

For your Health and Wellness!

Are you eating food or products? Is it natural or does it come in a box? Depleted soils give rise to mineral deficiency diseases which threaten the health of Americans. Several authors state that most of our chronic diseases are as a result of our diet. But how long have we known this? Read the following passage but don't look at the date until the end.

Erosion and unwise farming methods have led to mineral depleted soils resulting in mineral deficient plants, livestock and people. The alarming fact is that foods now being raised on millions of acres of land that no longer contain enough of certain minerals are starving us, no matter how much of them we eat. Laboratory tests prove that the fruit, vegetables, grains, eggs and even the milk and meat of today are not what they were a few generations ago. It is bad news to learn from our leading authorities that 99% of the American people are deficient in these minerals (74th Congress, second session, 1936)

Another report addresses the impact of nutrition, environment and lifestyle on the health of Americans. It warns that "today's food production system systematically reduces nutrient content resulting in a low nutrient density food. As a consequence, large sectors of the U.S. population are becoming chronically deficient in nutrients, and millions are already afflicted with nutrition related illnesses, from anemia to cancer, or troubled with undiagnosed symptoms: fatigue, anxiety, headaches, nervousness, depression, eating or drinking disorders". (The Kellogg report, 1989)

Have you had enough? Do you want to get healthy again? Nutrition Response Testing can help. Ask Dr. Caprile for some more information on this exciting new technique.

Compliments of Dr. Robert Caprile, Chiropractor
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Chiropractic care and Nutrition Response Testing