

# McKenzie's Food for Thought.

## LIFESTYLE HEALTH

### Do we need vitamins?

**I**N 1992 the Earth Summit in Rio confirmed that the average US farm soils were 85% depleted of minerals, compared to a worldwide depletion of 75%. This is hardly a new story. Comparing results from 1940 and 1991 you can see the hugely diminishing nutritional quality of vegetables, fruits and even meat over just 50 years. Things have only worsened since 1991.

Carrots: 75% less magnesium, 48% less calcium, 46% less iron and 75% less copper.

Broccoli (boiled): 75% less calcium.

Spinach (boiled): 60% less iron and 96% less copper, watercress 96% less copper

All meats: 41% less calcium and 54% less iron

All fruits: 27% less zinc

Apples and oranges: 67% less iron.

In other words you'd have to eat 10 tomatoes in 1991 to obtain the same copper as one tomato provided in 1940 or three oranges to get the iron you got 50 years ago. Even more worrying is that by seeding the soil with only certain minerals (sodium, phosphorus and potassium) has now drastically altered the ratios between minerals which naturally occur in food. E.g. in 1940 there was a two-to-one ratio between phosphorus in calcium. Now there is a one-to-one ratio which means that the phosphorus content of many foods has increased. Given that there are critical ratios of certain minerals in the human physiology these new false ratios could have profound effects on our body's chemistry.

The application of herbicides, pesticides and fungicides during growth and in storage does allow

farmers and the retailers to continue with poor practices such as storing food for too long, encouraging nutrient loss.

### How to get enough of them?

Firstly don't supplement indiscriminately. Certain vitamins can be toxic in high levels. RDA's don't take account of daily diets nor biochemical individuality. Avoid metallic or inorganic forms of minerals such as oyster shell, egg shell, and the inorganic iron that pollutes all processed foods. Think about where you obtain your calcium from – call Fiona for more information on this matter.

So, where to can you find the best balance of all that you need? I am still a huge fan of Chlorella.

CHLORELLA strengthens the immune system response. It absorbs and chelates environmental toxins. "The most powerful supplement that has ever become available to mankind" (B.Clement, Hippocrates, Health Institute, Florida).

In Japan over 4 million people eat pure chlorella and chlorella based products on a regular basis it is classified as a "functional food". This is a category that was established to help consumers identify foods that have scientifically-proven benefits within the diet, as opposed to those with a value based on hearsay.

Remember to check that the brand of Chlorella you use doesn't use binders or fillers and that the cell wall is broken without the use of chemicals. Not only is this better for your health but you will obtain nearly twice the

### Research has shown that deodorants are not all good news!

Reading University has published research that shows a link with antiperspirants to breast cancer Aluminium- and zirconium-based antiperspirant deodorants work by blocking the natural perspiration process – stopping the lymph glands from functioning properly.

**If you wish to save yourself slogging around to find a "friendly" odourless natural deodorant call 020 7229 6689 to order one.**

goodness from the Chlorella with this method.

Chlorella is a complete protein. It contains all the B vitamins, vitamin C, vitamin E and many minerals, including zinc, calcium, copper, iron, magnesium and germanium. The quantities of zinc and iron are high enough to be considered supplementary amount. It has a pH balance which is perfect for the human body.

Remember "life of Health" Chlorella doesn't use chemicals. Chlorella has a higher concentration of chlorophyll than any other known plant : 5 - 10 times the amount in spirulina. It stimulates growth of healthy cells, the metabolism, respiration, production of red blood cells and affects the absorption and utilization of nutrients. Not only does it improve bowel function by simulating intestinal peristalsis but researchers have found that Chlorella is equally effective in eliminating heavy metals such as mercury, copper and cadmium. At the same time that it does this work, chlorella strengthens the liver, the body's major detoxifying organ.

**DISCOUNTED RATE: Buy six pots of Chlorella for £90, i.e. £15 per pot not the normal £17 per pot.**

**TWO CASE HISTORIES:** A small boy was brought to my surgery recently due to his constant nausea and vomiting. He was throwing up at least three times a day. The mother was pretty much at her wit's end. This had been going on since he had started going to nursery 2 years earlier. A sensitive child he cried easily but would hit out and when really angry "it is really awful". He responded to being spoken to as an adult with everything requiring a "why" and was also remarkably jealous of his younger sister. He had a history of ear complaints which had started at 2 months old. He had been given antibiotics over 10 times in his first year of life. (Remember that the World Health Organisation states that anti-biotics are safe, three times in your whole life). In addition this little boy would only go to sleep if the mother lay down beside him until he went to sleep. He hates to leave his house and adores being at home. He was prescribed a constitutional remedy and I asked the mother to phone me after one week. She called two weeks later and apologised for not calling the week before. "I wanted to be sure it wasn't just a co-incidence...but he hasn't thrown up once since the remedy and even school has noticed a change in him – he is happier and much more confident. And the best part apart from no more vomiting is that I don't have to lie down with him to get him to go to sleep".

A middle aged woman consulted me for uncontrollable urges to urinate. She found that on occasions if she couldn't find a loo in time she would have wet her knickers or even trousers. The urge would be sudden and give her hardly enough time to take evasive action. The first remedy lessen the pressing urge and after a

second prescription she found herself back to normal with a totally controllable bladder.

### **Things you should know:**

**Is it worth recycling glass?** Absolutely. It takes a glass bottle one million years to degrade and every day 14 million bottles and jars are buried in landfills which is why the UK is reaching a waste crisis point. We produce more than 30 million tonnes of household waste each year (that's one tonne per household) and although three quarters of it could be recycled or composted almost 80% goes to landfill. Apart from milk bottles, which you return to the milkman our recycling record is pitiful, with England recycling just 11% of all household rubbish (Scotland, Wales and North Ireland are even worse). Germany and Switzerland recycle around half and parts of the US and Canada top 70%. Glass can be recycled indefinitely and doing so uses less energy than making new glass, reduces pollution and saves valuable materials from having to be quarried. Once recycle it can be used to make everything from road surfacing to water filters, and of course, more glass.

**If your TV's on standby**, you might as well keep it switched on....it's using the same amount of current either way.

#### LEARNING CORNER

**Short, intensive and stimulating!**

**Spend 2 1/2 hours learning about 18 homoeopathic remedies to use at home - on adults and children.**

Fed up with using antibiotics, feeling "just not great" but not wanting to use allopathic drugs? Wish to know about a form of medicine that is safe to use during pregnancy and safe for young children?

Using remedies learn how to deal with and treat coughs, colds, flu, upset stomachs, ear infections, recurrent sore throats, cystitis, constipation, examination nerves, insect bites, physical trauma and shock. Discover how to choose a remedy, which is the best strength and how frequently to administer it.

*"This short course was very instructive. I had not realised that homoeopathy was so holistic, with wide-ranging remedies for a variety of physical and emotional problems. I am really pleased to have a good alternative to chemically-based medication"* (HM, Wilts)

**WEDNESDAY 24<sup>th</sup> September 2003**

**10.00 a.m. - 12.30 p.m.**

**27 Chapel Side, London W2.**

**Send a cheque for £65 to reserve your place - class kept deliberately small.**

**For appointments or further information:**

**Fiona McKenzie, L.Ib, LCH, MHMA**

**020 7229 6689 or 01242 890 532**

ALLERGY TESTING AND  
VITAMIN/MINERAL DEFICIENCIES

TEST:

Call Fiona McKenzie.