

# The Most Important Nutrients You Need Each Day

Contributed by Dr. Paul G. Jensen  
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Listed in order of importance, as recommended by Dr. Jensen

1. Calcium/Magnesium: Even with a high calcium diet (green vegetables, raw dairy, fish bones and bone broths), it is still a good idea to supplement with a small amount of calcium. Calcium Lactate is the most usable form. Magnesium should always be included in the formula (5 parts calcium to 1 part magnesium). Most calcium supplements are not usable by the body.

(refer to "Calcium Info" sheet for further information)

2. Fat soluble vitamins A and D. Vitamin D is necessary for calcium absorption as well as preventing many diseases including cancer, heart disease, arthritis and auto-immune problems. Vitamin A keeps mucous membranes, skin, eyes and the immune system healthy. Blue Ice Cod Liver Oil is an excellent source of A and D. Other alternatives for good quality A and D are grass fed meats and eggs, liver, Cataplex A, Cataplex D, Catalyn and Cyrofood.

3. Essential fatty acids: In order to get the full benefit of the first two recommendations listed above, nutrients found in certain types of fatty acids must be regularly ingested. These particular nutrients are found in the butterfat of grass fed cows, fish and bird eggs and animal organs. Cataplex F and Activator X would be the best supplemental form. Long chain omega 3 fatty acids (found in Samolinic and Tuna Omega-3 Oil) would also be recommended as a compliment to Cataplex F or Activator X. Short-chain plant fatty acids (flaxseed, wheat germ, coconut, borage, evening primrose, olive, etc.) are also valuable, but do not take the place of the animal fatty acids.

4. Iodine: There is a great amount of evidence linking the lack of iodine to breast disease, low thyroid, heart disease, high blood pressure and dementia. Daily ingestion of seafood and seaweed is the only way to insure adequate dietary intake. I encourage supplementing with Prolamine Iodine (a form of Lugol's Solution).

5. Trace Minerals: Much of our nation's food is grown on mineral depleted soils. Organic minerals are needed for 95% of all metabolic functions in the body. A daily supply of usable organic trace minerals is critical for good health. Most products contain inorganic minerals that have minimal benefit. Organa Mineral Drink, Trace Minerals-B12, Organically Bound Minerals, Catalyn and Cyrofood are good trace mineral sources. Note: Catalyn and Cyrofood contain many other basic nutrients needed for good health, these products are the equivalent of a raw, whole food multi-vitamin/mineral.

5. Whole food Vitamin C: The human body cannot make its own Vitamin C. Unless you are regularly eating lots of fresh picked raw foods containing Vitamin C (citrus, peppers, tomatoes, buckwheat, broccoli and spinach) you are at risk for infections, heart disease, high blood pressure, adrenal fatigue, poor wound healing and weak connective tissue. If the

Vitamin C you take is not a concentrated raw food source, then you are wasting your money. The best supplemental source is Cyruta Plus.

6. B Vitamins: Found in fresh picked raw vegetables and fruits, nuts, seeds, whole grains and animal products. Lack of B-vitamins has been linked to heart disease, strokes, diabetes, Alzheimer's, dementia, osteoporosis and birth defects. The body cannot use synthetic B-vitamin supplements (which is what most products contain). These synthetic products primary act as a stimulant (similar to ingesting caffeine). Cataplex B, Cataplex G, Catalyn and Cyrofood are the best supplement sources.

7. Vitamin E: Needed for tissue repair, sex hormone production, immune health, nerve and muscle function. New research shows that taking a Vitamin E supplement (alpha-tocopherol) does more harm than good. Nuts, plant oils and whole grains are the best dietary sources. Cataplex E, Cataplex E2, Immuplex and Wheat Germ Oil Perles are the best supplemental forms.

8. Animal Fats and Proteins: Good quality animal fats and proteins are crucial to hormone production, brain function and the health of every cell wall in the body. Your body cannot regenerate unless you are eating adequate amounts each day. Your child will most likely have behavior problems if he or she is deficient. I recommend 2 servings per day (one of which should be eggs for breakfast). Grass fed, organic meats have superior nutritional value. Don't waste your money on protein powders. The best supplemental sources for protein is Seacure and Protefood. See #3 above for fat sources.

9. Enzymes: Heat destroys the natural enzymes in food. If you are eating all your food raw, then you only need to supplement if you lack hydrochloric acid (which many people do as they age). Ness #1 and Ness #2 plant enzymes are excellent digestive enzyme products.