



Why can't I get all the nutrients I need from my food?

Food & Herbs As Medicine: From research in the field of nutrigenomics, that food “talks” to our DNA switching on or off genes that lead to health or disease. What we eat programs our body with messages of health or illness

Dr. David Rosenberg M.D "In an ideal world that would be true. And there are some areas in the world where you can get it. But we know for the last 50 years at least that our fruit and vegetables are not equivalent to what they were 50 years ago (at least in this country) because of the effect of the soil's depletion of nutrients. So we now can measure whether what you're doing on a daily basis nutritionally is sound and whether you need a supplement."

Dr David Feld M.D. "And the other reason is people's lifestyles don't permit it. People are in a rush. They're not stopping to eat what they need to eat and prepare things ahead, so they don't eat fast food and just not getting the nutrients in those foods."

Cyrus Marvasti, CTO & Technologist, Founder of ShortSearch Innovation Lab www.shortsearch.com

FRUITS AND VEGETABLES – DECLINE IN NUTRIENTS

| Minerals and vitamins mg per 100 gram | | 1985 | 1996 | 2002 | Differences | |
|---------------------------------------|------------|------|------|------|-------------|-----------|
| | | | | | 1985-1996 | 1985-2002 |
| Broccoli | Calcium | 103 | 33 | 28 | -68% | -73% |
| | Folic acid | 47 | 23 | 18 | -52% | -62% |
| | Magnesium | 24 | 18 | 11 | -25% | -55% |
| Peas | Calcium | 56 | 34 | 22 | -38% | -51% |
| | Folic acid | 39 | 34 | 30 | -12% | -23% |
| | Magnesium | 26 | 22 | 18 | -15% | -31% |
| | Vitamin B6 | 140 | 55 | 32 | -61% | -77% |
| Potatoes | Calcium | 14 | 4 | 3 | -70% | -78% |
| | Magnesium | 27 | 18 | 14 | -33% | -48% |
| Carrots | Calcium | 37 | 31 | 28 | -17% | -24% |
| | Magnesium | 21 | 9 | 6 | -57% | -75% |
| Spinach | Magnesium | 62 | 19 | 15 | -68% | -76% |
| | Vitamin C | 51 | 21 | 18 | -58% | -65% |
| Bananas | Calcium | 8 | 7 | 7 | -12% | -12% |
| | Folic acid | 23 | 3 | 5 | -84% | -79% |
| | Magnesium | 31 | 27 | 24 | -13% | -23% |
| | Vitamin B6 | 330 | 22 | 18 | -92% | -95% |
| Strawberries | Calcium | 21 | 18 | 12 | -14% | -43% |
| | Vitamin C | 39 | 13 | 8 | -67% | -87% |

Causes: Soil losing nutrients, pollution, changes in cultivation, increased distance of transportation and duration of storage

Sources: 1985 and 1996, Laboratoire Pharmaceutique Geicy, Switzerland. 2002, Laboratory of Nutrition, Karlsruhe/Oberthal



Algae and nutritional yeast







Herbs and Grass Juice

Nuts and Seeds

Sprouts and Legumes

Fruits and Vegetables

Leafy greens

| | | |
|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| <p>POTASSIUM</p>  | <p>VITAMIN A</p>  | <p>FOLATE (Folic Acid)</p>  |
| <p>FIBER</p>  | <p>VITAMIN C</p>  | <p>MAGNESIUM</p>  |

