

Week 07 (2016)

Know More Than a Doctor?

When readers tell their doctors about how they personally solved a health issue with a nutrition and diet change the negative response they receive indicates that their doctors know next to nothing about the healing power of nutrients and food. Every nutrient I use in my formulations has solid scientific (as opposed to pharmaceutical) studies behind it to support its use for helping with health recovery. Even when I recommend 'stopping starchy carbs' and 'high sugar foods' the studies are clear that these foods are the cause of most diseases.

Going to most doctors is a little like the bad mechanics shop when you take your car in over and over again for a clunking noise from under the bonnet. Each time you get a bill and each time the clunking gets worse. Most people learn to avoid such mechanics over time but for some reason they keep going back to doctors even though their health is getting 'clunkier and clunkier'. The simple problem is that most doctors are trained by the pharmaceutical model to make the clunking sound a little better so you will feel a little better but it really is not better – just like the useless mechanic.

Since you probably know more than your doctor about healthy food and nutrients, I really suggest that you stop sharing the reasons for your successful recovery as in most cases it just leads to frustration and in some cases anger at the condescending attitude from the doctor, re: paying to help them become healthy.

Nutrition is the source of life and health. Really healthy foods should contain all of the nutrients you need, but unfortunately they don't. Not only that, if the foods are unnatural such as grains and cereals they will and do make us sick. Avoid such foods for the rest of your life. We also have to supplement the missing nutrients for the rest of our life in foods and even in organic foods, certain nutrients such as minerals (e.g. iodine and selenium) are no longer in most soils in the correct quantity.

My Doctor told me to take Folic Acid!

Readers tell me their doctor told them to take folic acid and I always thought it was good advice and I held a glimmer of hope that this could lead to doctors becoming more inclined to nutrition but after 30 years I am giving up with that idea.

It gets worse. About 12 months ago a Natural Health Practitioner asked me why I had Folic Acid in my formulations. Folic Acid is a synthetic form of naturally occurring Folate, an essential form of a B vitamin. This Practitioner told me that Folic Acid was useless for 25% of the population and 100% useless in that it does not cross the blood brain barrier. This makes it useless for everyone if they want 100% of the critical health benefits of folate. **I bet your doctor did not tell you that?**

Folate information – Scientific studies show it helps tissues grow and cells work. Taking folate before and during pregnancy helps prevent certain birth defects, including spina bifida, your chances of miscarriage and anaemia.

Folate deficiency may cause: Diarrhoea, Grey hair, Mouth ulcers, Peptic ulcers, poor growth and swollen tongue (glossitis). It may also lead to certain types of anaemias.

Folate works along with vitamin B12 and vitamin C to help the body break down, use and to create new proteins. The vitamin helps form red blood cells and produce DNA, the building block of the human body, which carries genetic information.

Folate supplements may also be used to treat lack of folate, some menstrual problems and leg ulcers.

Food Sources: Folate occurs naturally in the following foods: Dark green leafy vegetables, Dried beans and peas (legumes) and Citrus fruits and juices.

First, my apologies for not being my usual cynical self regarding anything the medical system says. I took it as read that Folic Acid was a good substitute for folate but I now know better and you now know better than your doctor.

Good News.

All of my formulations are being formulated with a patented form of **5-MTHF Folate**, perfect for 100% of the population – particularly the 25%+ who cannot absorb Folic Acid.

The first one has already been released this month, **Active Life Multivitamin Capsules**. The second one, which is available soon, is **B4Health**.

Active Life Multivitamin Capsules – are based around my Active Life Liquid x90 vitamins/minerals formula but this has now been extended to x130 nutrients within the capsule.

Of course this contains the patented form of **5-MTHF Folate**, as featured above and I now claim that this is the only full spectrum multivitamin/mineral formula with this essential B vitamin!

Active Life Capsules are good for every member of your family, from the youngest child to the oldest senior. It is of course essential for any couple planning a pregnancy. It contains x180 capsules per bottle (will last for 6 months for a young child on x1 per day and one month for an adult with a serious condition needing the maximum support, x6 per day).



You can download the full ingredient list [here](#)

Active Life Capsules are available from the Good Health Naturally store, [SHOP HERE](#)

As reader of my newsletter and courtesy of Good Health Naturally use code **ACTIVE** in the store for 10% off any Active Life order (promo box online or quote over the phone). This only runs till the 29th Feb and can be used on top of the 3+1 special offer.

I am convinced from reading the scientific studies that just **5-MTHF Folate** alone may save a life of poor health but Active Life Multivitamin Capsules have another x129 nutrients that are all essential, all within the one capsule!

I have included a few of studies at the end for **5-MTHF Folate**, to help convince you as it has convinced me.

There is no doubt that the very best ingredients in any supplementation as well as a really healthy diet are the tools I successfully use to power ahead and to reach my goal of real healthcare for everyone.

Articles and Studies:

<http://www.mthfrsupport.com.au/folic-acid-vs-5-mthf-debate/>

<http://www.naturalhealthadvisory.com/daily/depression-and-anxiety/folate-5-mthf-vitamins-for-depression-lesser-known-form-of-folate-treats-drug-resistant-depression/>

Brief Rapid Communications

5-Methyltetrahydrofolate, the Active Form of Folic Acid, Restores Endothelial Function in Familial Hypercholesterolemia Marianne C. Verhaar, MD; Robert M. F. Wever, Pharm, D; John J. P. Kastelein, MD, PhD; Thea van Dam; Hein A. Koomans, MD, PhD; Ton J. Rabelink, MD, PhD

Clin Pharmacokinet. 2010 Aug;49(8):535-48. doi: 10.2165/11532990-000000000-00000. Folic acid and L-5-methyltetrahydrofolate: comparison of clinical pharmacokinetics and pharmacodynamics.

K1, Bailey L, Shane B. Pharmacokinetic study on the utilisation of 5-methyltetrahydrofolate and folic acid in patients with coronary artery disease Frank F Willems,1,* Godfried H J Boers,2 Henk J Blom,3 Wim R M Aengevaeren,4 and Freek W A Verheugt4

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