

Whole foods Supplements And Your Health

“Let whole foods be your medicine” Hippocrates

Note: None of the statements made in this document are endorsed by Nikken or meant to diagnose or treat any disease. Consult your physician if you have any concern or condition mentioned.

Whole Foods Supplements is the nutritional breakthrough of the 21st Century. They are not extracted or fractured vitamins or minerals. They are whole foods minus water and fiber, just the way the Creator put all the nutrients together to work synergistically.

The Creator never made a plant that has just several nutrients in it. All vitamins and minerals are meant to work together synergistically in the body to build and restore health. There are 100,000 or more phytonutrients (unknown vital health factors) in fruits and vegetables. There are only 75-100 known vitamins and minerals. To extract the 75-100 known nutrients from fruits and vegetables, throw the other 999,900 away, and ask man to put them in the body for health is fool-hardy! That is like asking someone to breathe pure oxygen over a long period of time. Oxygen is a natural element necessary for life, but to extract it and breathe it in an isolated form can lead to death!

Example: If you take a B-12 long enough you will have B-6 deficiency signs after several years. Most of the B-6 is taken from the foods you eat to make the extra B-12 in your body work and leaves very little B-6 left to do what it is supposed to do in the body. This is true of all extracted and fractured vitamins. Extracted and fractured vitamins and minerals treat the body. Whole Foods Supplements feed, build and restore the body. They do not treat the sickness or disease. The body can heal every known disease if it is given the proper foods and balanced nutrients working synergistically together.

Extracted and fractured vitamins and minerals go through the “humptydumpty” process: once separated from their natural environment the body will never be able to properly put them together again in the body for health and restoration purposes. They simply treat a disease just like a “drug”! Plus, extracted and fractured vitamins and minerals generally have harsh and sometimes synthetic fillers and binders in them. These can create allergies once ingested in the body. Whole Foods Supplements (all known and unknown nutrients), on the other hand, feed, build and restore the body like the Creator intended them to do.

Also, be careful of the word organic. It has become more a “marketing gimmick” than a health statement. Organic simply means it has less chemicals used to grow the food than non-organic. It does not reveal the nutrient content of the soil when the food was grown. To have nutritious food you must have food grown in nutritious soil. For most food growers, bulk is of essence, including organic growers. So, consumer beware! It is your health the growers are messing with!

Finally, all the nutritional research and marketing and all the health food stores in the last 50 years have not stopped the rapid rise of major diseases in America. Thus, the whole foods revolution led by Nikken.

There are over 5000 research papers written on the 21 fruits and herbs in Nikken’s Ciaga and Fruit and Vegetable capsules! Go to www.pubmed.com type in the name of the fruit or vegetable and read what the researchers have to say! Very interesting reading!!

Plus there are over 200 studies done by the American Diabetes Association, over 2000 studies done by the American Heart Association and over 70 studies done by the American Cancer Society showing the benefits of whole foods relating to almost every major disease! Consumer read and be informed. Your health and the health of your family is at stake!

Perhaps, for the first time in the history of mankind, the Baby Boomer parents could very well outlive their children. The parents are moving towards wellness for the latter time of their life. Yet their children live on hot dogs, pizza, french fries, hamburgers, soda pop and junk foods with very little exercise! This will quickly create the circulatory system of a 65-year old with all the fat clogging up the arteries and liver! The fastest rising disease in America is Type I Diabetes among children. What will their heart be like when they are 40 years old and their parents are 70 years young?

Mothers, be concerned about the nutritional health of your family!

Educational Talking Points: Did You Know...?

1. There is a health food store in almost every small town in America, yet our statistical disease increase (cancer, heart disease, stroke, diabetes, etc.) is an indictment that we need more than vitamins and minerals to keep our bodies healthy! There are approximately 100+ known isolated and fractured vitamins and minerals known to man, yet there are more than 100,000 phyto-nutrients (un-named) in foods that are important for our health. These phyto-nutrients help make all the vitamin and minerals work in our bodies.
2. Sick Soils in the World: According to a published report, the Earth Summit held in June 1992, on the nutrient content of soils around the world, their findings showed a depletion of:

Africa	74% Depletion	Asia	76%
Australia	55%	Europe	72%
South America	76%	NORTH AMERICA	85%

3. Sick Soils = Sick People! *Medicine Today Journal...April 2002*
 - a. Iron in Spinach dropped 60% the last 50 years
 - b. Broccoli and carrots lost 75% of magnesium
 - c. Watercress lost 93% of copper
4. "People are urged to eat 9 Servings of fruits and vegetables a day to reduce risk of chronic disease" according to the National Cancer Institute. However, in 1936 US Senate Document 264 "We can't eat enough fruits and vegetables to supply our bodies with the nutrients we require for perfect health, because our stomachs aren't big enough to hold them. **Food is stretching our stomachs!**"
5. The US Dept. of Agriculture surveyed 21,000 people and found **NOT ONE** had the recommended daily allowances (RDA) for any of the 10 major nutrients found in the suggested **9 DAILY SERVINGS** of fresh fruits and vegetables needed for good health.
 - a. Question: Are you and your family eating 9 servings of fresh fruits and vegetables **EVERY SINGLE DAY?**
 - b. Not to give our children a guarantee of 9+ servings of fruits and vegetables a day is putting them at high risk to become an American Disease statistic.
6. The US Government's 2000 Dietary Guidelines recommended 5 servings of fruits and vegetables a day. **ONLY 10% OF AMERICANS MET THAT GOAL.** NOW, the 2005 Dietary Guidelines tell us that we need 9 servings a day! This just won't happen, esp. for children!
7. "You can trace every sickness, every disease, and every ailment to a mineral deficiency." Dr. Linus Pauling, Recipient of 2 Nobel Prizes

8. Studies show that 9 daily servings of anti-oxidants packed in RAW fruits and vegetables and berries can cut your risk of

Heart Disease	70%	Diabetes	40%	Lung Cancer	30%
---------------	-----	----------	-----	-------------	-----

Studies conducted by:

Harvard Medical Center	UCLA Medical Center	New England Journal of Medicine
National Cancer Institute	American Heart Association	International Diabetes Institute

9. The #1 cause of kidney failure is abuse of Tylenol. Dr. Garner
10. Our children may have a shorter life expectancy than we do, according to a recent report in the New England Journal of Medicine. Kids who are overweight are at increased risk for type 2 diabetes, heart disease, and other complications, which means a shorter life. Your best defense is to get your child into the habit of exercising for at least an hour each day and eating a healthy diet that includes vegetables, fruit and whole grains.
11. Why Supplement?
 - a. Crop Nutrient Loss
 - b. Over-Cooking
 - c. Food Omission
 - d. Poor Lifestyle Habits
 - Poor Digestion
 - Fast Foods
 - Environmental Factors
 - Fast Paced Life
 - Ph Imbalance
 - Food Storage
 - Antibiotics
 - Stress
 - Microwave Cooking
 - Food Selection
 - Pollutants

12. Be careful of vitamin and mineral pills. Extracted, fractured and synthetically reproduced vitamins and minerals all have harsh binders, fillers and excipients.

Shampoo, Sand, Cork, Carnauba Wax, Talc
Sodium Benzoate, Dextrose

Polyethylene, Glycol (antifreeze)
Glue, Shellac, Corn Starch, etc.

13. According to the Journal of Chiropractic Economics, “250,000 pounds of undigested mineral and vitamin tablets and pills are pulled out of the Seattle, WA sewage filters every 6 weeks...many of them with the brand names still readable!”
Blood Never Lies by Ted Aloisio

14. Why Whole Foods Supplementation?

- a. **Government Research and Documents:** The US Senate #264 and the 1992 Earth Summit Report documents show 85% mineral depletion of our farm and range soils over the past 100 years in North America. Based on the above percentages, the grasses and vegetables we eat are deficient in mineral and vitamin content and therefore we are also mineral and vitamin deficient in all the foods we eat.
- b. **Startling Farming Methods:** Fruits and Vegetables are cultivated using chemical fertilizers, pesticides and waste contaminants. Harvested prematurely and artificially ripened, they are then sprayed, processed, radiated and coated with toxic chemicals to improve their appearance and prolong their shelf life.
- c. **Fast Foods Revolution:** Our lifestyle has created the fast food craze, full of fat, calories, starch and inadequate nutrients to sustain health, especially in children.
- d. **Cooking Methods:** Most cooking methods will destroy 50-90% of nutrients in fruits and vegetables, especially the 100,000 phytonutrients.
- e. **Alarming Increase in Immune System Disorders:** Over the past 5 years, the incidence of immune system disorders has increased more than 200%.
- f. **Overweight:** Studies suggest that 60% of Americans are overweight. Excess weight is a major cause of heart disease, diabetes, and some cancers. Our hunger never shuts down, thus the bulging stomachs!
- g. **Fatigue and Lack of Energy:** Doctors report that the number one health complaint is extreme fatigue and lack of energy.
- h. **Bowel Irregularities:** Stagnating waste poisons every organ of the body, making life miserable. On-going internal cleansing is a must!
- i. **Environmental Pollution:** The air we breathe and the water we drink are highly contaminated and take a tremendous toll on our bodies.

Ciaga juice has 21 ingredients:

7 Whole Juices: Pomegranate, Aloe Vera, Pear, Noni, Cherry, Blueberry, White Grape. **14 Natural Extracts:** Fibersol-2 Fiber, Brown Rice, Red Rice Yeast, Mandarin Orange, Orange, Raspberry, Beta Sitosterol, Green Tea Leaf, Stevia Leaf, Hibiscus Flower, Jujube Fruit, Goji Berry Fruit, Panax Ginseng Root, Rhodiloa Root

A 150# healthy person should take 1 oz. a day. Adjust up or down for chronic conditions, heavier people, or kids, including babies eating solid food. Because it is a liquid it gets into your bloodstream quicker and more completely. Nikken's product is the best health juice on the market today, according to the manufacturer, Mark McKnight, who has produced over 50 million bottles of health juices in the last 18 years. It is organic and kosher. All equipment is boiled prior to cold processing to sterilize it. To make the Fruit/Berry and Vegetable Capsules, also produced by Mark McKnight, they just remove the water and the bulk fiber, and leave all nutrients and micro-nutrients intact, including the thousands of phytonutrients. This is important for all vitamins and minerals to work in the body. For example: In order to not get scurvy, sailors only had to eat a lime with 45 mg of Vitamin C a day. But if someone takes a Vitamin C tablet, they need to take 1000 mg of Vitamin C to have the same effect. The micronutrients and phytonutrients in the whole foods make all ingredients work better synergistically!

Pomegranate

Used in the Middle East for treating disease and **infection, upper respiratory problems and diarrhea.**

May play a role in preventing **breast, pancreatic, esophageal, skin, colon and prostate cancer.**

Reduces the risk of **LDL (bad) cholesterol, plaque build up** and heart disease.

Pregnant women have less chance of **brain damage in babies.**

Aloe Vera

Time honored remedy for burns and **increases bioavailability of water and fat soluble vitamins.**

Contains natural **aspirin like substances and anti-histamines.**

Fights viral, fungal and bacterial infections including E.coli, Bordetella pertussis (responsible for whooping cough), S. pneumoniae (a cause of pneumonia), and H. pylori (the cause of peptic ulcers).

Aloe has been associated with rapid and **significant improvements in blood sugar control** as well as significant improvements in blood triglyceride levels, which suggests that aloe may also help to lower the risk of the cardiovascular disease that so often accompanies type-2 diabetes. **The highest risk are children.**

Gentle Laxative

Noni

Potent free radical scavengers. **Prevents LDL (bad) cholesterol.**

Helps inhibit blood clots. Platelets keep from sticking together.

Effective against at least seven different kinds of bacteria.

Reduces the risk for **high blood pressure, heart disease and stroke.**

Most exciting of all is the research being done on noni and cancer prevention and arrest the growth of certain cancer cells.

Brown Rice

One of the best foods to protect against heart disease. **A great source of fiber.**

Increases blood and liver HDL (good) cholesterol.

Helps maintain a **healthy gastrointestinal (GI) tract and helps with detoxification.**

Green Tea

Associated with decreased risk of cancers, including prostate, breast, lung, stomach, small intestine and colon cancers. Greater protection than Vitamin C and E.

Lowers blood cholesterol as well as improves the ratio of HDL (bad) cholesterol and LDL (good) cholesterol.

Helps **prevent rheumatoid arthritis** and boosts the immune system.

Cherries and Berries

Best known for treatment of gout.

Promotes healthy sleep. Reduces risk of colon cancer. **Relieves fibromyalgia.**

Lowers risk of **cardiovascular disease and stroke.**

Gogi Berry

Contains the four most important polysaccharides, 19 amino acids, 21 trace minerals, **and more protein than whole wheat. Provides more vitamin C than oranges.** Protects against cardiovascular disease.

There are more than 40 different varieties of goji berries throughout the globe, the original Himalayan goji berry is considered to be the most potent variety and the most nutritionally dense. Good for the heart and **eyesight.**

Hibiscus Flower

Tonic for digestive and kidney functions, simulates intestinal peristalsis and is a diurectic.

Helps to **reduce blood pressure.**

Rhodiloa Rosea

A Chinese herb, which reduces stress and increases natural energy.

Supports adrenal glands Improves memory.

Ginseng

Normalizes sleep patterns. Prevents colds and flu.

Ciaga is the next best thing to eating the fresh fruits themselves and a whole lot more convenient. Plus it only contains organic, natural nutrients that are readily recognized and metabolized by your body for maximum absorption and nutritional benefits.

No water or sugar added!

There are more than 5000 research papers written on the 21 fruits and vegetables in our Ciaga and Fruit and Vegetable Caps. Go to www.pubmed.com and do a search on any of the ingredients!

Benefits of Ciaga™

- One serving combines an abundance of organic fruits, herbs and extracts. C-I-A-G-A is a five-part recipe for good health:
 - Cardiovascular - ingredients in Ciaga support the heart and cardiovascular system.*
 - Immune - Ciaga can help in maintaining a strong immune system.*
 - Antioxidants - these are known to protect against free-radical damage and support the body's natural defenses.*
 - Gastrointestinal - a healthy GI tract improves nutrient absorption and also sustains many other physiological functions.*
 - Adaptogenic - Ciaga offers nutrients and herbs that can assist the natural physical response to managing stress.*

- Twelve therapeutic values are in the 21 ingredients of Ciaga. They are:
 - Anti-cancer (pomegranate, goji berry, green tea, raspberry)
 - Anti-carcinogen (pomegranate)
 - Anti-inflammatory (pear, aloe vera, brown rice, goji berry)
 - Anti-mutagen (pomegranate)
 - Anti-oxidant (pomegranate)
 - Anti-arteriosclerosis (pomegranate)
 - Anti-aging (goji berry)
 - Anti-fatigue (red ginseng)
 - Anti-fungal (red ginseng)
 - Anti-bacterial (goji berry)
 - Anti-viral (stevia)
 - Anti-convulsant (red ginseng)

- What does the National Cancer Institute say about Fruits and Vegetables?
 - Everyone needs to eat more fruits and vegetables.
 - Fruits and vegetables should be the foundation of a healthy diet.



Benefits of Nikken's Fruit/Berry and Vegetable Capsules

Some of the conditions whole food supplements help according to **221 studies** done by the American Medical Association, **30 studies** done by the American Diabetes Association, **2,213 studies** done by the American Heart Association and **72 studies** done by the American Cancer Society!

Aging	Allergies	Alzheimers	Anemia	Appendicitis
Arthritis	Asthma	Atherosclerosis	Attention Defects	Bones
Blood Pressure	Blood Vessels	Cancers	Cataracts	Cell Proliferation
Cholesterol	Chronic Fatigue	COPD	Dandruff	Depression
Detoxification	Diabetes	Digestive Tract	Diverticulosis	DNA
Dyslexia	Eczema	Elimination	Eyes	Fatigue
Fibromyalgia	Hair	Heart Attacks	Heart Diseases	Hypertension
Hyperactivity	Hypoglycemia	Immune System	Irritability	Joints
Lymph Fluids	Learning Problems	Lung Diseases	Macular Degeneration	Memory
Nails	Menstrual Problems	Obesity	Osteoporosis	Parkinson's
Plasma	PMS	Respiratory Tract	Skin	Sleep
Stress	Strokes	Teeth	Tumors	Urination

Benefits of Barley Grass ... Nature's Perfect Food

1. Increased energy and stamina and youthful vigor
2. Alertness and clarity of mind, improvement of mild depression
3. Decreased craving for junk foods and also reduces food intake
4. Improved breath and body odor
5. Increased tolerance to alcohol, minimal or no hangover
6. More rapid healing of injuries and infections
7. Improvement of nasal allergies, asthma and emphysema
8. Improvement of hair, skin and nails
9. Relief of tendonitis, bursitis and arthritis pains
10. Diuretic effect for excess water retention, reduction of blood pressure
11. Alleviation of discomforts of gastritis, peptic ulcer and pancreatitis
12. Improves digestion and regular bowel movements (increased fluid intake recommended)
13. Improvement of gum disease
14. Improvement of diabetes and hypoglycemia
15. Lessening of menopausal symptoms and premenstrual syndrome
16. Decrease of toxic symptoms of chemotherapy
17. Studies have shown barley grass inhibits the growth of cancer cells
18. High alkalizing effect
19. Supports a healthy cardiovascular system

When Best to Consume Barley Grass

Barley grass delivers the highest benefits when taken on an empty stomach, which means 20 minutes before or 2 hours after a meal. However, there will be some benefit no matter when you take barley grass. 2-4 times per day is the goal, however, more is fine. It's the perfect food. It is not recommended to take barley grass in any of the following: cranberry or prune juice, any carbonated drinks, or any hot drinks.

Frequently Asked Questions

Can I take Barley Grass while taking medication? As long as your health practitioner has not forbidden you to eat salads or green vegetables, you can use Barley Grass.

Is there anyone who should not use Barley Grass? Barley Grass is a whole food, so most people should be able to take it. People with severe medical problems or complications, should consult a health practitioner when introducing something new to the body. Those on restricted diet (especially in regard to green foods) should also consult a health practitioner.

I started taking Barley Grass and I feel worse. Why? When you make a change in your diet, your body often goes through a cleansing known as detoxification. This can manifest itself in fatigue, rashes and headaches. It is your body flushing out toxins.