

A cartoon sun with a face and a rainbow in the background. The sun is yellow with a smiling face and large blue eyes. A multi-colored rainbow arches across the scene. The background is dark grey with two stylized grey clouds at the bottom. The entire graphic is set against a light green border.

VITAMINS

Eat a rainbow of bright, deep colours to maintain a healthy diet

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These lessons are designed to give you a 'why'!

Many people have **no idea** of why we should eat healthy.

If you are trying to lose weight but you are still making unwise choices, you will be **fighting a losing battle**.

Many times, whether it be for weight loss, or for improving your health, or both... it's just **a matter of choosing** 'this, rather than that'.

We all eat, so why not eat foods that are **building our health** rather than knocking it down?

There is **an enormous price to pay** for continuing to make unhealthy choices. Many people begin to pay by dragging a heavy load around in everything they do. Eventually, the heavy costs of the medical bills will surely come.



The word “Vitamin” is derived from the word “vitamine” which means “vital to life”.

Although the body is able to manufacture some vitamins, it is required that we receive the bulk of them from the food we eat.

Fresh fruit and vegetables are abundant with the vitamins we require, so it's important to consume them on a daily basis.

One of the most recognised and accepted methods of eating is the Mediterranean Diet. I am not promoting this diet as such but you could do much worse!

As I have mentioned before, I do not recommend any particular diet, but prefer to simply concentrate on healthy eating which allows my body to find its own level of weight... its 'happy place'!



Some Food for Thought!

It's kind of strange really... how is it that the gifts we receive naturally from nature have now become 'alternative'.

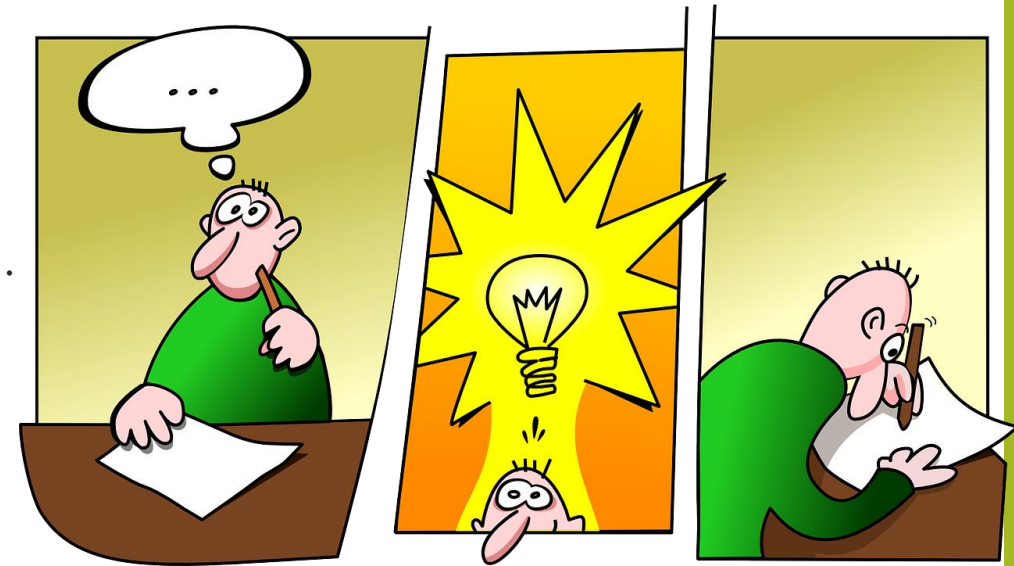
In the food industry, fruits and vegetables that our grandparents used to eat as a matter of course, are now referred to as 'organic' and have a premium price tag to go along with it.

In replacement to these natural foods, engineered imitations are taking over the mainstream!

As profit-hungry drug companies took over the medical field, what was once the 'norm' is now referred to as the 'alternative'.

Along with this, drug companies have brainwashed society to believe they have the only answer and encourage us not to fall for the 'old wives' tales' on how herbs, vegetables and fruits carry tremendous benefits.

Don't forget, they were the only medicine available for thousands of years and still remain just as effective. Natural medicine is really not the 'alternative'. In reality, what is known as 'conventional' is the newer alternative.





Synthetic Vitamins

You need to be aware that vitamins need to come from natural sources. Synthetic pills are not easily recognised by the body and can be treated as drugs by the body... sending the wrong signal. This means most all of the vitamins are lost in urine. They also have the potential of giving side-effects similar to drugs. They are not the answer for a healthy body!

Why Buy Organic?

- There is **no legal limit** on the number of different pesticides allowed on food crops, so together they create a chemical cocktail!
- **NO** research or safety studies have been performed.
- **GMO** – (genetically modified organisms) Seeds are genetically engineered to grow food crops that can tolerate high doses of Roundup... including being applied just 2 weeks before harvest.
- **Roundup** kills all the weeds and helps the crop to dry out making for easier harvesting. It's regularly used on corn, soy, cotton, canola, sugar beets and alfalfa. These crops thrive while the weeds around them are destroyed by Roundup. It is used on at least 70 different crops.

"Some liken pesticide tolerances to a 500 m.p.h. speed limit. If the rules of the road are so loose that it's impossible to violate them, then nobody can feel safe." EWG (2)



Potential Health Problems

One of the main chemicals used is called **glyphosate** with many health problems related to the consumption and/or exposure to it: (1)

- ADHD
- Alzheimer's disease
- Anencephaly birth defect (absence of major portion of brain, skull and scalp) detected in babies born where mothers live within **1km** of pesticide application.
- Autism
- Birth defects
- Breast cancer
- Cancer
- Celiac disease and gluten intolerance
- Chronic kidney disease
- Colitis
- Depression
- Diabetes
- Heart disease
- Hypothyroidism
- Inflammatory Bowel Disease (Leaky Gut Syndrome)
- Liver disease
- Lou Gehrig's Disease
- Multiple Sclerosis (MS)
- Non-Hodgkin lymphoma
- Parkinson's disease
- Pregnancy problems (infertility, miscarriages, stillbirths)
- Obesity
- Reproductive problems
- Respiratory illnesses



Chemicals inside the Produce

Sometimes it's extremely important to buy organic produce, or at the very least, spray free.

- Many fruits and vegetables hold onto a huge amount of chemicals such as pesticides which cannot be washed off.
- In many cases, even if you peel the skin, you still do not remove the bad chemicals which are inside the fruit.



When you are eating for health, it doesn't help your cause if you are consuming harmful chemicals with every bite.

Dirty Dozen

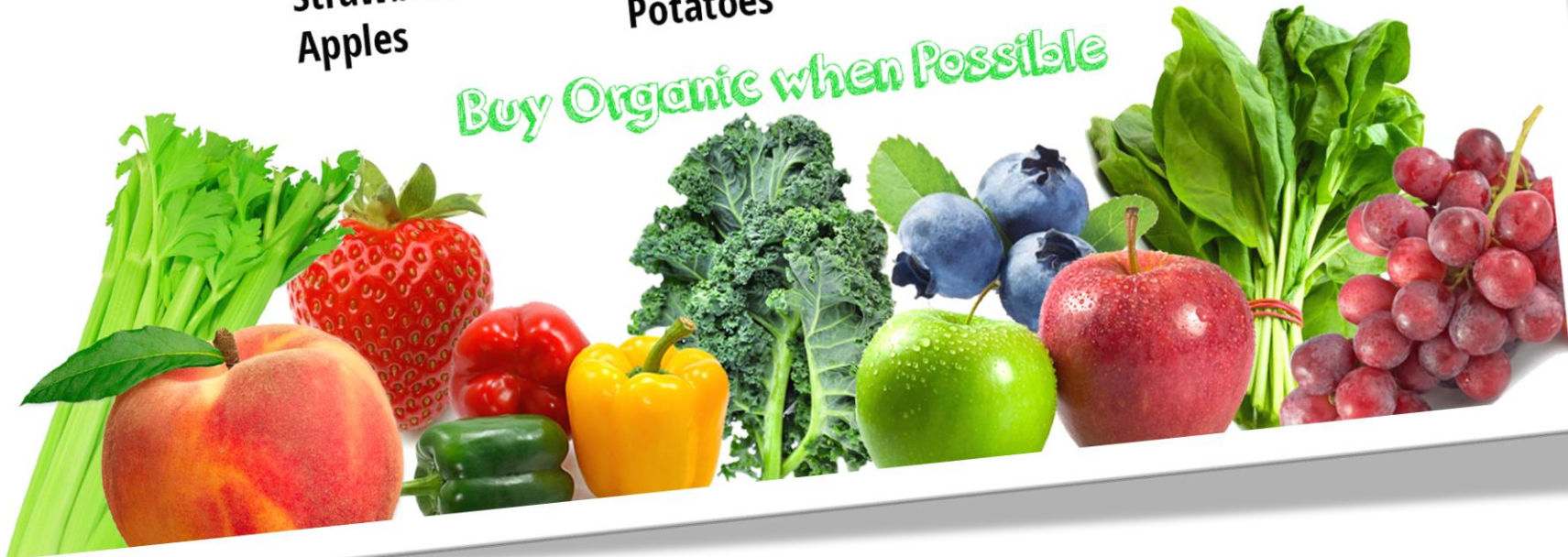
www.healthfitnessboss.com

Celery
Peaches
Strawberries
Apples

Blueberries
Spinach
Cherry Tomatoes
Potatoes

Cucumbers
Bell Peppers
Kale
Grapes

Buy Organic when Possible



Buy these **organic** whenever possible

Clean Fifteen

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Pineapple
Avocado
Onions
Sweet peas
Kiwi

Sweet Corn
Mangos
Sweet Potatoes
Watermelon
Grapefruit

Cabbage
Asparagus
Cantaloupe
Cauliflower
Mushrooms

Lowest in Pesticides



Conventionally grown – not too bad!



A WORD ABOUT SUNSHINE



Sunshine is vital to health and is responsible for creating Vitamin D on the skin.

Vitamin D has many, many functions within the body. One important one is that it helps to protect you from cancer.

Embrace sunshine, but do not allow yourself to burn.

It is by far the best method of receiving Vitamin D, better than any other method.