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Real Truth About Vitamins And Anti-Oxidants



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Synopsis

Clinical Nutritionist, health researcher, and writer, Judith DeCava explains in detail the differences between natural and synthetic nutrition. ?Read whole chapters on a specific nutrient complex, the deficiency symptoms associated with it, and how the complexes work together synergistically. ?Learn about the highly toxic, drug-like effects synthetic supplements have on the body and why we have been led to believe these unnatural substances are identical substitutes for nutrients found in real, whole food.

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Customer Reviews

Clinical Nutritionist, health researcher, and writer, Judith DeCava explains in detail the differences between natural and synthetic nutrition. ?Read whole chapters on a specific nutrient complex, the deficiency symptoms associated with it, and how the complexes work together synergistically. ?Learn about the highly toxic, drug-like effects synthetic supplements have on the body and why we have been led to believe these unnatural substances are identical substitutes for nutrients found in real, whole food.

This book was well researched and very informative, and contains information that I think would benefit many people. To be honest, I bought the book because I've noticed for years that I don't feel well when I take vitamins. I also notice that nowadays, it seems that hoards of people are taking loads of vitamins, and they are often recommended in books about nutrition that I read- (which has made me a little suspicious, to be honest). I have the feeling that vitamins have a bit of a "halo

effect" in our society. The author explains, however, why it is far better to eat whole foods for nutrition rather than synthetic, fractionated vitamins. One of the many problems is that vitamins function very differently in the body when they are isolated; whereas in real, whole foods, various vitamins, minerals, enzymes and co-factors work together in a synergistic fashion. In other words, isolating single vitamins, as is done with pills, can cause major imbalances in the body, with even more problems than a low-grade deficiency of that vitamin would have caused. The author also explains how the body is naturally able to take the vitamins it needs from whole foods and excrete the rest, whereas when vitamins are fractionated and separated from all the other elements and co-factors (as they are when they appear in the form of vitamin pills)- the body is unable to do this efficiently. In fact, the body reacts to synthetic vitamins as if they were a toxic substance, and tries to excrete them as quickly as possible!I learned a lot by reading this book. It is well researched, well written, well explained and easy to understand.

Books is in desperate need of an index and an update. Does have some good information but the task of finding it is tedious. (One has to really, really stick with a subject to weed out the facts.).

great read for all health coaches and DR.

I think everyone should read this. It scientifically explains why people shouldn't take synthetic vitamins. Talks about what people did for health before the big vitamin craze, beginning about 50 years ago.

Fantastic read to help you understand what your body truly needs. Also, deCava's book educates on how to decipher the latest vitamin information in the mainstream for yourself so that you can wisely choose how to feed yourself. I read it from cover to cover!

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