

Supplementation – Is It Necessary?

(Part 2)



Fact: Some people take supplements to get the minerals needed. Were you aware that all of your nutrients are counter-balanced/dependent upon each other and that they need all their facilitators to help with maximum absorpti

Example:

- Calcium
AND
- Magnesium

Note: You can have all the calcium you want, but if your body does not have the proper amount of magnesium, the calcium will not be able to do what is necessary to be done in the body.

*****Too much calcium steals the magnesium out of the body, causing plaque buildup on the vessels and arterial walls.**

QUESTION: Do supplements have all of the facilitators necessary for proper absorption?

ANSWER: A natural orange is superior to any pharmaceutical preparation as a source of Vitamin C, even though the orange only has 53.6 mg. of Vitamin C. Because of the 170 phytochemicals that an orange contains, it is even greater than 500 mg of Vitamin C supplement.

- It's not how much you take, it's how well the body absorbs what you take in.
- **REMEMBER:** What God has created, man cannot improve upon

Note: There are cases where major doses of Vitamin C powder may be needed in life threatening situations, but it is not recommended for daily, regular use. An example of this is the man in New Zealand who had the swine flu and was in a coma, about to be taken off of life support. The video link is below.

SOME FACTS ABOUT SUPPLEMENTATION:

- **The latest research done:** The latest research of 20 huge studies recently published is consistent and solid; the opinion of the Cochran review committee confirms much of this information
- There was a paper that was just published in the American Journal of Epidemiology titled "Soup Du Jour" Vitamins A, B, C, E & Now D.

THE MAJOR STUDIES SHOW THE FOLLOWING:

A. **Beta Carotene** pills increase the risk of lung cancer.

B. **Folate/Folic Acid** pills increase the risk of restenosis (the recurrence of narrowing of vessels/ Blood flow restriction) & heart attacks and cancer.

C. **Vitamin E** = Toxic

D. **Calcium Supplements** are linked to increased heart attack risk – get the calcium you need in your food. This way the calcium absorbs much slower; the way the body was intended to – don't take the supplements, especially post-menopausal.

E. **EFA** – A physiological active chemical that does harmful things in the body - thins the blood too much – suppresses the immune system - makes a person fat.

***Good evidence shows that taking these essential fats increase your risk of cancer and microbial infections.**

F. **Vitamin B-12** may contain cyanide.

G. And so **much more**

Note: When you take vitamin supplements, you create nutritional imbalances in the body -- The food, the way our Creator designed, is packed with the necessary elements to counter balance each other.

VITAMINS ARE DANGEROUS

- **They are isolated, concentrated nutrients**
- **They are not food**
- **They're pills & proven to be very toxic to the body**

SOP QUOTES ABOUT SUPPLEMENTED MINERALS:

“From our study of the testimonies and the little work, how to live, we can see that the lord is strongly opposed to the use of drugs in our medical work...several of the students are in doubt as to the meaning of the word 'drug' as mentioned in How To Live. Does it refer only to the stronger medicines as mercury, strychnine, arsenic, and such poisons, the things we medical students call 'drugs,' or does it also include the simpler remedies, as potassium, iodine, squills, etc.? We know that our success will be proportionate to our adherence to god's methods. For this reason I have asked the above question.” {2SM 278.3}

Your questions, I will say, are answered largely, if not definitely, in how to live. Drug poisons mean the articles which you have mentioned...I do not think that I can give you any definite line of medicines compounded and dealt out by doctors, that are perfectly harmless.” {2SM 279.1}

“God's servants should not administer medicines which they know will leave behind injurious effects upon the system, even if they do relieve present suffering. Every poisonous preparation in the vegetable and mineral kingdoms, taken into the system, will leave its wretched influence, affecting the liver and lungs, and deranging the system generally.” {Te 87.3}

ARTICLES:

To learn more about this subject, go to the following links.

JUST BE ON THE SAFE SIDE: DON'T TAKE VITAMINS BY: DR. JOHN MCDUGALL

<http://www.drmcDougall.com/misc/2010nl/may/vitamins.htm>

MORE INFORMATION REGARDING THE DANGERS OF SUPPLEMENTATION

<http://www.doctoroz.com/article/hidden-dangers-dietary-supplement>

<http://www.sciencemag.org/news/2015/08/feature-revealing-hidden-dangers-dietary-supplements>

A VITAMIN A DAY MAY ACTUALLY DO MORE HARM THAN GOOD

<http://www.msnbc.msn.com/id/16655168/>

FOLIC ACID/FOLATE SUPPLEMENTATION IS HAZARDOUS TO YOUR HEALTH

<http://www.doctorsresearch.com/folic-acid.html>

SOME VITAMINS MAY BE HAZARDOUS TO YOUR HEALTH:

<https://www.youtube.com/watch?v=F4gocE-R6oM&t=87s>

VIDEO THAT SPEAKS AGAINST CALCIUM SUPPLEMENTATION

http://video.foxnews.com/v/4299749/supplement-harmful-to-health/?r_src=ramp#sp=show-clips

SOP ABBREVIATIONS:

MH = Ministry of Healing

2SM = Selected Messages, Volume 2

3SM = Selected Messages, Volume 3

4T = Testimonies to the Church, Volume 4

9T = Testimonies to the Church, Volume 9

MM = Medical Ministry

PP = Patriarchs and Prophets

ED = Education

CD = Counsels on Diets and Foods

TE = Temperance

<https://ravishingrecipesandhealthfacts.blogspot.com/2017/09/supplementation-is-it-necessary-part-2.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2018/01/supplementation-is-it-necessary-part-2.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2018/05/supplementation-is-it-necessary-part-2.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2018/09/supplementation-is-it-necessary-part-2.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2019/01/supplementation-is-it-necessary-part-2.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2019/04/supplementation-is-it-necessary-part-2.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2019/08/supplementation-is-it-necessary-part-2.html>