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VITAMINS: MAN MADE DISEASE

One of the first questions asked a doctor or nutritionist when diet is being discussed is, "Do I need vitamins"? The answer is absolutely no — not under *any* circumstances! Except, of course, those vitamins that are available "naturally" in foods. Many foods are rich in vitamins such as vitamin-rich egg yolks that contain large doses of vitamin A, D, and E. Paprika and certain vegetables contain large amounts of the "C" vitamins, and we can find our nerve tonic and development in yeast and rare calves' liver (high B vitamin concentration). These are just a few examples of our natural vitamin sources.

Health Store employees and the like are not trained extensively, if at all, in chemistry nor the body's reaction to chemical stimulants. Instead, they're much more likely to be educated along sales and promotion lines! They frequently mention the "trite misconception", that if you're too busy to eat properly, that vitamins will "fill that lack" or "missing link" that your body needs. Sounds reasonable doesn't it?

What these same people rarely understand or tell you is, some of these other important but little known facts about vitamins. First of all, every vitamin created (natural ones included), is made with an acid-like base that stimulate glands or "whips" them up to a state of false energy, then leaves them depleted. Also, *any* minerals involved are totally in-organic, thus, not useable for the body's and especially the liver's chemistry.

Secondly, (according to which form or brand of vitamin is bought), the manufacturer has added such gross ingredients as; shellac, wax polish, alcohol, bee's wax and others. Why are these unpalatable substances added? Unfortunately, many times this is done to disguise the bitter or foul tastes of the original ingredients of the vitamin. And worse yet, to improve color and appearances for "commercial sale" purposes.

It is sad enough, too, that the important glands such as the adrenals, must be affected. But the kidneys and life are, of course, effected by the chemical irritants as well. It takes a great deal of time and careful diet to rid the body of vitamin toxicity and relieve the over-acid condition these pills create. Therefore, using a "chemical whip" in a nutrition-poor body is not only of no avail (health-wise), but expensive and frequently dangerous.

It is not unusual for a person, "under the influence" of vitamin stimulation, to keep on their "bad eating patterns", because they feel good. They have developed the false assurance that any lack of vitamins and minerals are being "supplied" via their pills or "daily vitamins".

The main persons receiving any direct benefit besides the store selling them, is the "drug houses", via the increase in tranquilizer requests. Frequently, a patient will *need* these type of drugs to "calm" the system of an over-stimulated body! Thus, a second toxin is introduced to the already whipped body.

Unfortunately, man has always sought some form of stimulation; alcohol, drugs, tobacco, and now many times, "vitamins". Ask yourself an important question, "Has the average person's health record improved over the years with the advent of "new and amazing" vitamin discoveries"? No. Admittedly (through medical statistics), there are more chronic diseases than ever before. Vitamins have played a role in this increase!

There have been documented cases of "vitamin poisonings", requiring hospitalizations, along with such "minor" occurrences as, hair fall-out, skin eruptions and kidney disorders. As these stimulation toxins increase, so does the physician's work load. But local sales vendors continue to confidently "push sales" of these pills to the desperate nutrition-poor customers that are seeking quick relief from annoying symptoms, such as fatigue.

Some commercially-minded companies have really jumped on the new organic campaign for "health foods". Their bottle's label shows a formula with natural ingredients from the vegetable family, such as alfalfa, cress, spinach, etc. But any "minute traces of these "good" foods are only "token" amounts; as a serving of these foods in their original form provides thousands of times the amount of vitamins as these pills at so little cost and no side effects!

It is entirely possible to get all nutrients from foods. Sales propaganda from "vitamin pushers" state otherwise, through ignorance, not careful medical research!

What then, is the answer to this "crying" need for strength, good digestion and other needs of the populus? The solution does not lie in an "acid-based" mixture called, "vitamins", instead, the problem requires the diligent help of nature. Remember, glandular stimulation is not health! Through proper diet, along with rest and exercise, you may truly have all of the vitality needed to keep pace in a busy world and enjoy life to its fullest. Most important, your vital organs will function "normally". There will *never* be a vitamin pill created that can fulfill this "promise", no matter what the price or whatever famous company might try to "create" it.

Say no to all synthetic vitamins. Look to nature for your needs, not a bottle!