



From the Desk of  
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**Holistic and Whole Food Nutrition 101**

Normal cells have many functions such as:

- Take in nutrition
- Eliminate waste and toxins

Cells must protect themselves from:

- Unfriendly bacteria
- Fungi
- Viruses
- Free radicals and repair damage done by them

In addition, cells work together as a team communicating as a team with other cells to obtain optimal function. Cells communicate with each other what minerals they need and have.

Concerning essential nutrients there are:

- 26 vitamins
- 72 trace minerals or more
- Numerous fatty acids
- Amino acids

Our bodies do not produce these!  
We must get them from our diet.

There are 8 sugars called monosaccharides.  
Inside our cells, these sugars form complex structures called glycoforms.

The exterior of a healthy cell is covered with a dense forrest of glycoforms.  
These glycoforms exchange infinite information.  
Glycoforms are present on the surface of cells and actually prevent viruses, bacteria, and other enemy cells from entering a healthy cell by blocking the entrance to the cell's surface.  
Glycoforms hold onto our enemy cells until our immune system arrives to destroy it.

These essential nutrients we need to get from our everyday diet, but the truth is we cannot because of farming practices! This is why we need to take whole food supplements.

# Facts about Farming

## WHY SOIL IS LOW IN ESSENTIAL NUTRIENTS!

The average American diet contributes most to the premature aging of the body and mind. The truth is our food isn't what it used to be!

WHY is this? Here are a few reasons:

- 1) **Loss of top soil** -- Organic material is not returned to the soil after harvest because artificial fertilizers have been used instead for the last 20 years or more!
- 2) **No financial incentive** exists for farmers to restore the soil; instead, incentives are there for intensive farming practices to continue which pollute rivers, oceans, and water supplies.
- 3) **Lowered soil fertility** – from intensive farming such as NO organic material replaced to restore mineral levels, NO crop rotation, NO resting the soil ...
- 4) **Which then lowers nutrient** levels of fresh produce. Plant roots cannot find minerals; there is NO deep humus, rich soil left!
- 5) **Overuse of chemical fertilizers, pesticides, insecticides** which builds up toxic levels in the entire food chain, especially in oils, meat, milk products, and eggs.
- 6) **Most food is altered** – It is now bleached, colored, emulsified, de-hydrated, refined, homogenized, pasteurized, gassed, preserved, sweetened, salted, pickled, and loaded with hundreds of preservatives.
- 7) Modern cooking methods: heating food destroys the nutrients, especially the enzymes. The enzymes become like plaque that clog your system.

**Example:** Cooking spinach renders the calcium inorganic; the immune system actually attacks the inorganic calcium thinking it is an invader. Then it causes inflammation in our system. Inflammation (Latin, inflammare, to set on fire) is part of the complex biological response of vascular tissues to harmful stimuli, such as pathogens.

This is why we need to take food based supplement:

Herb Power 21 contains all of the known natural vitamins, plus over 30 essential minerals, amino acids and natural proteins, all in food form.

[Download a Herb Power 21 flier here:](#)

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A good whole food multi-mineral multi-vitamin is paramount these days to take regularly!