

mmm....good....

super nutrition

second in series of articles by Anenome Ruder of STOP

"Supernutrition can eliminate or reduce many of mankind's serious health problems and make us all super healthy." This is the opinion of Dr. Roger J. Williams, professor emeritus of chemistry at the University of Texas and founder of that school's biological institute.

Cancer and mental illness are among the major ailments which may be prevented or alleviated through proper diet. Others include birth of deformed and mentally retarded babies, premature aging, heart disease, dental disease, obesity and arthritis.

The idea of supernutrition is based on the fact that living cells thrive when furnished with an optimum environment, which includes the best nutritional conditions. Dr. Williams explained to the National Academy of Science in the fall of 1971.

There are 40 known nutrients (consisting of fats, proteins, carbohydrates, vitamins and minerals) essential to the health of human cells and when they are blended together in proper portions and are working together they provide the optimum environment required by cells.

Think of each nutrient as a link in a chain, if any of the links are missing or weak the entire chain is rendered useless.



The big profits aren't in food-fruits, vegetables, milk, meat or crunchy granola. The big profits are in making fancy things out of cheap materials-snacks, breakfast foods, desserts, soft drinks.

Dr. Williams suggests: cut down on high energy foods such as sugar and highly refined starches; while high on the energy scale, they are low on nutrition. He recommends lots of eggs, milk, meats, fish and poultry and generous amounts of all the vitamins.

CAN I EAT WELL WITHOUT ADDITIVES?

● First of all one must stop accepting the myth that North America is one of the best fed nations in the world! Being abundantly fed with refined foods, does not make a nation well fed.

The enormous power of the food processors is almost beyond comprehension. Millions upon millions of dollars spent for lobbyists sway state and federal lawmakers to the food refiner's advantage. These powerful industrialists control the food advertising of every radio and T.V. outlet, every newspaper and magazine. They pay for hundreds of "feature articles" which seemingly give innocent and factual information, though designed to increase sales and to keep under cover facts detrimental to them. The food processors are aided by the powerful drug interests, which have immense influence on physicians through advertising in medical journals; a nation of healthy individuals uses few drugs.

In addition food manufacturers are constantly urged to make increasing use of new chemicals in their processing.

HARM

No one can argue that the industrialists are innocent of the harm they have caused. A large soft-drink company, which has done incalculable damage to the health of Americans, ironically produces a highly protein-rich supplement for export to "underprivileged" countries. Similarly, many companies, afraid that increased nutritional awareness will decrease their sales, are now adding microscopic amounts of vitamins and minerals to such food as refined cereals, again misleading the public into thinking that these additions make up for dozens of nutrients discarded.

HOAX

The biggest nutritional hoax is the North American so-called "enriched

bread". North Americans have been told so many times that enriched bread is as valuable nutritionally as whole wheat that even persons of education and authority, such as physicians, dietitians and professors of nutrition apparently believe it. The American Department of Agriculture gives figures which show that white bread, compared to whole wheat, has lost the following per cents of nutrients: calcium 60%, potassium 74%, iron 76%, magnesium 78%, linoleic acid 50%, Vitamin B1 90%, Vitamin B2 61% and niacin 80%. Though only the protein of the germ, or 22%, is discarded, it is rich in essential amino acids, whereas the remaining protein cannot support growth.

The statement that "enriching" white bread with Vitamin B1, niacin and iron makes it as valuable nutritionally as the entire grain is obviously untrue.

● Secondly, learn about nutrition. It's a fascinating subject, and then put your new-found knowledge into practise.

● Thirdly, and most important, when you are shopping learn to read labels. Gradually make changes such as buying better food each time you go to market and eliminating trash foods. Bring home fruits and nuts for the children instead of candy; avoid the lollipops of dye, synthetic flavouring and sugar. Study every label and avoid chemical additives and preservatives. Unfortunately, the law does not require the listing of all additives on many products. Products labelled "instant" or "processed" should give you a clue on what to avoid. These products are more likely to be high in food additives.

Learn to choose the lesser of two evils, that is, if you can find a substitute product that has fewer chemicals listed, but means more work or more preparation time, you must decide which is more important.

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Three graduate students will be elected to sit on General Faculties Council, one from each of the three constituencies listed:

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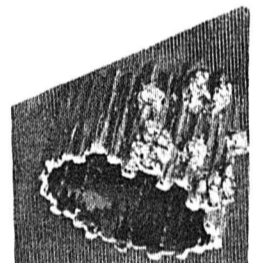
Candidates may be nominated from one of the above constituencies to run for representative of that constituency. Nominees must be registered in the Faculty of Graduate Studies and Research and shall be eligible for nomination in one of the above constituencies if his or her major research interest lies in a department connected with that particular faculty.

All nominations shall be in writing and shall be signed by the nominator and ten other graduate students from the constituency for which the nominee is standing for election, and by the nominee, signifying his acceptance of nomination.

Nominations close at 4 p.m. Monday, October 16, 1972.

For nomination forms and further information, or in case of any anomaly, please contact the GSA office, Rm 222 Campus Towers, phone 1175.

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