

INTRODUCTION TO

The 90 Essential Nutrients

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“It ain’t what you don’t know that gets you into trouble. It’s what you know for sure that just ain’t so.”

— Samuel Clemens, a.k.a. Mark Twain

There’s so much about health and nutrition which is completely outside of the mainstream. Here is a taste of other reportings found.

REPORTED ON TODAY’S PRACTITIONER

Source: todayspractitioner.com— interview with Terry Wahls MD on a new study on therapeutic lifestyle for MS.

In her new book, Dr. Terry Wahls writes:

“Your doctor cannot cure your autoimmune disease. Your medication can only ease your symptoms, sometimes with side effects that make you feel even worse. The power of healing is within you. All you need to do is give your body what it needs and remove what poisons it. You can restore your own health by what you do—not by the pills you take, but by how you choose to live. When you eat and live in accordance with the needs of your cells, your body can finally concentrate on healing, and that is when the dramatic changes will happen for you.”

— Dr. Terry Wahls

REPORTED ON EMEDEVENTS

Source: emedevents.com — speaker profile of Dr. Joel Wallach.

Dr. Joel Wallach discovered the world’s first known case of non-human cystic fibrosis in a selenium-deficient Rhesus monkey. At the time, cystic fibrosis was believed to be the result of a human genetic disorder. Dr. Wallach’s monumental discovery set him on a 20-year path of research on the health benefits of selenium and other minerals. As a result of this work, he became known as The Mineral Doctor and the Father of Liquid Mineral Supplementation.

Dr. Wallach is renowned for his groundbreaking research on the health benefits of selenium and other minerals. He currently dedicates his time to lecturing

throughout the world on the therapeutic benefits of vitamins and minerals, and on lobbying the U.S. Food and Drug Administration on behalf of the dietary supplement industry. His tireless efforts and dedication to the public's First Amendment rights to complete information on the therapeutic benefits of nutrition prompted the FDA to establish Qualified Health Claims for Selenium ("*may reduce the risk of certain cancers*") and Omega-3 Essential Fatty Acids ("*may reduce the risk of coronary heart disease*"). Only a few Qualified Health Claims exist, placing Youngevity in a unique position among Dietary Supplement and Direct Marketing companies.

Dr. Wallach is the author or co-author of more than 70 articles published in peer-reviewed journals covering nutritional and pharmaceutical research.

HOW THE SCIENCE BEGAN

What has been recognized long ago is that nutrients are needed in the body to give it the optimal chance of staying in good health and keeping away forms of dis-ease. Scientists gradually identified nutrients by observing what happened when people or animals didn't get certain nutrients. Before scientists understood vitamins or minerals, people developed diseases linked to restricted diets:

- Scurvy — traced to lack of Vitamin C
- Rickets — traced to lack of Vitamin D
- Beriberi — traced to lack of Vitamin B1
- Pellagra — traced to lack of Niacin

Sadly, not enough science is being done to discover other dis-ease related deficiencies, and when things are resolved by "*alternative*" science, doctors of natural health are dismissed with no further investigation or research performed or added to the scientific records. The playing field is one-sided and all others are brushed aside. Not because of dangerous practices, but because it's the only acceptable form of medical delivery that we are socialized to believe is acceptable. It's the only form of medicine found in our hospitals, in university research, that is primarily accepted by insurance benefits, and that is covered in TV shows.

Physician Dr. Benjamin Rush (1746-1813), co-signer of the Declaration of Independence in the 18th century, is quoted as saying:

“Unless we put medical freedom into the constitution the time will come when medicine will organize itself into a dictatorship. To restrict the art of healing to one class of men, and deny equal privileges to others, will constitute the Bastille of medical science. All such laws are un-American and despotic.”

— Dr. Benjamin Rush

DR. PETER GLIDDEN, ND

Here are also the wise words expressed by Dr. Peter Glidden, licensed Naturopathic Doctor of 37 years, from a video explaining in depth why we need to supplement to optimize health:

“Conventional medical doctors have no training, no experience, no respect, no appreciation for foundational medical nutrition, and nutrient deficiencies are directly related to all chronic health conditions. Foundation medical nutrition is essential for optimal health, and ironically, tragically, it’s so much easier than most people think that it is. This is not rocket science. It’s really pretty easy to give the body the raw materials that it needs to optimize its structure and functions. What if your automobile needed 6 quarts of oil, but it only had one? That wouldn’t be good. Imagine if your tires needed 30 lbs of air in the tire, but it only had 10 lbs. Wouldn’t be so good, would it? Well, it’s the same with the human body. When the human body runs out of essential nutrients, bad things start to happen.”

— Dr. Peter Glidden, ND

Here’s how he describes optimizing the body:

“If a tank represents your body’s nutrient needs, then in order for your system to be optimally healthy to work the way that nature and God intended it to, it needs to be topped off every day, or regularly, with 90 essential nutrients.”

— Dr. Peter Glidden, ND

These are the breakdowns. After performing over 20,000+ autopsies and documenting the scientific findings in his books, it was concluded at the core that the body needs the following nutrients:

The 90 Essential Nutrients

- 60 minerals
- 16 vitamins
- 12 amino acids
- 2 essential fatty acids

For a grand total of 90 essential nutrients. Now, a nutrient is considered essential if the body needs it but cannot make it. A grand total of 90 essential nutrients need to go down the hatch regularly in order for your body to have a fighting chance.

THE OFFICIAL RECORD

But according to the United States Department of Agriculture, the amount of minerals in the topsoil is dramatically decreasing, and has been dramatically decreasing since the 1930s. This was acknowledged in U.S. Senate Document No. 264, dated 1936.

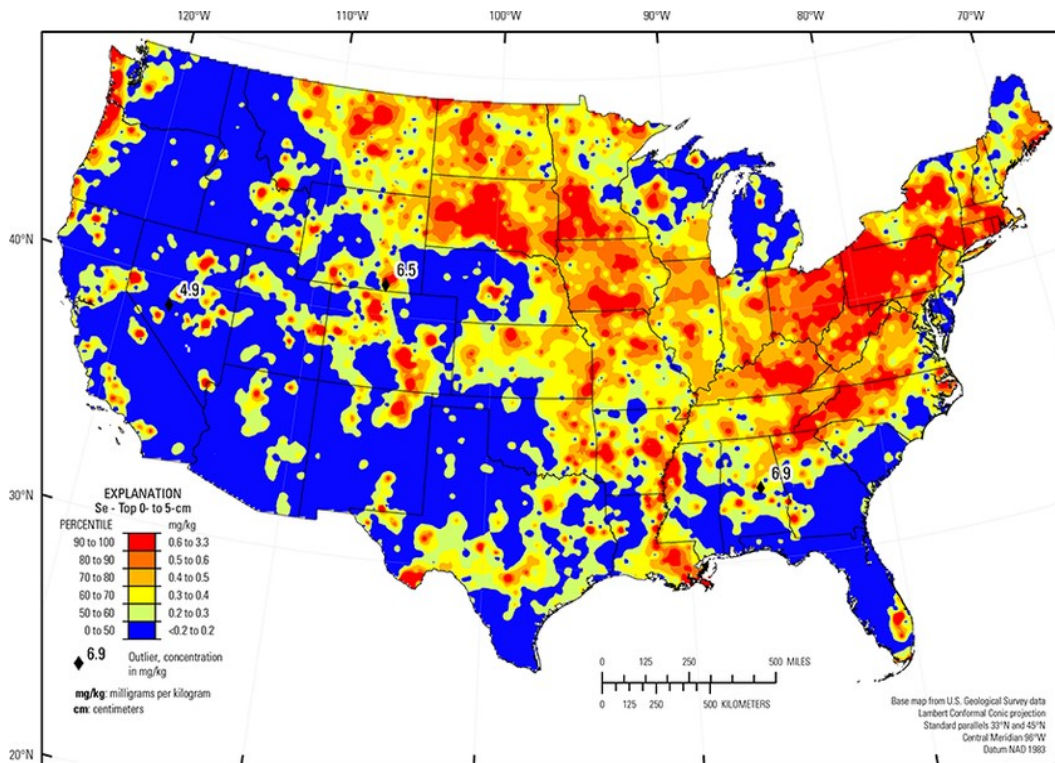
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SELENIUM IN U.S. TOPSOILS — AN OVERVIEW FROM DR. PETER GLIDDEN

Here's a map of the topsoil in the United States where selenium depositions are found. Selenium is one of the 90 essential nutrients, and minerals are the lion's share of your body's essential nutrients. Minerals are 60 of the 90. That's two-thirds, or 66%, of your body's nutrient needs.

The only way that minerals get into the human body is if they're in the soil that the food is grown in. On this map: if it's red, you're good. If it's orange, not so much. If it's yellow or white, not so much. And if it's blue, there isn't any.



Selenium concentration in U.S. topsoils. Source: U.S. Geological Survey, Open-File Report 2017-5118. pubs.usgs.gov/sir/2017/5118/

This is a problem. You can easily see mineral deposits in the soil are sporadic. They're not everywhere all the time. Farmers aren't paid to put minerals in the soil. As a matter of fact, when farmers use pesticides and herbicides, things like Glyphosate and Roundup (which they're using abundantly now), those chemicals inhibit the plant from absorbing what few minerals are in fact in the soil. So even if there are minerals in the soil, the plant has a hard time absorbing them because of the action of the pesticide or the herbicide. That's not good.

What happens in that case? As you get older, your body becomes more and more minerally deficient. This needs to stop, so we need to provide the body with 100%

of its essential nutrient needs in the form of nutritional supplements as regularly and as quickly as possible.

DR. GLIDDEN'S CLINICAL EXPERIENCE

As a licensed Naturopathic Doctor for 37 years, Dr. Glidden has had access to many types of supplements, but what he has found is that the nutritional supplements offered by Advanced Healing & Health are the most effective over-the-counter supplements that he has seen. There are nutritional supplement companies you've never even heard of that only sell to naturopathic doctors. Real high-quality nutraceutical items. Only naturopathic doctors have access to those, and even considering those supplements (which you can only get with the naturopathic doctor's prescription), the items offered by Advanced Healing & Health over-the-counter, without a prescription, are better. The most effective nutritional supplements he's seen in 37 years of clinical work.

Dr. Glidden's recommendation is to give your body all 90 essential nutrients.

WHERE TO BEGIN

Here's what is suggested to start with.

The Healthy Start Pack

- 1 bottle of Plant Derived Minerals
- 1 bottle of Beyond Tangy Tangerine 2.5
- 1 bottle of Essential Fatty Acids
- 1 bottle of Osteo FX per month

Suggested companion

- Hand Mixer / frother — highly recommended for the Tangy Tangerine powder to get it thoroughly mixed without issue. It's hard to get it mixed by hand or by shaking.

Try the daily recommended doses for three months. Look to see how they make you feel. Most people only need to take these for two or three weeks before they

notice a difference. However, typically when you start a new protocol you need to give it 90 days before you judge if it's working or not. Your body has been running on nutrient fumes your entire life, and you do not know what you're missing (nutrient-wise).

The naturopathic medical profession is the most rapidly growing medical profession in the world today. Mainly because it gets results. And why does it get results? Because ND's pay attention to nature and what the body needs. Give your body finally what it needs in therapeutic doses it can actually absorb.

Any questions?

Please contact Cathy Edward at Advanced Healing & Health. I would be happy to assist you in your nutrient and healing journey.

705-715-8716

advancedhealing.ca/new-products