

Rosen Chiropractic

Why Standard Process?

A recent Rutgers University study demonstrated that the

Iron content of Organic Spinach contained 1584 mpg* versus 49 mpg from Commercial Spinach.

Iron Content of Organic Tomatoes contained 1938 mpg versus 1 mpg from Commercial Tomatoes.

This study has been repeated several times, with the same results.

*mpg = *millequivalent per gram*.

Our food is severely depleted of nutrients because our soil has been raped and is dead. (If you would like more on the subject, please borrow some tapes on our soil, our food and our nutrients. Ask up front.)

I believe that many of our chronic health problems are due to this malnutrition. There is ample data to support the idea that nearly everyone is deficient in some nutrients. In this day and age it is nearly impossible to get all of the nutrients we need from our food. Obviously, we would like to eat a *wide variety* of only organic fresh fruits, vegetables, grains and meats, but I don't know many people who actually do it.

Did you know that 24 hours after milling grain and making flour, the oils in the flour turn rancid and become carcinogenic? (*Fats & Oils* by Udo Erasmus.)

Yes, that means unless you mill your own flour and make your own bread, you are eating toxic oils!

Obviously, refrigerated wholegrain breads *free of* hydrogenated or *partially hydrogenated* oils are the next best way to go if you're not going to mill your flour and make your own bread.

There is so much controversy about diet. After much research, I do believe that high carbohydrate, low-fat, protein diets are the *cause* of much disease. For those of you around from the old days, I realize that's what I used to teach in my nutrition lectures.)

I believe there is ample data that suggests that a more natural and healthy diet would be similar to "The Zone", or Melvin Page's diet, (ask up front for the Page Diet Handout.) Something like 30% fat, 30% protein and 40% carbohydrate from veggies versus grains and starches.

Realizing that there is much controversy, I recommend trying different diets and ratios of fat, protein and carbohydrates and find what feels *best for you*. Just know that the low fat, low protein, high carbohydrate diets have been shown to *cause* clogging of the arteries, which is exactly what it was *supposed to stop!*

Since there is much controversy as to what to eat, and most of what is eaten is devoid of its nutrients, I believe it is *imperative* that we supplement our diets with WHOLE FOOD SUPPLEMENTS. I recommend whole food supplements, or Designed Clinical Nutrition - not synthetic vitamins and minerals.

What's the difference between the two? The difference is, one gives nutrients and the other takes nutrients away! It is imperative that we get off the "White Trash," i.e., sugars, (NutraSweet is extremely dangerous, please see article), flour and flour products (cakes, cookies, candies, sodas, milk and even pastas). The "insulin response" is the cause of much disease. (Read "The Zone.")

Whole food supplements are just that. Whole food, put into a tablet or capsule. Each tablet contains approximately 1/2 pound of fruits and vegetables and sometimes glandular extracts, that are extremely rich in nutrients that most of us would *never* eat. i.e., beet leaves, peavine juices and powdered liver.

Synthetic vitamins, i.e. d-tocepherol (*not* Vitamin E), Ascorbic Acid (*not* Vitamin C) and any "High Potency" vitamin contain chemically made, fractionated *parts* of vitamins. The problem is, when you take a part versus the whole, you still need all the enzymes, minerals, co-factors, etc. from the "whole:" to bring the "part" or fractionated vitamins or minerals across the cell wall.

Where do you get the extra enzymes, minerals and co-factors from? That's right, you suck them out of your own body and literally become depleted.

Is there ever a time for a high potency vitamin? Yes, for specific therapeutic, short-term treatments, but they *must* be combined with their whole food counterparts. (Again, we have great tapes you may *borrow* on these subjects.)

The "Standard Process" products I am using have been around since 1929. They are only sold to doctors. There are over 200 products, each formulated to support specific organs and/or deficiencies and processes of the body.

The company owns their own land, grows most of the food in the products (not including glandulars) 100% organically, uses only pure well water, and is herbicide and pesticide free.

The two methods we use to determine which specific whole food supplements your body requires are:

1. Contact Reflex Analysis, or CRA.

Contact Reflex Analysis or CRA is a simple, safe, natural method of analyzing the body's structural, physical and nutritional needs. A deficiency in any of these areas could cause or contribute to various acute or chronic health problems.

2. The Symptom Survey Form.

This questionnaire uses 197 questions and has been used for years to help us zero in on any nutritional deficiencies you may have.

Many doctors believe that up to **85%** of neck and back pain is due to a "viscero-somatic" reflex. *Viscero* meaning organ and *somatic* meaning body. Therefore viscero-somatic means a "dis-eased" or "dysfunctioning" organ, (i.e. liver, gall bladder, kidney, intestine, etc.) is CAUSING a REFLEX that is the CAUSE of neck and back pain.

Disease is not the *presence* of something *evil*. It is the *absence* of something *essential*.

By removing subluxations we can free up the proper flow of life force. By specific evaluation of your nutritional deficiencies and supplementation of whole food designed clinical nutrition we can give your body the essential building blocks. Together with these two essential needs met, your body has a much better chance of healing, regenerating, rejuvenating and staying young, flexible, healthy and free of disease.

HOW ARE YOU EATING? ORGANIC OR CONVENTIONAL? DID YOU KNOW THEIR MINERAL CONTENT VARIED THIS MUCH?

	CALCIUM	MAGNESIUM	POTASSIUM	SODIUM	MANGANESE	IRON	COPPER
<u>SNAP BEANS</u>							
ORGANIC	40.5	60.0	99.7	8.8	60.0	227.0	69.0
CONVENTIONAL	15.5	14.8	29.1	0.0	2.0	10.0	3.0
<u>CABBAGE</u>							
ORGANIC	60.0	43.6	148.3	20.4	13.0	94.0	45.0
CONVENTIONAL	17.5	15.6	53.7	0.8	2.0	20.0	0.4
<u>LETTUCE</u>							
ORGANIC	71.0	49.3	176.5	12.2	169.0	515.0	60.0
CONVENTIONAL	16.0	13.1	53.7	0.0	1.0	9.0	3.0
<u>TOMATOES</u>							
ORGANIC	23.0	59.2	148.3	6.5	68.0	1938.0	53.0
CONVENTIONAL	4.5	4.5	58.6	0.0	1.0	1.0	0.0
<u>SPINACH</u>							
ORGANIC	96.0	203.9	257.0	69.5	117.0	1584.0	32.0
CONVENTIONAL	47.5	46.9	84.0	0.8	1.0	19.0	0.5

*All data are in mg. Per 100 grams

Tom H. Boode-Peterson, *Energy News and Updates*
(Project 2000, Inc., 140 Seawall Street, Boylston, MA 01505; Fall '93)

CATALYN

CATALYN is our multiple vitamin and trace mineral product, the original product, the original product formulated by Dr. Lee, introduced in 1929. It contains all of the vitamins and all of the trace minerals known and unknown. Whenever a new vitamin is discovered, we check CATALYN – invariably, it contains the "new" vitamin. Because it is made from whole natural sources – liver, wheat germ, yeast and many other whole foods – it has all the trace elements. By that I mean that it contains minerals other than the major minerals. The major minerals are potassium, sodium, calcium and phosphorus. These we need in a fairly good quantity. Dr. Lee felt the trace minerals to be of utmost importance. We may well find that the function of our products is due more to the trace elements they contain than to the vitamins. So CATALYN is our multiple vitamin and trace mineral product. It contains living enzymes. It is produced like the rest of our products – without heat. The temperature of the product itself is not raised. We use vacuum drying machines in which the temperature cannot be raised any higher than 70 degrees fahrenheit. Just like when you put a pan of water on the stove to boil. No matter how hot the stove is the water temperature never exceeds 212 degrees – it just boils faster. In our vacuum drying machines, we create a vacuum at 29 inches, which is one-inch pressure. So we are able to remove the water from whole foods at room temperature. We have to keep adding heat or the operation would stop. Like perspiration on your skin – it evaporates and cools you down, and then it stops. But if you keep producing heat, you keep perspiring. We want to get rid of the water so we keep adding heat. But as I say, the product itself is not heated. It is "Cold Processed". It is never heated more than room temperature at most.

Why just survive when you can *THRIVE*?



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