

# Fruits and Vegetables of Today Lack Yesterday's Nutritional Value 6

The nutrient content of fruit and vegetables has declined dramatically over the last 60 years



In 1951, a woman would have to eat 2 peaches a day to receive the US recommended daily amount of **vitamin A** ... today she would have to eat **53 peaches!**



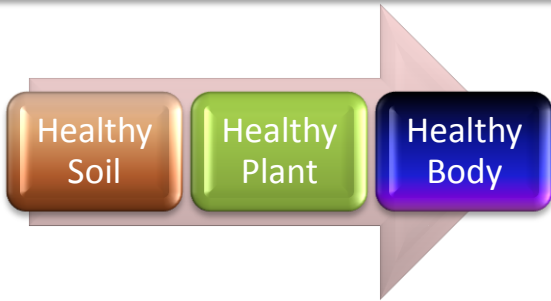
1 orange in 1951, 10 today!



Today it would take 65 cups of spinach to equal the amount of **IRON** in 1 cup of spinach in 1951

Source: Jeffrey Christian, *Charts: Nutrient changes in vegetables and fruits, 1951 to 1999, July 5, 2002.* CTV.ca

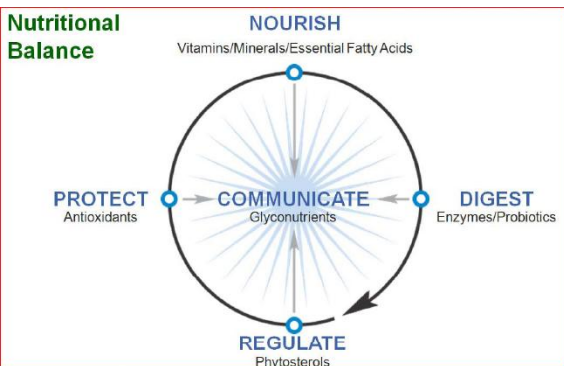
Ratio for Omega-3 to Omega-6 should be 1:1. In our modern diet the ratio is between 15:1 to 30:1.



*Grow your own!  
Eat only vine-ripened vegetables and fruit  
And take the best supplements you can get for optimal health*

## Living Well on an Ailing Planet

What do our bodies naturally need to provide good health? → Healthy cells equal healthy bodies.



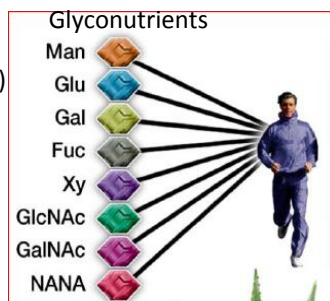
### Nutrition and Disease go hand in hand

Nutritional deficiencies cause two things. Disease and aging. The other things that also cause disease and aging are poor lifestyle choices. We have an obvious choice with tobacco and alcohol, but we have a much harder choice with nutrition. The reason for this is mainly because it's very difficult to get the right kind of nutrition, i.e. fresh fruits and vegetables. These are seasonal and when we depend on outside sources, we can't be guaranteed of the quality. When they are shipped from far away places, typically they are cut before they are ripe and a lot of the active ingredients are left in the stem and root.

When our bodies are given the right nutrients they can heal themselves. Genetically we are coded to do this. The only problem is that in order to fix ourselves we have to have the right nutrients to do so. Would you fix a flat tire with a rug? ([www.glycostory.com](http://www.glycostory.com))

### Choosing a supplement – What should I take?

- ✓ Natural/Food-sourced supplements
- ✓ Safe (i.e. fish oil need to be free of mercury)
- ✓ Effective
- ✓ High-quality
- ✗ Avoid synthetic products



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### Glyconutrients – Sugars that heal!

To maintain a healthy body, cells must "talk" to each other. Their language is one of touch, written in saccharides (or simple sugars) on the cell surfaces. Only two of the eight monosaccharides are found in today's diet. Our diets have changed in response to the demands for quicker, cheaper food. Consequently, we are not eating foods that contain the necessary fuels for our cells to communicate in a healthy, effective manner.

Since your body has more than a trillion cells and fully regenerates all of its cells in approximately 1 year, any miscommunication or slowdown could cause major health problems. With millions of cells regenerating each day, it's easy to imagine what could happen if during this process, the cells didn't regenerate correctly. This is why glyconutritional supplements are essential to our diet! ([www.glycostory.com](http://www.glycostory.com))