

HEALTH

Nutrition: you are what you eat

Randy Herman

Whoever you are, whatever your age, wherever you come from or are going to in life, nutrition lies at the heart of every aspect of your health. In fact, every organ in your body, every biochemical system, every last element in every tissue and each cell in your body needs to be well nourished. If you follow optimum nutritional practices you will experience optimum systemic well-being and you will be able to adapt, cope, grow and evolve in the most optimum ways possible.

If you follow the least beneficial nutritional practices, as many people do, you will begin to experience minor and even major nutritional symptoms at an early age and will eventually either experience a large or a complete systemic reaction to the poisons you are filling your body with, the overly large quantity of food you are stuffing into your system, or the low-quality nutrient-depleted junk which does not belong in your body at all. Those who eat and drink what is life-furthering will live longer and healthier lives, while those who eat and drink junk will live shorter and more painfully lived lives suffering from arthritis, constipation, digestive disorders, or high blood pressure, especially in the latter phases of life.

This is not to say that your general life patterns and/or exercise practices do not have an effect on your health. In fact, just the opposite is true. As your life patterns become progressively more life-furthering over time your nutritionally guided systemic responses will become enhanced. Similarly, as your life patterns become increasingly more life-thwarting over time your malnourished, poorly treated system will begin to react systematically to both the poisons inside and paradoxically to your system itself.

Even athletic people whose exercise practices are optimal will begin to become nutritionally depleted before their time, if their diets are poor, unbalanced, or unnatural. The ultimate idea, is to achieve a true balance: not only a balanced diet, but a total balance between diet, life style, work pattern, and exercise. If you neglect one in favour of the other an imbalance will occur. In fact, many people who have had heart attacks, have become obese, Bulimic or Anorexic, anti-social, impossible to live with, or impotent precisely because these disorders have developed.

"Nutrition" is a field constituted of foods and drinks, along with Vitamins, Minerals, Proteins, Carbohydrates, Fats, Enzymes, and Oils. These

substances are found to be activity living in over 400 wholesome fresh food sources such as vegetables, fruits, berries, melons, seeds, nuts, grains, and sprouts. Unfortunately too many people have never carefully studied a Food Composition Chart in order to know the relative proportions of each of these living substances in your foods or the wide variety of foods which are available to choose from.

A person must know that there are 23 known vitamins, 19 known minerals, 24 to 26 known Amino acids of which proteins are composed with 8 aminos being essential for adults, several different carbohydrates which are mainly sugars, starches, and celluloses, three kinds of fats including saturates, mono-unsaturates, and polysaturates, involved in cholesterol processes, over six hundred enzymes which are either endogenous or exogenous, and many different oils including safflower, sunflower, nut, corn, and olive oils. In defining a balanced diet with the aid of a nutritional counsellor it is always important to realize that each of us is unique, as Roger Williams has shown. Our needs for water, milk, vitamins, proteins, fats, carbohydrates, enzymes, minerals, sleep, sexual intimacy,



and social relatedness vary, some times considerably. But regardless of who we are, what we are like as individuals, how we go together psycho-constitutionally, or what we actually like to eat, it is essential that a psycho-situational-nutritional balance be achieved and sustained between the sixty or more essential nutrients, probably on a day-to-day basis.

Everybody should know that certain nutritional controversies exist between the high-protein-low carbohydrate advocates and the high carbohydrate-low-protein advocates. Some say the best sources of protein are meat, fish, and eggs, while others say the best sources are vegetables, especially soybeans, as Frances Moore Lappe has. Some argue that meat eaters are healthier than vegetarians and some argue vice versa. Humans may be herbivours, carnivours, or omnivours, but nutrition is not an "exact science", so generalizations are often difficult to achieve. Our nutritional needs vary. People often confine themselves to outdated dietary patterns, or to the ones which have always been followed which may not be facilitating one's actual needs and requirements. However, certain areas of agreement have also been reached and this central area of agreement is that a "balance" must be achieved. Thus, despite the controversies, your general diet in its present form may need to be totally changed, or certain specific "food artifacts" (such as totally processed and devitalized, cakes, cookies, and pies) may need to be entirely eliminated from your diet especially if symptoms have begun to appear. Any person can rightly ask: Why if my dietary practices are so good do I feel so tired all the time? Why do I become de-energized by five P.M.?

If you eat canned soup or soup made with canned products you run the risk of consuming an anti-oxidant called Butylated Hydroxyanisole (and anti-oxidant which interferes with oxidation processes) dimethyl polysiloxane (an anti-foaming agent), citric acid (a dispersant) or sodium phosphate dibasic (an emulsifier). Read the labels.

Or, if you eat a denaturalized sandwich with meat or cheese you will consume sodium or potassium nitrate (a colouring agent which can turn into nitrosamines, especially found in bacon served every day in the campus cafeteria) calcium citrate (a plasticizer) hydrogen peroxide (a bleach) or Guar Gum (an artificial binder). Now you

know why so many children become "hyperactive" as Fiengold has shown, before the age of five and why their psychologists often find them very difficult to treat. Can you understand why you as a student have lingering headaches and stomach aches? The facts are that most conventional medical examinations and by far most psychological tests will simply tell you nothing about the state of your biochemistry. But if you are not feeling well and want to know what's going on in your body as well as know what your actual nutrient needs are you can take a "nutritional test" consisting of a hair analysis, nail analysis, blood analysis and urinalysis aimed at finding out. And by altering your diet and/or by eliminating disturbing toxins, you may completely change your health for the better.

Take that ice-cream you are eating. It's delicious. Isn't it? Well, besides not having in it even one of the essential nutrients given above, besides not being like what your great grandmother used to make on the farm, and besides being potentially dangerous that ice-cream more than likely contains Diethyl Glucol (a cheap chemical used to emulsify and found in anti-freeze) Piperanol (used to kill lice) Ethyl acetate (used to produce a pineapple flavour but actually a textile cleaner) or amyacetate (a nitrate solvent used to give a banana flavour). But that ice-cream sure tastes good, doesn't it? Oh, by the way, ethyl acetate is known to cause chronic liver, lung and heart damage. And Butyraldehyde which produces a terrific nut flavour is one ingredient in making rubber cement.

As you add to the list the pesticide, insecticide, and chemical fertilizer residues which get into your system directly and indirectly every day, the female growth hormone called diethylstilbestrol, the antibiotics found in meat and fowl, the "enrichment" chemicals in our "breads", is it any wonder why you have trouble going to class in the morning? Is it any wonder why you have trouble "settling down" to concentrate, lies at the heart of every aspect of

By following optimum nutritional practices you will be able to solve or prevent any one of over 100 unfortunate disorders.

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Pub call.



Just say OV.
Oh Ya!