

## Create Vibrant Health News – Issue # 10

June 1, 2005

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The study of nutrition and natural healing has been a focus of my life for the past sixteen years. Each year I've learned more about health and healing, each year I learn how some previously held beliefs don't match up to the reality of experience and observation.

This newsletter issue is devoted to addressing the most common held beliefs about nutrition and health that are not supported by my observation and experience. A belief is just a concept that has the added element of a strong personal identification with that concept. All beliefs are relative – none is objectively true. Some beliefs are useful to furthering you toward your goal but you may find that once you get to your goal you no longer need the belief or you may realize that there are limits to the belief. In this sense it is like a vehicle that takes you to the party, but you must leave behind if you want to enter the party.

In this issue you will learn:

- ❖ The top ten nutritional and health myths and what the Reality is from my perspective
- ❖ Upcoming workshops and special events for Create Vibrant Health

### **The Top Ten Nutritional and Health Myths and the Surprising (or not so surprising) Reality**

For many years so called nutritional experts advocated a diet low in protein and fat and high in complex carbohydrates. The promise was that this diet would help people reduce weight, risk of cardiovascular disease, cancer and other degenerative diseases and improve overall health. Unfortunately, this diet proved to be either wrong for many people or seriously wrong for others. The decrease in high quality proteins and fats has led to an epidemic in obesity, diabetes and cardiovascular disease.

Once this mistake was recognized the current new diet fad of high animal protein and fat and low carbohydrates has swung the pendulum in the other direction – leading to new health problems. For those of us who have either directly experienced chronic health problems, work in the field of natural healing or both – we've learned through experience that **each individual has to be guided and coached to their own optimum diet and health plan.** Every week I see clients or people attend talks I give that have many of the same questions premised on the same commonly held beliefs about nutrition and the body. I'd like to address ten of the most common myths about nutrition and health.

**Myth #1: If I have been eating a healthy diet for x period of time (I've had people say anywhere from a week to several years), I should not have health problems that stem from the previous x number of years or decades of not eating well.**

**Reality:** One's current health is a result of the toxins, nutritional deficiencies and stress that have accumulated over a lifetime. Once you figure out what a healthy diet is for you it may take years to slow down or reverse the damage done from the previous years of eating poorly. Healing with nutrition does not work like drugs, the goal is not to rid the body of symptoms only to create a new problem later, rather it is to heal the body and remove the causes of the health problem or symptom. Patience is a necessary virtue to cultivate for those on a journey to sustainable health and wellness.

I have had many clients react with astonishment when I tell them that the toxic drugs, chemicals and heavy metals they ingested or absorbed many years or even decades ago are still likely to be in their bodies and can contribute to their current health problems.

**Myth #2: It's possible to get away with cheating whether it be taking stimulants like caffeine regularly for energy or medications to hide or suppress symptoms.**

**Reality:** Your body/mind records everything you put into it and experience as either healing or harmful. It's like a perfect bank ledger that is incapable of making a mistake. Every thing you eat, drink and do has either an overall net positive or negative effect on your health. Discerning the net effect of a food or action on your energy, peace of mind and strength is the most important ability to cultivate and use to maintain and improve health. If the totality of your actions and experiences are overall positive for your health you'll get healthier and stronger, if they are negative you'll get weaker and sicker.

**Myth #3: Your body will have all the nutrients it needs if you eat nutritious foods and supplement your diet with the nutrients you are deficient in.**

**Reality:** No matter how nutritious your food is or how many nutrients are in your supplements if your body does not digest, absorb and assimilate the foods and supplements you will be deficient in important nutrients. Refer to my newsletter on digestion for more detailed information  
[http://www.createvibranthealth.com/PDFFiles/CreateVibrantHealthNews\\_Issue6.pdf](http://www.createvibranthealth.com/PDFFiles/CreateVibrantHealthNews_Issue6.pdf)

**Myth #4: There are "safe levels" of toxic chemicals, heavy metals and radiation.**

**Reality:** There is no way for anyone to know what a safe level of a toxic chemical, heavy metal or radiation dose is for YOU. Any thing ingested by the body that puts an added strain on your detoxification pathways is potentially the straw that breaks the camel's back and leads to symptom or disease manifestation. The only rational approach is to minimize toxin exposure and strengthen your system to cope with dietary and environmental toxins.

**Myth #5: There is an objective amount of a particular nutrient (such as vitamin C) which is optimal for everyone.**

**Reality:** Each person has a unique biochemistry and may require different levels of different nutrients to function optimally. For example, a person who is a fast oxidizer (converts food to fuel very quickly) will need more protein and fat than a slow oxidizer who converts food to fuel very slowly. In fact, if both were given a diet high in protein and fat, and low in carbohydrates the fast oxidizer would thrive whereas the slow oxidizer would develop health problems.

The same rule applies to micronutrients such as vitamins and minerals. **Each vitamin or mineral has either a boosting or decreasing effect on up to eight other nutrients.** For example, adding supplemental vitamin C will decrease levels of copper in the body which can contribute to poor iron absorption and ultimately anemia. This is why it is so important to understand what your body needs for to balance its metabolism.

**Myth #6: Drinking more water is the optimum way to hydrate the body.**

**Reality:** Cellular hydration takes place when water is carried into the cells by nutrients like enzymes and minerals. **The most efficient way to hydrate the body is to eat fresh, organic high water content fruits and vegetables and drink fresh made juices.** I have many clients over the years who drink a gallon or more of water per day, but are still dehydrated, yet when they start consuming large quantities of fresh fruits and vegetables and their juices they become better hydrated and can drink far less water.

It must be noted; however, that for those who do not eat more raw fruits, vegetables and juices and insist on eating a diet of primarily cooked food they are better off drinking at least 6-8 glasses of purified or spring water than not drinking as much water.

**Myth #7: There are certain foods which are good for everyone like broccoli or salmon.**

**Reality:** If a food is balancing to your individual metabolism it is good for you, if it's not it is bad for you. Each person has a **unique biochemistry which is a result of genetic factors, current health status, digestion capacity, stress, environmental factors and psychological factors.** Without considering these many factors in determining which foods you eat you will not be able to ascertain your optimum diet.

The factors which are most important in determining which foods are balancing for your biochemistry include:

- ❖ Metabolic type – Determines oxidative rate and autonomic nervous system dominance and is the foundation of all nutrition programs for my clients.
- ❖ Blood type – Reduction or avoidance of foods that cause one's blood cells to clump together as a result of blood type protein reactions can increase one's energy and improve circulation.

- ❖ Endocrine type – dominant gland which effects where your body stores excess weight.
- ❖ Nutrient deficiencies and health conditions – can change over time, but is necessary to temporarily increase certain foods and nutrients to correct imbalances.

All these can be assessed with a **comprehensive food pharmacy program** which I offer for my clients. If you have never had this assessment done just contact my office at 708.848.0254 to schedule an appointment.

**Myth #8: Bacteria and pathogens are the primary cause of disease.**

**Reality:** If this were the case modern Americans would be the healthiest people in the history of the world considering that we consume antibiotics for nearly every malady known to humanity including common colds, flus, acne and other skin conditions and intestinal disturbances. We also consume antibiotics in our commercially raised meats, chickens and farm-raised fish. The truth is that the primary causes of disease are:

- Toxins
- Nutrient deficiencies
- Emotional trauma and stress

Bacteria and viruses are primarily decomposers of dead cells and necrotic tissue and are normally found in our blood, intestines, and other tissues. Even the founder of the germ theory, Louis Pasteur, allegedly recanted on his death bed his claim to fame by saying **“the germ is nothing, the terrain is everything”**.

Those of us who work in the trenches with chronically ill people have rarely, if ever seen a reversal of chronic illness by attacking bugs. **The key to health is detoxification , a regenerative diet that is individualized for the person and processing emotional trauma and stress.**

There is no magic bullet for being healthy; however, the makers of drugs want you to think that they will solve your problems – they won’t. Using drugs to solve your health problems is like using your credit card to pay your bills – you’ve only delayed the inevitable cost.

**Myth #9: It’s possible to have excellent physical health and not address underlying emotional trauma and stress and to live out of alignment with spiritual truth and purpose in life.**

**Reality:** The truth is that we all want to be happy and feel a greater purpose in life and connection to something bigger than our small personal self. By working on our emotional health and reconnecting to our spiritual nature we will naturally be more inclined to eat a diet that is healthy for us and do the things necessary to have excellent health.

Living a healthy lifestyle and seeking to live a spiritual life are not guarantees of health – there are no guarantees; however, **ignoring internal conflicts, past resentments, fears and denying the spiritual side of life is a guarantee to have an unhealthy body and to suffer unnecessarily.**

**Myth #10: There is a final destination or understanding at which point there is no more to learn about health and you can claim you've found the final truth.**

**Reality:** When I was recovering my health following a six year struggle with chronic illness I thought I had discovered the end all and be all in nutrition, supplements and spiritual truth. I quickly learned that I was just beginning on what has turned out to be an amazing journey into fields such as biology, physics, psychology, bodywork, yoga, spirituality and many other subjects I never thought I would investigate in my life. The field of nutrition alone has evolved exponentially the past sixteen years since I started this journey and will continue to evolve.

My advice is to take any information that resonates with your internal truth barometer and investigate it for yourself, see if it is a vehicle to take you to the next step in your understanding. Some principles and approaches to health stay with us for a short time, others for a lifetime. A client I saw today told me that ultimately this desire for health in this body is a lost cause because we will all die. So the pressure is off because as bodies none of us is immortal or infallible, but we can improve the quality of the life we have and that is the true measure of success.

A teacher of mine once told me to never land in any concept or philosophy but to flow with life by being receptive to what life has to teach you and to be open and investigate using intelligence and intuition.

I hope this information has been helpful to you and I look forward to hearing your comments and feedback. That's it for now. I look forward to seeing some of you at my detoxification class Saturday June 11<sup>th</sup> in Oak Park.

Best of Health and Happiness to All,

Jim