

# 10 COMMANDMENTS 4 HEALTH



WEEK 4

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## The Very Best Nutritional Supplements

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## Why Our Food Is Nutrient Deficient

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## How Do You Know If You Have A Nutritional Deficiency and How to Avoid It

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## Supplements

SUPPORTING YOU TOWARDS A BALANCED NUTRITION

How many times have you heard that we can get all the nutrients we need from the food we eat?

We might be able to if we calculate, plan, and scrutinize over labels and research. But if you simply don't have time to read up on the ingredients and vitamin/mineral content of every single morsel you put in your mouth, YOU ARE NOT ALONE!

Truth is, even if we eat the five servings of fruits and vegetables per day that are recommended, our nutrient and mineral intake is not going to satisfy our bodies' needs.

# The Nutrients We Need

## MACRONUTRIENTS AND MICRONUTRIENTS

The truth is, our bodies need over 40 different nutrients to maintain health. Some are required in relatively large quantities and are known as macronutrients, carbohydrates, fats, and proteins. Micronutrients are needed in smaller quantities and include vitamins, minerals, and trace elements.

I'll assume that most of you reading this are not like me in the way that I eat a mainly vegetarian diet with as much fresh raw food as I can. You may be amazed to learn that without my supplements I'd still be falling short of the essential vitamins and minerals that our bodies have developed the need for.

“*The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease.*”  
— Thomas A. Edison

# The Food Around Us

Your body will not usually show signs of deficiencies until they have already become a serious problem. The world and the way we live has changed so much over the last hundred years that we can't get fresh food with enough nutrition. A lot of the time, pesticides, herbicides, fungicides and preservatives that are sprayed and injected into foods we think are healthy and can actually decrease their nutritional value

And there hasn't been time for our bodies to evolve to such an extent that they can cope with all the rubbish that a lot of people ingest on a daily basis. As if that isn't enough to discourage you, our ability to absorb and utilize the nutrients in our food diminishes as we age. So, while it is certainly important to consume a mainly vegetarian and raw food diet, it is equally important to take care of your body with the added health insurance offered by a high-quality supplement.

“*It is health that is the real wealth and not pieces of gold and silver.* -  
*Mahatma Gandhi*





# Why Our Food Is Nutrient Deficient

Why is our food so nutrient deficient?

Well, it is mostly our fault as a human race. As consumers, we want picture perfect produce. The food industry, thus, focuses not on nutrition but on creating food that ships well overseas and still looks larger-than-life when it hits the shelves. Tomatoes and lettuce are picked young and shipped in cold storage in order to appear idyllic on the store shelves. Unfortunately, peak nutrition is achieved by letting the fruit ripen on the vine.

Vine-ripened tomatoes are proven to contain higher levels of beta-carotene, lycopene and soluble fiber than green picked fruit. Lettuce loses up to 46% of certain nutrients within 7 days of cold, dark storage. Lettuce and tomatoes are only two of the culprits. Nearly all fruits and vegetables contain fewer nutrients today than they did in the past when mass production was not the name of the game.

“*The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.*”  
— Ann Wigmore

Broccoli contains 62% less calcium, potatoes have lost almost all their vitamin A, and apples nearly half of their iron as compared to fruit and vegetables grown before the 1950's. Of course, most of us lead busy lifestyles so we don't have the time or patience to grow our produce in our back gardens. As a result, we rely on chain grocery stores and supermarkets.

Commercial farmers supplying these outlets rely on chemicals and pesticides to fertilize and grow their crops. During World War II, chemicals replaced natural manure and mulching, so this has, over the years, resulted in a depletion of the micro-nutrients in our soil. Not only are we eating food with less nutritional value, but we also use various cooking and preparation methods that remove essential nutrients.

“*Time and health are two precious assets that we don't recognise and appreciate until they have been depleted.* -  
Denis Waitley



## Are You Getting Enough Nutrients?

Are you still wondering whether or not you are getting enough nutrition?

In fact, among the majority of fruits and vegetables, there is a 68% loss of Vitamin A, a 76% loss of iron and an 80% loss of calcium. This is especially bad news for women because they are more susceptible to conditions like osteoporosis and anemia.

Even if we were to eat our five servings of fruit and vegetables a day, we still are not guaranteed of getting anywhere near the nutrients that we need for optimal health.

In addition, the inorganic chemicals that are used to preserve produce do not completely wash off when we rinse our fruits and vegetables. When we consume these chemicals, our bodies store them in our fat deposits. If we do not take steps to detoxify our bodies, then what we get is a body full of toxic material that essentially works against us.

And it's even worse if you're eating any processed foods because they've not only had all the goodness stripped out of them, they've had harmful ingredients added to them, reducing the efficiency of your immune system, making you less able to fend off illnesses.

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## How Do You Know If You Have A Nutritional Deficiency?

The problem with many people is that they think they are in optimal health when they feel great. Well, I've got news for you: just because you feel great doesn't mean you are in tip-top shape. You may feel fit now, but when a health problem suddenly strikes you will be wondering why you didn't see signs of it earlier.

Almost always, it is much more difficult to cure an illness than it is to prevent it. It's better to arm yourself with nutritional supplements now than it is to be taking loads of medication to dig yourself out of a hole that could have been easily prevented.

“Good health and good sense are two of life's greatest blessings - Publilius Syrus



## How Do You Avoid A Nutritional Deficiency?

In these modern times with all the pesticides and mineral loss due to import travel and preparation methods, it is almost impossible to avoid a nutritional deficiency. Plus, when we consider the ever-tempting convenience of fast food, excellent nutrition is hard to come by.

So, the best way to avoid problems associated with poor nutrition is to use a proper supplement. I am not saying that health supplements should replace a healthy diet; I am saying that you need a supplement to complement your diet to make sure that you get enough of the essential vitamins and minerals - every day. I know it is hard to make the right food choices every day - especially during holidays - so the best hope for illness-free health is a proper dietary supplement

*“Eat like you love yourself. Move like you love yourself. Speak like you love yourself. Act like you love yourself.” - unknown*

## The Very Best Nutritional Supplements

So what do we need? We need to supplement our diet. But we need to supplement it with vitamins and minerals supplied to us in the same way they are in nature. Too many of us choose to use the popular supplements available on the market, but this is risky because not all supplements are created equally.

I've searched for years for the best nutritional supplements I could find and I was lucky enough to be introduced to **Eric Llewellyn**. Eric is a world-renowned nutritionist who develops nutritional formulae using the finest vitamins and minerals. The nutrients he uses are molecularly bonded to food elements, including proteins, carbohydrates, and lipids and are concentrated into food complexes. They provide the bio-available support we need on a cellular level. Together, Eric and I have created the range of **Skip's Naked Health Nutritional Supplements**. The unique Superfood Matrix Delivery System ensures that more of the nutrients are absorbed by the body in the same way they are in raw/live foods. They are attached to specific protein carriers for effective delivery to their site of action. This means you won't simply pee your vitamins down the toilet; your body will actually make good use of them.

### WANT TO READ MORE?

The "10 Commandments 4 Health" is available here:

<https://ke122.infusionsoft.com/app/storeFront/showProductDetail?productId=27>

