakes – this is designed by Nutritionists and medical professionals. This amount is what you need to get the health results you desire. ODI are for those wanting an optimal career income in their health.

Why does this matter and how does it apply to me? Each week I get emails about the percentages of nutrients found on labels of supplements. For example a bottle of B Complex states it has 1350% of certain B vitamins. That seems outrages to many people. And yes I agree that percentage does seem extraordinarily high. But let's put it in perspective. Remember the minimum wage mentioned at the beginning of this article. The percentage of B Vitamins listed on this bottle is above the RDA (minimum wage) but yet below the UL. So science has determined this product is safe and nutritionists have determined it to be in the optimal range.

Eating food and taking supplements that meet the RDA will only give you minimum wage health. Eating foods and taking supplements in higher amounts will help your body be prepared for life's uncertainties. Can you control everything you eat, breathe or drink? No. So why not be prepared.

Steps for you to take:

- Remember RDA – RDI – DRI are only to keep you in a group of average Americans.
- Determine your ODI: This is best accomplished by working with a skilled professional nutritionists. On our website is the Wellness Profile. We have a team of professionals ready to work with you.
- Eat foods according to the Three Principles discussed in the Treasures of Healthy Living Bible Study
- Never waste a day, always work to improve your health. Eat like you are the CEO of your body.

*Beloved I pray that in all respects you may prosper and be in good health just as your soul prospers. 3 John 2*