

## NUTRITION MATTERS

Barbara Joseph

“Let food be your medicine and medicine be your food.”  
Hippocrates

Good nutrition is vital to health. It gives the body the necessary components to rebuild itself. The importance of a healthy balanced diet has never changed, but the ability to achieve this goal has become more difficult.

Few are getting their recommended 9 to 11 servings of fresh fruits and vegetables each day. Those who attempt this daily feat are often unaware of the irradiation and pesticides, which altered the product before they ingested it.

Today’s nutrient-depleted soils produce fruits and vegetables with substandard levels of vitamins and minerals. Processing, cooking and preserving food leads to further nutrient depletion as foods are often devoid of enzymes and certain nutrients that leave the body lacking.

“For those less likely to eat fresh produce you may be interested to note that much of what's in your grocery store is simply ‘fast food.’ Ever finish a meal only to be ‘hungry’ 30 minutes later? Our bodies are craving nutrients not food. The U.S. Department of Agriculture reported that 92% of Americans do not receive sufficient

nutrients from their food for optimal health.” “As a population, we are over fed and under nourished. Calories are ever plentiful, yet nutrients are not.”

With today’s hectic lifestyle and erratic eating habits, people often make poor food choices. There is also the growing problem of poor digestion, which inhibits the absorption and assimilation of the nutrients one does manage to consume.

Many people question the need for supplements. However, fast foods, microwavable meals and extremely processed foods in general, leave us with basic nutritional deficiencies.

Even if you eat lots of fruits and vegetables you are not likely to get all of the nutrients your body needs. And unless you are purchasing quality organic, local produce, you are now ingesting preservatives.

To maintain your health, you need all the nutrients and vitamins in their proper amounts. It is very difficult, expensive, and impractical to achieve this through diet alone and nutritional supplements help to fill the gap.

Quality nutritional supplements can provide a source of concentrated nutrients virtually impossible to obtain from food alone. Combined with a balanced diet, your body will

receive the nutrients it needs to function and thrive, leaving you feeling better than ever before.

Taking a poor supplement could be worse than taking no supplement. Companies often cut corners in their manufacturing processes by using unverifiable nutrient quantities, cheap additives and binders (such as sand, anti-freeze, shampoo and glues), with poor quality source material.

### Types of Supplements:

1. **Synthetic Supplements** are entirely man made. They are often referred to as “isolated” or “fractionated” pieces of the whole and they do not give the full benefit that is necessary for vital nutrition.
2. **Natural Supplements** involve extracting various compounds from natural sources. While the source of the vitamins may be natural (calcium from milk and vitamin C from oranges) the extraction process subtly changes the molecular structure of the product and it is no longer in its natural state. If “some” of the product is natural, even if there are synthetic components added, the product may be labeled “natural” without labeling the synthetic ingredients.
3. **Whole Food Supplements** give the benefits of the WHOLE food, which includes ALL of the vitamins,

minerals, antioxidants and enzymes that are naturally occurring. The bulky fiber and water from the fruit, vegetable or plant are removed in a way that does not disturb the balance and synergy of the natural product.

4. **Pharmaceutical Grade** refers to the strictest manufacturing standards for purity and concentration that prescription medications are required to meet - 98% accuracy as tested by an independent laboratory. Other supplements (food grade) often have less stringent testing and varying levels of concentration and potency have been found from pill to pill.

5. **Bioavailability** ensures that your body absorbs an optimal amount of nutrients. Better nutrient absorption means greater health benefits.

*Kenzen* is a Japanese word that combines the concepts of “wholesome” and “wellness.” The Kenzen Wellness concept is based on the timeless philosophy that natural, whole foods provide ideal nutrition for both health and medicine.

Organic-Based Nutrition means that these products are as far from synthetic chemical supplements as you can get. All ingredients are carefully chosen and the organic content is maximized. Every one of these products is

either 100% organic, or as organic as possible while staying consistent with offering the optimum support to help you meet your nutritional requirements.

***Kenzen Whole Body Renewal*** is a radical new approach to nutrition. It builds on the whole-food perspective of combining advanced science with the wholesomeness of nature. An integrated program, it helps to sustain long-term health by supporting the body's core functions and the various subsystems that make up the operating structure of the human organism.

The central hub of Whole Body Renewal is the Core System, which are supplements designed to help you meet your daily needs.

**CORE SYSTEM:**

- ***Mega Daily 4*** – multivitamin, balanced mineral-nutrient blend, organically grown vegetable superfoods, support at the cellular level for healthy metabolic heart, cardiovascular, immune, brain and hormonal function, are gender specific
- ***Jade Greenzymes*** – called nature's perfect food, young barley grass, contains the full complement of live enzymes that act as our body's spark plugs, naturally alkaline to help balance pH, detoxifying,

offers circulatory and colon support, repairs and re-energizes

- **CIAGA** – high ORAC values to support natural defenses against premature aging, 100% natural super-fruit and berry blend with Maqui-Acai, confers the benefits in its name: cardiovascular, immune, antioxidant, gastrointestinal and anti-aging.
- **Kenzen Vital Balance** is a healthy, organic-based, vegan meal replacement mix designed to help burn fat and boost metabolism, promote healthy brain function and the elimination of toxins in the body. Pre- and probiotics assist in digestive and immune system activity.

### **SUPPORT FOR SPECIFIC BIOLOGICAL ACTIVITY:**

**Gastrointestinal System:** Proper breakdown of food is required to absorb nutrients. The GI tract secretes enzymes for this purpose, yet as we age our ability to make use of these enzymes may decrease.

- **Digestion Complex 4-20** offers a broad range of digestive enzymes, helps support more rapid and complete nutrient absorption, aids in elimination of waste.

- **Lactoferrin Gold 1.8** assists in preserving a healthy intestinal tract, helps maintain beneficial bacteria, offers purified lactoferrin without fat and lactose, and preserves the pre-biotic qualities.

**Cardiovascular System** health depends on the heart and vascular network that moves nutrients and wastes to and from cells and acts to stabilize body temperature and pH.

- **Omega Green + DHA:** Essential omega fatty acids for cardiovascular support, combination of Omega 3, 6 and 9, vegan certified vegetable formulation – no fish oils used.
- **Bergisterol** support for cardiovascular health, helps maintain levels of tri-glycerides, blood glucose, blood pressure and cholesterol within normal ranges, is clinically tested, an exclusive strain of the bergamot fruit grown without pesticides, beverage is more absorbable than dried capsule form.

**Nervous System:** The body's neurological system acts as a pathway to communicate and process information. Proper nutrition can play a part in helping sustain this complex physiological function.

- **Clarity** is a fermented blend of 100% organic ingredients formulated to help you stay focused and

mentally sharp. It is designed to help maximize your cognitive function.

**Immune System:** Functions are controlled and activated by a complex network of cells, organs and tissues.

- ***Immunity*** designed to support and maintain immune function, contains 14 mushroom varieties from regions around the world for a wide spectrum range of natural biochemicals.
- ***Cleanse & Detox*** contains a blend of 100% organic ingredients formulated to help support the liver, an organ that performs more than 500 functions and maintains 2000 plus enzyme systems.

**Skeletal System:** A structural framework that provides protection, flexibility, motion and serves as a chemical storehouse.

- ***OsteoDenx*** supports natural increase in bone density, is a patented, targeted transport system and a unique proprietary blend.
- 
- ***CalDenx*** offer a daily supply of calcium for bones, formulated for men and women, supports muscle and nerve tissue.

- **Joint** a proprietary formula with cetyl myristoleate, promotes joint and tissue health and mobility, includes glucosamine and methyl sulfonyl.
- **CM Complex Skin Cream** is not a supplement. It is a topical version of the Joint. Helps to soothe inflammation and discomforts in joints, muscles and connective soft tissue.

**Maintaining Energy:** Healthy, organic nutrients to nourish and energize during the day.

- **Kenzen Ten4 Energy Drink Mix** is made with organic Matcha green tea, “nature’s own energy drink” and New Zealand kiwi, the most nutrient dense of the super-fruits. Supercharges you mentally and physically.
- **Kenzen Paleo Bars** are USDA Certified Organic and EcoCert Certified nutrition with only 4 ingredients to provide quick energy with protein, fruit and healthy fats.

The best way to take care of your nutritional needs is the natural way. The combination of the core system and the additional, individual system categories make Whole Body Renewal an all-inclusive, comprehensive approach for supporting overall wellness.

<http://nettrax.myvoffice.com/nikkenusa/ShoppingCart/Shop.cfm?CurrPage=FrontPage&NextPage=CategoryDetail&CategoryID=96&pid=50902436119323817&pwp=quantumhealthproducts>

### Testimonials:

“I had been feeling very listless. I started taking the Jade Greenzymes and almost immediately noticed more energy. I don’t mean just a little either. The energy boost kind of surprised me. It has done more than I ever would have imagined.”

“My physical therapist was impressed with my flexibility and ability to walk well just 4 days after knee surgery. I attribute it to the CM Crème, Joint Formula and OsteoDenx.”

“The CIAGA and Jade Greenzymes are really working for me. I have much more energy and I feel stronger.”

“The Women’s Mega Daily 4 dramatically improved my hot flashes and helped manage the hormonal changes that I was experiencing.”

### Healthy Tips:

- Avoid processed and refined sugars and flour, carbonated beverages, processed foods, fast foods and trans fats.

- Choose fresh, organic, local, pesticide free, non- GMO produce and products.
- Maintain regular times for your meals and your body will thank you.
- Learn about food combining.
- Chew well. All digestion begins in the mouth.
- Eat slowly for better absorption.
- Avoid drinking liquids with your meals, which add to sluggish digestion.
- Occasional cleansing helps to detoxify and tone.
- Juicing of organic vegetables and fruits using a quality juicer adds to health and vitality.
- Appreciate your food and the nutrients it supplies you. Remember, this food has literally given you its life.
- Supplement with whole-food, organic-based supplements to ensure getting the necessary enzymes, vitamins, nutrients, minerals, phytonutrients and antioxidants.

“It is health that is real wealth and not pieces of gold and silver.” Mahatma Gandhi