

## chapter 3



### **Real Vitamins for Health and Healing**

VITAMINS ARE EXTREMELY COMPLEX ORGANIC SUBSTANCES needed in small amounts in the diet. They are essential for both human and animal metabolic processes. The body is not capable of producing sufficient quantities of vitamins to supply its needs under normal circumstances. There are some vitamin-like substances that are not considered essential since the body's tissues are usually able to produce them in sufficient amounts. Each vitamin has its own unique functions in the body and cannot be replaced by any other substance.

Real vitamins are too complex to develop in a test tube and put in a bottle—even with man's modern technological advances. What man has developed is a "vitamin fraction" or a small part of a real vitamin and given it a name such as ascorbic acid for vitamin C. As you will see, ascorbic acid is only a small part of vitamin C and physiologically does not act as "real" vitamin C. Real vitamins can only be obtained from foods or food concentrates and not from synthesized artificial vitamins. Vitamins are actually

a group of chemically related compounds. Once a vitamin is separated or fractionated into a single compound, it no longer behaves as nature intended the vitamin to behave. Thus, synthesized vitamins have little or no value and may even be dangerous with prolonged use.

Extensive research is elucidating the various roles and interrelationships of vitamin compounds or complexes. Though the nature, chemical structure, and composition of most vitamins are known and many vitamin fractions have been isolated and synthesized (parts of vitamins produced in the laboratory), research has really only scratched the surface of identifying all the interdependent and interactive components of vitamin complexes.<sup>1</sup>

Each dog or cat is unique in its nutritional requirement. One dog may require five times as much vitamin A or vitamin D as another dog. I believe that there is biochemical individuality among animals and that nutritional needs differ quantitatively from animal to animal. Although all dogs require the same nutritional needs, each individual animal has a biochemical pattern all its own. This pattern is dependent upon circumstantial and environmental conditions.

With food and food concentrates containing whole nutritional complexes, the body can choose the nutrients it needs for assimilation and excrete what it does not need. With synthetic or fractionated vitamins, the body has no choice. It must handle the vitamin as a foreign substance or drug, and then toxicity or chemical imbalance may occur.

Though certain intestinal bacteria can produce vitamin B<sub>12</sub>, vitamin K, and B-complex factors, with rare exceptions, nearly all vitamins in food are either directly or indirectly produced by plants. Vitamin-rich whole foods are still the only source of virtually all the vitamins. Some of the best sources include seeds, nuts, whole grains, eggs, vegetables, yeasts and yeast extracts, liver and other organ meats, and fruits. In humans, clinical vitamin deficiencies are rare in industrialized countries such as the United States. However, subclinical nutrient deficiencies are rampant and

put a burden on our healthcare system. Signs of nutrient deficiencies may include bleeding gums, arthritis, stiff joints, easy bruising, dermatitis, any inflammatory disorders, cardiac problems, fatigue, gastrointestinal disorders, and dry skin. A subclinical deficiency means that the body's nutrient stores (vitamin, mineral, trace element) have been gradually drained, resulting in loss of optimal health and impairment of body processes leading to a variety of degenerative diseases.<sup>2</sup>

An important point is that there is no such thing as a 100 percent balanced diet for dogs and cats that is processed and bagged or canned. This is a sad myth perpetrated by big industry and uninformed professionals. One cannot substitute synthetic vitamins and “dead” processed food for raw, “live” natural foods. If one must feed dead processed foods due to convenience and time constraints, then one should supplement the diet with real “live” foods or food concentrates. (We will see in chapter 5, the diet section of this book, how easy this is to do.)

When foods are processed, their nutrients are destroyed and they become unwholesome. This is done to prolong shelf life. Wholesome foods in their natural unrefined state, the whole plant or animal, insofar as it is edible, contain all of the food elements conducive to good health. Nutritive deficits cannot be rectified by a synthetic vitamin pill consisting of chemically isolated vitamin fractions. Remember, we have only scratched the surface of knowledge when it comes to nutrition. There are many nutrients in nature yet to be discovered. The 100 percent complete processed food will never be enough for optimum health.

## **IN NATURE, VITAMINS COME IN COMPLEXES**

In nature, vitamins appear in complexes and not as isolated chemicals. For example, if there is a shortage of one B-group vitamin, there will be a shortage of several other B-group vitamins. A synthetic vitamin pill cannot make up for all the shortages. The point is important because only whole foods contain all *related* nutrients (vitamins, minerals, trace elements, enzymes, coenzymes,