

ORGANIC LIVING

By

Robert Rodale

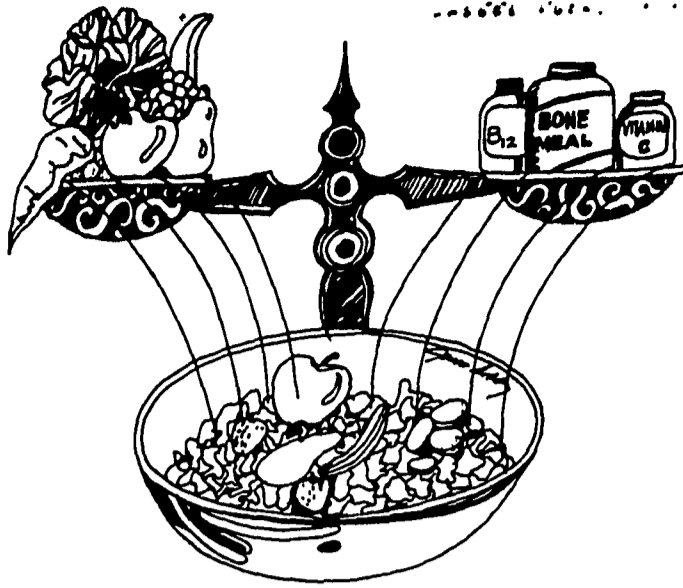
HEALTH FOODS WORK TOGETHER FOR BEST RESULTS

Interest in vitamins and other health foods often runs in spurts, with public attention focused first on one, then another nutrient. Those who jump from one vitamin bandwagon to another, however, are missing out on the kind of long-range benefits produced when vitamins and health foods are allowed to work together as a team.

One of the best examples of this kind of cooperation among nutrients was provided by Albert Szent-Gyorgi, Nobel Prize-winning scientist. He discovered that vitamin C is even more effective as a defense against colds when consumed with wheat germ. Investigating further, he found that through a complex series of reactions, substances called glucosides in wheat germ were able to make vitamin C more effective in the human body.

Dr. Szent-Gyorgi has formed the habit of starting every day with a breakfast of sliced banana, over which he pours about two ounces of wheat germ, adding milk. He also drinks tea to which he adds about a gram (1,000 milligrams) of vitamin C, instead of lemon.

"I always felt that not enough use was made of ascorbic acid (vitamin C)," he writes in his book, "The Living State." "Is our body such a poor mechanism that it has to break down every so often with a cold or other ailment? Or do we abuse our body and feed it so poorly that its breakdown is comparable to the breakdown of an unlubricated engine? I am often shocked at the eating habits of people . . . Our body



must be a very wonderful instrument to withstand all our insults."

To Dr. Szent-Gyorgi, the wheat germ-vitamin C combination makes perfect sense. "If one is deficient in two factors," he says, "administration of one of them may help to some extent, while full benefit may be derived only by taking the two in combination."

Another serendipity effect of combining health foods was reported recently by Mary Ann Crenshaw, author of "The Natural Way to Beauty". She was able to lose 12 pounds in two weeks on a low-calorie diet, aided by four ingredients: lecithin (a soybean oil derivative), kelp, vitamin B6, and cider vinegar.

What's more, her formula has worked for others. "So far, the mysterious mixture of these four ingredients has never failed to take off pounds, as long as a low-calorie regimen was strictly adhered to," writes Ms. Crenshaw.

Research chemist Jacobus Rinse mixes up a nutrient combination in his breakfast bowl that he claims works wonders for his heart condition. "My hypothesis was that there was a deficiency in my diet," says Rinse. "Therefore, food must contain everything in adequate quantities and should be varied as much as possible."

He has put together a mixture of one tablespoon each of lecithin, yeast, and raw wheat germ, and one teaspoon of bone meal. Then he mixes together in a bowl two tablespoons of this mixture, with one tablespoon of raw sugar and one tablespoon of safflower oil. He dissolves this mixture in milk, and adds yogurt to improve the consistency. He adds cold cereal, or else mixes it with hot cereal such as oatmeal. He also takes vitamin C, vitamin E, and one multivitamin-mineral tablet daily with his meal.

"After three months on this breakfast, all symptoms of angina pectoris, even after exercising, disappeared," Rinse noted in the scientific journal, "American Laboratory". Today there are several thousand people in Holland, England, Belgium and the U.S. who are using Rinse's morning feed.

Here are some other examples of nutrient combinations that provide extra benefits:

- Bone meal and vitamin D. Bone meal tablets are an excellent source of calcium that the body needs for healthy bones, teeth, nerves and muscles. But without another essential material - vitamin D - calcium is a lame duck.

Deprived of vitamin D, we can't absorb calcium through the intestinal wall, and it can't be deposited in the bones. The problem can be solved by taking a vitamin D capsule (derived from fish liver oils) along with the bone meal.

- Vitamin A and protein. Without a sufficient vitamin A intake the liver can't synthesize protein properly, according to T. R. Varnell of the Division of Animal Science, University of Wyoming. Fish liver oil capsules rich in vitamin A are the logical solution as an accompaniment to our high-protein meals.

- Desiccated liver and vitamin C. For years, health-minded people have been taking desiccated liver tablets as a rich source of natural iron. Scientists now know that iron is absorbed best from the intestinal tract when vitamin C is also present.

- Vitamins C and E. Combined in the diet, those two vitamins show promise of preventing sunlight-induced skin cancer. Good results with laboratory animals were reported recently by two dermatology researchers at Baylor College of Medicine, Texas.

Not all combinations of substances are advantageous. For instance, aspirin will completely inhibit the absorption of vitamin C by the body's white blood cells. That disturbing fact was reported recently by researchers at the University of Dublin in Ireland.

So to get the most from the nutrients you consume, consider the company they keep.

xxx

What natural food supplements should you consider including in your daily diet? "The Prevention System for Better Health" is a 44-page guide to vitamins and health foods. It's available for 50 cents from Robert Rodale, Organic Living, in care of this newspaper. Please ask for the booklet by name when ordering, and allow four weeks for delivery. (c) 1974 by The Chicago Tribune. World Rights Reserved.



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Guernsey Breeders Plan Tour

The Lancaster County Guernsey Breeders are planning a tour to Lebanon and Dauphin counties on Monday, March 18, 1974. We are planning to go to the top producing Guernsey herd in Lebanon County, the herd of Warren Bucher's. The herd is housed in a stanchion barn. We will also visit Ja Mar Farms operated by Jake & Robert Smith of Palmyra, where we will see a judging operation and Guernsey cows in comfort stalls.

We will also visit Founder's Hall and Chocolate World in Hershey, and see the new free stall barns.

Bring your own box lunch. Plans are to eat on the bus while traveling. The cost of the trip is \$3.50 per person. The bus will be leaving the Acme Store parking lot in Quarryville at 8:00 a.m. The next stop will be Ray Witmer's at 8:15 a.m. Next stop will be at Hat & Gavel Auction parking lot along 501 north of Lititz at 9:00 a.m. We plan on having the bus return to Quarryville by 4:30 p.m.

Plan to bring your wife or friends along for an educational and enjoyable day.

Contact someone on the tour committee by March 16, where you plan to meet the bus; Jesse Balmer 626-8055, Robert Rohrer 687-7424, or J. Scott Wolff 786-2336.

Pre-emerge tank-mix combination...

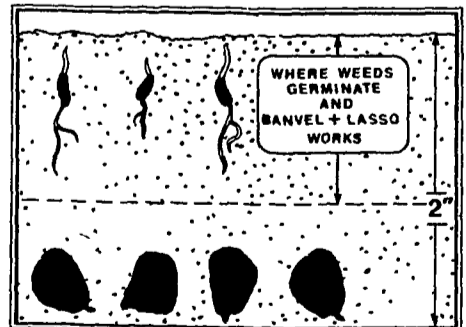
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