

Antioxidant Therapy is a Scam

“Back in 1995 I was pretty sure that big business would sell the antioxidant theory of disease, aging and death to the American public. Well the sale of that “theory” has gone even better than I could have imagined. Literally millions of Americans are convinced that oxygen is destroying their bodies—and that the only salvation is mountains of super high-potency antioxidants—exactly what the supplement manufactures want you to believe.”

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Chemical nutritional preservatives, marketed as antioxidants, are made for pennies and sold to consumers for hundreds of dollars. People buy them because they believe they will sop up **free radicals** and prevent oxygenation damage in the body. The truth is so different. Americans are **starving for oxygen** at all levels—even down to the cellular level. Most of this deficiency is caused by a weakened cardiopulmonary system (heart and lungs), lack of nutrients from an abysmal diet.

Antioxidants are just that—against oxygen. And that’s great for keeping the air (oxygen) from spoiling the fruit when you cut it. That’s why antioxidants are found in fruits and vegetables. But it is good to consumer mega-doses of them in an effort to snuff out oxygenation in your system.

As for the “deadly” free radicals? The majority of them are natural by-products of the cells’ oxidation of fuels. Without them you would surely die prematurely. In fact free radicals are essential to life itself. They provide one major component of a strong immune system—the system that keeps you from going sick.

And free radicals are required for hormone production. For example, oxidized iodine is required by your thyroid gland. And oxidized fuels are needed by other hormone-producing glands.

As for antioxidant pills—they are mostly nullified by digest before they can ever do any good in your cells. Sound just a little different from all the ads about the “evil, deadly” free radicals? And a little different from the ads for their cure—synthetic antioxidants?

And now a scientific study shows this to be true. In a report in the *Journal of the American Medical Association* (March 1, 2007) the antioxidant hoax is exposed. Critics will likely howl about how this study was biased, did not include any studies showing positive effects of antioxidants, etc., etc., etc. But this is not just another hatchet-job research report, fabricated to condemn supplements. It is headed up by The Cochrane Collaboration (www.cochrane.org) --a respected group.

Quite simply it shows that antioxidant vitamins (chemicals) A, C, and E do not help you to live one day longer. In short, The Cochrane Collaboration analyzed 68 quality studies involving more than 230,000 people and found no effect on mortality. Many of these study participants took the “superdose” supplements as touted today in much holistic advertising.

It's All About Whole Food

The conclusion is always the same—antioxidants only help **when they are in food**. Sound a little like Health Alert? And common sense tells you that of course this is true. Antioxidants are simply preservatives—naturally found in food—similar to the peel on the banana. They only serve to protect the vital nutrients and **nutritional complexes** that are the vitamins, minerals, enzymes, trace minerals, and other nutritional cofactors—as only nature can combine them.

An analogy would be eating a banana for its healthful supply of nutrients, or eating the peel. Antioxidant manufacturers want you to believe that you need to eat the peel. Worse still, since manufacturers have synthesized banana peels (synthetic antioxidants) for pennies, you can now eat a thousand.

What is true, and has always been true, is that natural antioxidants are a small fraction of the whole nutritional complex. And they are only preservatives—ascorbic acid preserving the whole vitamin C complex, tocopherols preserving the whole vitamin E complex, and so on.

That is why whole food supplements (phytonutrients) work, while antioxidants do not. Whole food phytonutrient contain the whole nutritional complex. Within these complexes are found small portions of antioxidants that serve as preservatives and protectors. All these factors are found in perfect balance as only nature can provide.

Nature Verses Money

A perfect vitamin E-rich food contains perhaps a couple IU of the tocopherol antioxidant. A perfect vitamin C-rich food contains 5-10 mg of the ascorbic acid antioxidant. Nature does not make these foods with 800 IU of tocopherol or 1,000 mg of ascorbic acid so that they are healthier. The truth is that if you were to produce a capsule of real, natural, whole vitamin C from food, with all its nutritional factors and 1,000 mg of ascorbic acid, it **would be the size of a tennis ball**.

Most everyone know that scurvy is a vitamin C deficiency disease. It is ugly and deadly. Yet if one person was dying from scurvy, and he or she was given 10,000 mg of ascorbic acid (commonly called vitamin C)—even several times daily—he or she would simply die. If another person in the same predicament were given

limes or some other vitamin C-rich food containing just a few mg of ascorbic acid, they would get well. That is because **ascorbic acid is not vitamin C**.

If you think not, just take a look at two chromatographs. These show the live activity of nutrients, and they do not lie. As you can clearly see, natural vitamin C and ascorbic acid are two **very different** entities.

But in the ugly world of health business, medicine, pharmaceuticals, and government, money reigns. Perhaps that is why the small preservative portion of the vitamin E complex (alpha tocopherol) is actually called Vitamin E. And why the small preservative part of the vitamin C complex (ascorbic acid) is actually called vitamin C. This allows chemical makers to sell replications of them in amazingly high dosages and actually call them vitamins. And for a penny or so more, they can even throw some stale rose hips powder into the barrel of ascorbic acid. This will allow them to now call their ascorbic acid product **natural vitamin C**.

Real Antioxidants and Plants

If you want real antioxidants, just eat food. Or take phytonutrients that contain nutritional complexes (all the nutrients along with the antioxidants). Or eat the most supreme antioxidant on earth—chlorophyll from green plants. This is the rich, green liquid found in green plants. It is a powerful antioxidant, and also a complete nutritional complex.

This fat-soluble, green liquid from plants is actually plant blood. Chlorophyll converts energy from the sun. Without it you cannot maintain strong bones, as chlorophyll converts a protein called osteocalcin, which transforms minerals into bone. Without adequate chlorophyll, megadoses, of minerals will fail to maintain healthy bones. This is just one of its functions.

Similar, because phytonutrients all contain plant mineral and chlorophyll, all phytonutrients made from organically grown plants, processed properly without heat or chemicals, and made correctly into supplements are all natural antioxidants. These are the products we use with great success. They come right out of the organic Wisconsin earth, and are processed properly by Standard Process. And depending on the type of plant used, some are even higher in real antioxidant activity than others. Naturally Chlorophyll series is a supreme antioxidant. Cataplex ACP, Congaplex, Catalex C, Cataplex AC, and Cyruta-Plus are other powerful, nutrients-dense products with strong antioxidant activity.

The reason that natural antioxidants (from food) are so good for your body is that the food itself contains lots of vital nutrients, including some antioxidants. It is this array of nutrients that provides health benefits. Supplement makers have fractioned out the antioxidant portion and produced it by the ton. They have touted this fraction as a health miracle. (They have even taken clinical evidence

that certain healthy foods are highly beneficial, and transposed these benefits to the chemicals (antioxidants) that they have for sale at bloated prices.)

It just is not so. Please remember my words a bout this antioxidant fiasco. As I said in the 1995 chemical and supplement makers have sold the entire country on the theory that free radicals are the cause of the disease. They've gone further to purport that the only cure is their two-cent, chemical antioxidants. And they use the health benefits from healthy, organic foods to sell this stuff. What a bunch of bunk.

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