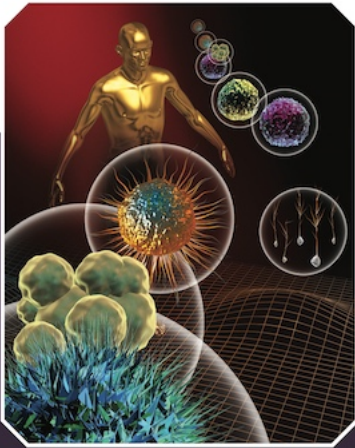


BEYOND FOODS

The Handbook of Functional Nutrition



BARBARA SWANSON

Beyond Foods is a true handbook on how foods create health. Using a unique health model, Beyond Foods offers simple and easy to understand explanations of complex issues. With this information, anyone can create a healthy diet.

BEYOND FOODS The Handbook of Functional Nutrition

by Barbara Swanson

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The Handbook of Functional Nutrition



BARBARA SWANSON

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And most of all: deep love and gratitude for my children, who have supported me no matter what path I have walked.

DISCLAIMER

This book details the author's personal experiences with and opinions about health and diet. The author is not a healthcare provider. All names used in this book have been changed to protect my clients.

The statements in this book have not been evaluated by the U.S. Food and Drug Administration. They are not intended to diagnose, treat, cure, or prevent any condition or disease. Please consult with your own physician or healthcare specialist regarding the suggestions and recommendations made in this book.

This book is not intended as a substitute for consultation with a licensed healthcare practitioner, such as your physician. Before you begin any healthcare program, consult your physician or other licensed healthcare practitioner to ensure that you are in good health and that the examples contained in this book will not harm you.

Beyond Foods

The Handbook of Functional Nutrition

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FOREWORD

"Just imagine, how much easier our lives would be if we were born with a 'user guide or owner's manual' which could tell us what to eat and how to live healthy." Erika M. Szabo

This book is just that—an easy-to-understand hand book of what your diet must contain for a healthy body. You won't need a degree to understand this information, nor will you be asked to completely change your life and diet (although I am sure there are shifts you may wish to make after reading this). Knowledge is power!

Over the last 25 years of working as a health consultant, my focus has always been to help people achieve a greater level of physical, mental and emotional wellbeing through lifestyle choices, with an emphasis on the benefits of whole, ancient foods and food-based supplements. I see, nearly on a daily basis, the struggle people have trying to make the best, most affordable and simplest choices for their health needs.

I am fortunate to have been taught by a wide variety of mentors and icons in the alternative health and nutrition field. This wide lens view kept me from thinking there is only one "right way" to eat for health.

I have had the privilege of learning directly from Viktoras Kulvinskas, co-founder of the Hippocrates Health Institute, author of the health classic, *Survival in the 21st Century*, and father of the Living Foods movement. I have worked closely with several teachers from the renowned Kushi Institute, home of the modern Macrobiotic movement.

I routinely consult with athletes and trainers who expound the Paleo diet; those who are vegans or vegetarian; and people who eat fast food weekly and are hoping for a change.

Through the process of doing hundreds of personal consultations, I have seen the great need people have for a basic nutritional education to help them understand how to determine if a diet change or supplement would be beneficial—or not.

Over the space of a 12 year (and counting) research journey, I read books about nutritional science and studied different nutritional and lifestyle alternatives to Western medicine. Information was gathered from other researchers on specific health topics, such as digestive health, enzymatic nutrition, and how specific nutrients affect various organs and systems. I learned how light is turned into the food we eat and about *Food Energetics*.

Hundreds of human clinical trials, epidemiological studies, *in vivo* and *in vitro* studies, and many double blind peer reviewed scientific studies were reviewed.

After thousands of hours of research, I came to realize that there is an underlying order to how foods and supplements work to create better health. This knowledge helps explain the powerful benefits of using whole, wild foods as an essential component of a healthy diet.

WHY DIETS DON'T WORK

The usual thread in “going on a diet” is that each tries to offer a single, simple solution to a specific problem—i.e., how to lose weight, have more energy, cleanse toxins or create more muscle mass. Each need is approached as a separate issue. People are taught to find “the diet” or “the supplement” that will work for what they want *at that moment*.

The truth is: Unless your diet fulfills the ongoing basic nutrient requirements of all your cells and organ systems, you will likely fail at meeting any long-term dietary goal.

Diet is not a fad you use for a few weeks or months. A diet is how you provide the nutrients and micronutrients that support your body's physical needs right now—and next year, and in ten years. In fact, no matter what physical state you are in at the moment, no matter what your specific health situation, the nutritional factors you need for life must be in the foods and supplements you eat.

This book doesn't offer or recommend a specific diet, other than one that is filled with real, whole foods and whole food supplements, adding in wild and ancient foods as much as possible.

This book is the distilled result of knowledge gleaned from dozens of indigenous diets, backed by hundreds of scientific studies from widely varying sources. It presents you with a simple and complete system that helps you understand how to eat: *The 4 Building Blocks of Functional Nutrition*.

Beyond Foods offers a new way to look at both diet and supplementation. You won't read how to eat "to lose weight" or "lower inflammation" or "get rid of belly fat" as if they are separate problems.

Realize this—you don't need a supplement to lose weight; then another supplement to lower inflammation; and yet a different program to detox and cleanse. You need to eat a diet and use powerful whole-food based supplements filled with the whole food nutrients that support cellular health and body systems. Your body will then do the rest of the work to retain health to the best of your genetic capacity. And science has shown that even your own genetic code can be rewritten, to some degree, via a healthy diet and lifestyle choices.

My goal is to make sure that you know what your body needs on the cellular level—regardless of the type of diet you choose. I want to help you choose supplements that are not a waste of money, or worse, actually cause a nutritional imbalance.

Once you understand what you need in your diet—and why—you can make informed choices that will give you the benefits you need.

You will learn what to eat in order to allow the innate intelligence of your genetics to work to their fullest potential...

You will learn how to eat *Beyond Foods*.

Barbara Swanson

SECTION 1

What Happened to Our Food?

It should be simple. Make a grocery list, buy the food, make a meal--and be nourished.

Not so long ago that was true.

Today, however, we really do live in a different world--- and our eating choices have to be more conscious if we are to actually be nourished with what we eat.



Chapter 1

The History of Food

For over 5000 years humans have used foods to prevent or ease the symptoms of various diseases. (The old adage “*An apple a day keeps the doctor away*” has recently been scientifically validated.)

The truth is that modern medicine has a history of pooh-poohing “old wives' tales”, only to then discover they are based on verifiable scientific facts. This attitude is ironic, considering that using foods as the first choice to heal or prevent diseases was laid out by the father of modern medicine, Hippocrates, over 2000 years ago.

In the modern world, it is important to find a great whole foods micronutrient support program. Sadly, most people today eat a diet filled with “foods” that do not—cannot—actually nourish them.

Even seventy-five years ago, you didn't really need to think about what you ate—or even to know how or what foods nourished your body. If you ate it, you would be nourished.

Until the mid-20th century, the majority of foods eaten on a daily basis were home-grown or locally sourced. Seventy-five years ago, the foods we ate were raised without an overload of herbicides or pesticides. There were no concerns with GMO contamination.

Milk wasn't homogenized for shelf life then pasteurized to protect us from the results of cattle being raised in unhealthy conditions. Cattle weren't fed antibiotics,

hormones and steroids to increase productivity. Shipping from massive farming complexes and using chemical fertilizers, herbicides and pesticides was not the norm until the fifties.

After WWII we experienced another dramatic downward shift in nourishment from our daily foods: the proliferation of convenience foods, fast foods, and foods shipped from around the world, rather than sourced locally.

Our diets moved away from freshly harvested, freshly prepared whole foods into convenience and fast foods. Today the average fast food meal has about 80 synthetic additives to enhance flavor and texture. Any single one of these additives could cause slight changes in brain chemistry. Added up together, they can spell disaster for healthy brain function, especially in young, still developing brains...yet doctors wonder about the increase in autistic and hyperactive behavior and can find no "cause".

We now eat far more processed foods and synthetics than have been determined to be safe. I—and many health educators and health professionals—believe the effects we deal with include dramatic increases in chronic diseases and a lowering of our standard of health at younger and younger ages. We see upward climbs in profound brain dysfunction and other diseases at early ages. ADD/ADHD, ASD (autistic spectrum disorder), juvenile diabetes and asthma are just the tip of the visible health dysfunctions increasing in our children.

And it's not only foods we have to worry about. There are increasing numbers of lab-created "nutrients" and synthetic supplements. They seem to offer everything you need.

But synthetic nutrients, isolated amino acids, processed fatty acids, minerals from rock, or any type of genetically modified (GMO) foods don't—can't—offer wholesome nutrition.

The reason for this is simple: **We don't assimilate them.** Our bodies cannot easily utilize isolated nutrients—and some, the body won't assimilate at all, or even recognize as food.

In the last decade, people have woken up to the problem of finding actual, real, healthy nutrition in the foods they eat. This has spurred a huge increase in sales of natural, green and organic foods and supplements. Sales of supplements is in the billions, as are sales of organic foods—and both categories have been growing yearly for over a decade. This isn't a trend—it is a movement. As such, manufacturers want in on the sales action; even if what they offer isn't really all that healthy.

There are trends within this movement towards healthier foods and supplements. Often, these trends are a reaction to the problems caused by eating too much processed and fast foods. A scientific study will show a problem with salt, or fat—but rather than saying, “don't eat processed and fast foods”, the advice gets carried over into a single nutrient, which could be found in all foods. What all these trends have in common is this: if people will pay for something, a manufacturer will sell and promote it.

Often this leads to some manufacturer making a “safer, better” food—usually through replacing the nutritional culprit with a different, processed ingredient, which often winds up being far worse for your health. Let's look at a few examples.

One of the first trends was to limit salt. And indeed, high levels of regular table salt are deadly! However, rather than education on the need for drinking healthy amounts of good water, Americans were advised to simply eat low-sodium diets. Sodium continues to be a concern for many, mostly because most processed foods and restaurant chain meals contain obscene amounts of salt as a cheap flavor enhancer for low quality ingredients. Salt substitutes came into being, but information and understanding about the need for healthy salt is not very available, and information on the dangers of salt substitutes is hard to find.

FAST FIX: If you use boxed or canned foods, or go to fast food restaurants weekly, begin by replacing a single meal a week with whole foods—i.e. vegetables, fruits, whole grains, beans and rice you purchase and cook yourself. Use flavoring spices to replace salt. Spices like paprika and mustard work with nearly any meal. Add garlic and other aromatics to add flavor. You will be in control of the salt you add. Use a natural, unheated salt such as Celtic Gray and discover just how little salt is needed to add great flavor.

Next came the trend to limit fats. And like no salt/low salt, people are still looking for a “low fat/no fat” number on their food—and too often pay next to no attention to any other information on the label—such as synthetic additives to add flavor. Manufacturers have created chemicals that will prevent fat absorption—which are now found to lead to vitamin deficiencies and other severe digestive problems. Only this year has the government stepped in to actually limit sales of trans-fats—processed fats which are known to lead to chronic inflammation, which is a root of hundreds of diseases and conditions. In recent years, the need for healthy fats has spurred people to add “good” fats back in via adding omega fatty acid supplements.

FAST FIX: Eat real foods with good fats in moderate amounts. Half of a raw avocado or a small handful of seeds and nuts are fantastic sources of healthy fats and give an amazing energy boost in the afternoon. Two teaspoons of virgin olive oil or virgin coconut butter has only 66 calories and adds a ton of flavor to a salad, cooked vegetables, popcorn or even granola.

Refined sugar—and its real dangers—has been a problem for decades. But in recent advertising campaigns, the differences between highly processed sugars and natural fruit and other minimally processed sugar sources (such as honey) are minimized and even outright denied. Instead of limiting or eliminating soda and candy, people use DEADLY synthetic substitutes, which are finally being proven to not only be dangerous, but ineffective at helping control weight loss.

FAST FIX: Use 1-2 teaspoons of raw honey, real maple syrup and yacon syrup to flavor foods. Eat fresh raw fruits. Eat a snack with fiber if you want something sweet—fiber slows the absorption of sugar into your blood stream. If you crave juice, make it raw and fresh—the cost will keep you from drinking more than is good for you and the fiber is healthy.

We are now in the midst of a trend to remove all gluten from all foods. Many people believe they have celiac disease, a very severe immune response to a protein found in gluten, which is always in wheat and often in other grains. However, there is a fundamental and large difference between true celiac disease and gluten sensitivity. I personally believe the dramatic increase in gluten reactions is a byproduct of the fact that nearly all non-organic grains are now GMO. GMO grains have protein sequences which can stimulate immune reactions...just like celiac disease.

But an understanding of the issue of a GMO protein intolerance and your body's reactions mimicking gluten sensitivity is barely acknowledged...so people are paying double and triple the normal cost of an item for that "gluten-free" label.

FAST FIX: Use all organic grains to minimize exposure to GMO wheat and other grains. See if this helps with grain sensitivity reactions. Instead of processed grain foods—pasta, breads, etc.—buy WHOLE grains, such as steel cut oats, quinoa and brown rice. NOTE: If you have true celiac disease, you need to be 100% gluten free.

NATURALWASHING AND GREENWASHING

Greenwashing is the term used to describe when a manufacturer uses meaningless terms and words coupled with impressive marketing to give the impression their product is environmentally safe and friendly, natural and good for you—even if their product is known to be toxic. Examples of this are Coca-Cola using "plant-based" plastic in their new bottles, and Clorox purchasing Burt's Bees to sweeten their corporate profile.

Naturalwashing is the supplement equivalent of greenwashing. Words like "natural" and "plant-derived" sound encouraging—but they *have no actual meaning* with regards to the safety or quality of the product.

Examples of naturalwashing include:

Natural: This word has no legal meaning when it comes to supplements or personal care. Basically, if it is on our planet, we can claim it is "natural". **Example:** Crystal Light™, which is mostly synthetic flavors and aspartame, is called natural.

Plant-derived: can mean just about anything, since plants form the majority of edible products in one way or another.

Example: petrochemicals are “plant-derived”.

Contains no artificial (flavorings, ingredients, etc.): Since the word natural has no legal definition, the definition of artificial is nearly as meaningless.

_____ blend (Proprietary protein blend, trademarked vegetable blend, etc.): Trademarked or proprietary, blends are a great way to hide the fact that the main ingredient within in that blend might be cheap filler. It works like this: US labeling laws require that ingredients are listed in order, from largest amount to least—with the exception of proprietary blends. All ingredients within a trademarked or proprietary blend are allowed to be listed in any order the manufacturer desires.

Example: A powdered vegetable drink has only 1 organic superfood, and it represents the least amount in the formula. On a regular label, it would have to be the last ingredient on the label. However, if the manufacturer creates a proprietary blend, that lone organic superfood can now be listed first instead of last.

Contains 100% RDA of Vitamins: Increasingly, supplement manufacturers will add a few real food ingredients to mostly synthetic products, in order to woo people who are looking for real food formulas. People see foods like blueberry powder or kale and assume the list of synthetic vitamins that follows are from the foods listed. To my knowledge—and I have looked at hundreds of “food based” vitamin formulas—no 100% food formula will contain exactly 100% of all vitamins. If a drink blend is created from various dried foods, they will not contain exactly 100% of all vitamins. They

might contain MORE than 100% of a very few vitamins (such as a drink with camu camu containing several hundred percent of vitamin C's RDA). When you see vitamins listed, followed by high percentages of the RDA, you can safely assume the product is fortified with synthetic versions of those vitamins.

Example: Legally, you can create a 100% synthetic vitamin formula, add it to a fermentation vat with a whole food base, and call your product “100% whole food vitamin formula”. There are at least 3 very popular whole food vitamin formulas which do exactly this.

Clinically proven: “Clinically proven” can mean something...or nothing at all. Consumers are aware that marketing and product promotional materials are filled with deceitful statements. So they are cued in to look for some sort of scientific validation...and the gold standard is a scientific study or clinical trial. I want to clarify that I am NOT saying trials and studies are worthless—not at all. A peer-reviewed double-blind placebo-controlled study or good clinical trial can offer valuable insights into whether a product offers certain specific benefits. However both trials and studies also have potential flaws with regards to determining the value of food based supplements.

1. Most studies focus on a single nutrient, and it is often synthetic. This allows the cause and results of the study to be easier to track and verify. However, whole foods have multiple nutrients, working in concert. Therefore, the result of a study done on a single nutrient may not reflect the entire range of benefits found in a whole food.
2. Many studies on specific formulas or products are done for a week or two, on a few people. This is a

- cheap way to get a “clinical trial” without an extreme cost.
3. A clinical trial or scientific study is, by definition, a narrow snapshot of the whole. It can be extremely valuable to learn, for example, that a key nutrient is an anti-inflammatory. What is the outcome of this? Which is actually better for you—a product which is highly processed to extract that single “proven” nutrient or the whole food which has that nutrient and HUNDREDS of others, which have not yet been studied?
 4. Clinical studies and trials are extremely expensive. There is a lot of private money to back most decent scientific studies or trials. Ask yourself, “Who makes the money back?” The answer? Drug companies. The dependence on this type of science as the only “good” science, with the dismissal of all other forms of “proof” as being irrelevant or “bad science” is directly correlated with the rise of drugs and drug use to replace foods as our primary way to handle health and prevent disease. Foods are not easily quantified or qualified via the narrow parameters that are inherent in a study.

Phony testimonials: People love to hear success stories—and companies know this. You can go from product to product online, and you will see that many of the personal testimonials use EXACTLY the same wording, with only the name (first name only) changed. These are not real. These are lures, designed to hook you into trying a product which may not even be safe for you to use, much less good for you.

FUNCTIONAL NUTRITION

This book is going to help you navigate through minefield we just looked by teaching you the 4 simple tenets of *functional nutrition*. Functional Nutrition is the basic philosophy that the human body is designed with the ability to grow, regulate, repair and defend itself when given natural whole food nutrition.

Functional nutrition recognizes the scientific fact that in order for our body's cells and organs and systems to function normally, we have certain basic biological or physiological NEEDS that must be met via our diet. Functional nutrition states that if we provide the correct raw materials (nutrients) via the foods we eat (our diet), the human body will naturally function at its highest health potential.

As long as we meet these nutritional raw material needs effectively and consistently, the body thrives—known as good health and vitality.

The following chapters will help you understand what nutrients foods must contain in order to actually nourish your body; and how they do so, based on the principles of functional nutrition.

This book does not espouse any single type of diet as “the one”—raw, macrobiotic, vegan, vegetarian or paleo. I don't believe that you must eradicate all the foods you enjoy—even if they are less than ideal nutritionally. This book is a simple guide, with simple explanations, to the foods and supplements that contain the nutrients you must have in

order to allow you to meet your body's cellular needs--then the food choices are up to you.

This book is a layperson's resource. I have deliberately kept the principles and explanations as simple (yet accurate) as possible.

Information and details on any single one of the four building blocks could easily stand alone as a book of this size (and in fact, I will be writing more detailed guides to each of these building blocks). While there are hundreds of scientific studies, clinical trials and resource books used in my research, *Beyond Foods* is created to function as a basic, easy-to-use handbook on how functional nutrition works to create good health, vital energy and healthy aging.

Chapter 2

Food Vs. Fake

There are two major categories of foods we can choose to eat from to satisfy our hunger.

REAL FOODS are as-is from nature, in a whole and complete form. There are three qualities of real foods:

- **Wild-harvested foods** are found existing naturally in an uncultivated state and harvested in a variety of ways.
- **Organic foods** are cultivated without GMOs, chemical fertilizers, pesticides or other toxins.
- **Agribusiness foods** are those foods cultivated with chemical fertilizers plus pesticides, herbicides and fungicides. Animals are raised using steroids, hormones and antibiotics. GMOs are increasingly common.

JUNK FOODS include all foods that have been highly processed, synthesized, denatured, isolated or fragmented, and/or refined or processed using high heat, chemicals or solvents.

WHY WON'T JUNK FOODS NOURISH ME?

When you are hungry for a cheeseburger or a piece of pie instead of a stir fry or carrot, it is your mind telling you what tastes good. Your body has a completely different way to determine what it “wants”—i.e., needs—in order to create good health.

Your body asks you for a diet that will generate energy to support growth (calories such as you find in carbohydrate-rich foods like whole grains--or pies); for amino acids to support muscle strength (such as you would find in protein rich foods like beans or nuts--or a burger); for essential fatty acids to nourish your brain and nerves (such as you will find in seeds, nuts or avocados—or cheese pizza); or for other micronutrients, such as vitamins or minerals (such as you find in carrots or a stir fry). Your body, if you listen, will crave foods that offer a wide range of potent nutritional components that protect the body's cells and tissues and support essential metabolic functions.

Think about it this way: When a cheeseburger or pie or a carrot is thoroughly digested and absorbed into the blood stream, is it still the cheeseburger or pie or carrot? *Of course not.* It has now been broken down into one or more distinct groups of nutrients and nutritional co-factors.

To function in an optimum health state you must daily supply your body with nearly 50 essential nutrients. These essential nutrients cannot be produced by your body; they must be supplied by foods. These essential nutrients include at least 22 minerals; 13 vitamins; 10 essential amino acids; and 2 essential fatty acids.

Getting your micronutrient needs met through whole food nutrition is essential.

In fact, there are several studies which show that isolated supplements are not as assimilable as nutrients found in whole foods.

One example is a study using synthetic vitamin E (alpha tocopherol). It showed that this isolate form of vitamin is not

as assimilable as natural E complexes. And that is no surprise, as our bodies actually use pro-vitamin A (beta carotenes, a pigment found in carrots, algae and other fruits and vegetables) and with good probiotic bacteria and other co-factors found in food, make vitamin E in our digestive tract. There are other studies which even suggest that supplementation via the use of vitamin isolates can actually lead to symptoms of vitamin deficiencies.

There is no doubt that when you eat a whole food, you gain nutritionally. The reason for this—the reason you need whole foods, and whole food-based supplements—is this:

Every single nutrient acts in concert with a host of cofactors. Amino acids need other amino acids and minerals; minerals need amino acids and essential fatty acids; and vitamins need minerals. Add to this the need for your body to have a host of probiotic bacteria and their intrinsic factors in order to assimilate the nutrients found in your foods, and you begin to see why any lab created, synthetic or isolated nutrient program is bound to come up short.

NANO-TECH NUTRIENTS

Another development in food science is the development of nano-tech nutrition. A nano particle (NP) is extremely small. Nanotechnology works on a molecular level to change the structure of a nutrient. **In fact, a nutrient requires very intense and high-level processing to create the molecular and structural changes that are a nano sized particle.**

Some foods are naturally nano sized, such as nutrients in single celled foods like microalgae. However, any

nanotech-based formula will contain NP nutrients which are significantly changed, on the molecular level, in order to make them into something not found in nature.

One example of this type of very intense processing is when oil-soluble ingredients are changed by nanotechnology so that they are able to be absorbed in water. In my opinion, there is real danger in using what is, essentially, a new way to uptake nutrients at a cellular level. Taking supplements that are not properly formulated (balanced, with safe restraints placed on their bio-availability) is like force-feeding. Yet we are still trying to figure out exactly how different micronutrients and minerals interact and act on our cells—even our DNA—with normal sized whole-food nutrients.

In fact, there is grave concern growing about the safety of untested nanotech nutritionals, and studies indicate evidence of ongoing toxicity due to our body being unable to recognize and safely eliminate NP nutrients via normal biological channels.

Even universally recognized, highly useful minerals like calcium or iron are toxic if the dosage is too high. For this reason, I personally avoid any NP nutrient products.

FOOD AS MEDICINE

Modern civilization has moved far away from the knowledge that “food is your medicine”. It is not a surprise; according to an NIH (National Institutes of Health) study published in 2008, only 30% of the medical schools in the US even require a separate nutrition course at all...and some schools consider it an elective! On average, a doctor

received less than 25 hours of nutritional education in 12 years of study of how the human body functions. *This is horrifying when you really pause to consider that without food, absolutely not a single cell of your body will have the necessary raw materials for life, much less a healthy life.*

Today, most people are taught—and believe—they have to fix pain, sadness, disorders and diseases with drugs. Consider these statistics:

- **Nearly ½ of all Americans take at least 1 drug a month**
- **Over 30% of all Americans take 2 drugs**
- **20% of American children are on a prescription drug**
- **The #1 type of prescription drug for US adolescents** is central nervous system stimulants—drugs that directly, and often permanently, affect brain function

It is ironic that statistically, the better health care you have (the more regularly you see a doctor), the MORE prescriptions you use. What this means is that *having a doctor doesn't actually improve your health*; it simply makes sure you are on a drug for the symptoms of what isn't healthy.

Yet despite the increase in drug use for diseases—the vast majority of which deal with symptoms only, not causes—people don't feel better...and they know it. Twice as many people rate their health as “less than ideal” than did 10 years ago. The bottom line is that American people are not happy. The number one prescription for those between the ages of 25-45 is for antidepressants.

The real truth? People don't see food as a way to increase health and wellbeing. For most, eating is just a problem to

solve. Food is viewed as something to avoid or indulge in, not as a tool that will enhance life quality.

MEDICINE VS NATURAL HEALING

Let's compare taking a drug to the process of how the body uses nutrients to heal. If you have a headache, a doctor might recommend an anti-inflammatory pain reliever such as aspirin. The headache disappears and everyone is happy. The symptom (a headache) was treated and often, no further thought is given the episode.

With natural healing, you ask the question, "*What caused the headache?*" The treatment is then focused on removing the imbalance, nutrient deficiency, lifestyle situation or toxicity that actually caused the problem.

Based on the treatment prescribed, if we apply the natural healing model to the Western Medicine treatment and resultant headache "cure", we would conclude the headache was caused by an "aspirin deficiency". We know that isn't the cause!

Deficiency of any of the nearly 50 essential nutrients that we need in our diets can result in slow but certain physical deterioration. Most of the foods grown on commercial farms today are produced by chemical fertilization in depleted soil. The result is food that looks pretty, but does not always supply the nutrients our bodies need for good health.

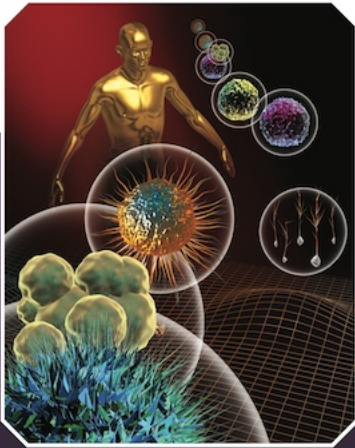
In addition, hundreds of chemicals have been added to our food which are designed to color it, change its taste, keep its shape, help it resist mold, assist it to have a longer

shelf life in the grocery store-- i.e., make it look attractive, not keep it nutritious. The use of these chemicals in nearly any food we purchase which is not organic, whole and 'as is' guarantees we will have ongoing toxicity complicating our health.

In this book, we introduce the *4 Building Blocks of Functional Nutrition*. These offer a way to show you how to look beyond symptoms and actually use nutrition to help redress the cause of a problem, not just cover up any symptoms. Our health model helps you know how to access the functional foods which support your body's natural health. By knowing the meaning of Functional Nutrition; and knowing what building block nutrients are essential for ongoing good health, you are empowered to make the best choices for your needs--today, tomorrow and in your future.

BEYOND FOODS

The Handbook of Functional Nutrition



BARBARA SWANSON

Beyond Foods is a true handbook on how foods create health. Using a unique health model, Beyond Foods offers simple and easy to understand explanations of complex issues. With this information, anyone can create a healthy diet.

BEYOND FOODS The Handbook of Functional Nutrition

by Barbara Swanson

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