

EAT WELL - MOVE WELL - THINK WELL®

Living the Innate Lifestyle™

© The Wellness Practice

July 2017

© Dr. James L. Chestnut

Naturally Occurring Vitamins Proven Safe and Beneficial: Synthetic Vitamins Shown to be Ineffective and Harmful

Liu, RH. Health benefits of fruits and vegetables are from additive and synergistic combination of phytochemicals. Am J Clin Nutr 2003;78(3) (suppl):517S-5120S

Willet, W. Balancing lifestyle and genomics research for disease prevention. Science 2002, 296:695-8

Beta Carotene Cancer Prevention Study Group. The effect of vitamin E and beta carotene on the incidence of lung cancer and other cancers in male smokers. N Eng J Med. 1994, 330:1029-1035

QUOTE BOARD:

22,000 pregnant women were given high doses of synthetic vitamin A [not naturally occurring as is found in cod liver oil]. The study was halted because birth defects increased by 400%.

29,000 male smokers were given synthetic beta carotene and synthetic vitamin E. The study was stopped when rates of lung cancer, heart attacks, and death increased.

Dietary consumption of naturally occurring vitamins and antioxidants consistently lowers risk of lung cancer, digestive tract cancers, cardiovascular disease, age-related cataracts and macular degeneration, and chronic disease.

What You Need to Know:

The synthetic vitamins and antioxidants found in the vast majority of multivitamin supplements have little to no evidence of benefit and documented evidence of harm. At best they are a waste of money, at worst they are harmful.

Naturally occurring vitamins, minerals, and antioxidants in or from fruits, vegetables, and plants are considered essential nutrients meaning science has proven that without sufficient intake humans cannot express proper health.

Further, science clearly shows that sufficient intake of naturally occurring vitamins and minerals reduces cancer, heart disease, digestive issues, and virtually every other chronic illness while also improving health and vitality.

Naturally occurring vitamins, minerals, and antioxidants from certified organic fruits, vegetables, and plants are, by far, the healthiest and most beneficial for humans.

Innate Choice Vita Sufficiency contains 100% naturally occurring vitamins, minerals, and antioxidants sourced from 100% organic fruits, vegetables, and plants.

What You Need to Do:

You and your family need to either consume 5-9 servings of fruits and vegetables per day, consume fresh, raw juice from the equivalent of 5-9 servings of fruits and vegetables per day, or supplement with Vita Sufficiency. Ask your practitioner or go to www.innatechoice.com



Brought to you by: Taylor Family Chiropractic

Phone: 512 303-9995

Website: <http://WWW.Taylorfamilychiro.com>

Email: drick@taylorfamilychiro.com