

# The Nutritional Essentials

## Issue Eighteen

### A Lebro Center for Well Being

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### From the Pen of Dr. Royal Lee

(1895-1967) Inventor,  
Scientist, Genius, Founder of  
Standard Process, Inc.

*"We must remember that any disease is at first a disturbance in cell metabolism brought about by interference with cell respiration or starvation, and that to survive the way nature intended we must avoid those things which produce these adverse biochemical changes." Dr. Royal Lee, 1958*

### A Partial List of Conditions Related to Nutritional Deficiencies

Allergies - Hay Fever  
Ankle Swelling  
Arthritis  
Back Pain  
Blood pressure -  
High or Low  
Bronchial Conditions  
Bursitis  
Circulation, Poor  
Colitis  
Colon, Spastic  
Constipation  
Cough, Chronic/Allergic  
Diarrhea  
Disc Problems  
Diverticulitis  
Dizziness (Vertigo)  
Emphysema  
Fatigue, Chronic  
Feet, Cold or Burning  
Feminine Problems  
Gall Bladder Disorders  
Gas  
Glandular Troubles  
Headaches  
Heart, Fast or "Nervous"  
Hemorrhoids  
Impotence  
Injuries to Soft Tissues  
Insomnia  
Joint Pain  
Kidney Problems  
Knee Pains, Chronic Leg  
Pains, Cramps, Tingling,  
Numbness  
Liver Problems  
Nervousness  
Neuralgia  
Prostate Trouble  
Sciatica  
Shingles  
Sinus Trouble  
Throat, Sore / Hoarse /  
Congested  
Thyroid Conditions  
Ulcers -- Stomach,  
Duodenum, Skin  
Yeast Infections

## Antioxidants - Cleaning Up YOUR Environment

**D**o you seem slow to recover from a long day? Do conditions linger and become chronic? Does your memory sometimes let you down? Muscles stiff and sore?

### You are likely suffering a deficiency of antioxidants.

Antioxidants are Nature's way of cleaning up pollution inside your body, specifically pollution caused by antioxidant's nemesis – Free Radicals. To understand free radical pollution and the role of antioxidants in cleaning up your internal environment we pull out the most powerful microscope and watch the interplay of electrons–atoms–molecules.

Every cell and every tissue depends upon tiny atomic building blocks – ions and molecules surrounded by pairs of electrons. Electrons are most stable in pairs, so in healthy tissues when one molecule gives up an electron, another molecule will donate an electron in an attempt to re-stabilize the original molecule. If the electron "donor" molecule is an "antioxidant," balance is maintained, the free radical pollution is cleaned up and health is preserved. If the donor is not an antioxidant, a chain reaction of stealing electrons starts, stability is lost, and health is degenerated. Free radicals must be cleaned up by antioxidants.

### Free radical pollution comes from two sources:

- Natural – Free radicals produced inside the body as a result of normal and necessary metabolic processes.
- Synthetic – Artificial pollutants which cause free radical chain reactions in the body and thus break down health.

### Antioxidants come from two sources:

- Enzymes, coenzymes, ferritin and uric acid that are produced inside the body as protection from free radicals.
- The food you eat. Examples are Vitamin A, C, and E complexes, selenium, zinc, and thousands of bioflavonoids.

Indeed, it is a radical concept that virtually the smallest part of the human being – an electron – could make or break the life force of the whole body – but it's true!

### All Free Radicals must be cleaned up by antioxidants.

### Complications Arise

Health breaks down when there are not enough antioxidants available to clean up the Free Radical pollution. The major sources of free radical pollution compounding our natural need for antioxidants come from Synthetic Free Radicals (SFR) in our environment. They are:

- Air pollution and smoke
- Pesticides
- Chemicals
- Heavy Metals

This so-called "invading force" is omnipresent, unrelenting and destructive to health. In the beginning we see the signs in:

- Low energy
- Slow healing times
- Weak mind
- Muscle soreness after exercise
- Chronic conditions
- Failing eyesight

### Over time free radical "pollution" degenerates into:

- Immune deficiency
- Chronic fatigue
- Atherosclerosis – Heart Disease
- Dementia – Alzheimer's – Parkinson's
- Macular Degeneration

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## Increase Antioxidant Foods For Life

We can see clearly how antioxidants support our HealthBuilding. Now let's learn what we can do to aid antioxidants in cleaning up our body.

### First Step – REDUCE exposure to free radicals

1. Reduce or eliminate all toxic chemicals around your home such as chemical non-biodegradable cleaners, solvents, aerosol sprays, pesticides and perfumed products.
2. Eliminate foods that contain fake or damaged fats, additives, preservatives, artificial colors and flavors.
3. Reduce inflammation in your body by supporting your digestive and immune systems. (see TNE-3 & 8)
4. Reduce the load of toxins in you body through periodic purification. (see TNE-6)
5. Quit smoking and avoid second-hand smoke and smog.

### Second Step – INCREASE antioxidant foods.

1. Eat fruits and vegetables high in antioxidants - and a lot of them – 9 or more servings per day!
2. Eat organic foods as much as possible – they have up to 30% more antioxidants on average!
3. Enjoy a wide variety of antioxidants by eating a rainbow of foods—the more colorful the better! Good examples are blueberries, plums, broccoli, strawberries and red cabbage.
4. Supplement with whole food antioxidants.

Insure that you get adequate antioxidants by supplementing with high quality whole food concentrates from Standard Process such as:

**OPC Synergy®** One of the strongest, natural, antioxidant protection whole food products available, OPC Synergy® contains a combination of grape seed extract (including Masquelier's® Original OPC), buckwheat, red wine extract, green tea extract, and bilberry.†

**SP Green Food®** Research suggests, that we should consume from five to nine servings of fresh fruits and vegetables daily in order to meet the nutritional demands of our bodies. SP Green Food is one way to assure your body receives the antioxidant benefits of whole food complexes with their synergistic cofactors to support immune system response, antioxidant protection, and detoxification activities.†

**Cruciferous Complete®** Kale and Brussels sprouts contain phytonutrients that protect against free radicals - highly unstable molecules that can affect cells and genetic material.†

**Cataplex® A-C-P** combines the vitamin complexes of A and C with the vitamin P complex. The vitamin P complex, a bioflavonoid sometimes known as rutin, is essential for the successful absorption of vitamins A and C, the healthy function of capillaries and connective tissues, and immune system support.†

**Cataplex® E** Introduced in 1934 One of the most well-established characteristics of vitamin E is its ability to clean up free radicals. Cataplex E is an antioxidant that protects, stabilizes, and repairs cell membranes.†

**Cataplex® A** Introduced in 1934 - Cataplex A contains concentrates of the vitamin A complex including beta carotene, a well-known antioxidant that controls free radical damage.†

**Cataplex® C** Introduced in 1934 The vitamin C complex is an important antioxidant and has long been recognized as an important nutritional compound essential for supporting the immune, cardiovascular, endocrine, musculoskeletal, and blood building systems.†

1. Liu RH., J Nutr. 2004 Dec;134 *Potential synergy of phytochemicals in cancer prevention: mechanism of action.*
2. Kris-Etherton PM, et al; Am J Med. 2002 Dec 30;113 *Bioactive compounds in foods: their role in the prevention of cardiovascular disease and cancer.*
3. Frank B, Gupta S.; Ann Clin Psychiatry. 2005 Oct-Dec;17(4):269-86.; *A review of antioxidants and Alzheimer's disease.*
4. Valko M, Morris H, Cronin MT.; Curr Med Chem. 2005; *Metals, toxicity and oxidative stress.*
5. Mayne ST.; J Nutr. 2003 Mar;133 Suppl 3:933S-940S.; *Antioxidant nutrients and chronic disease: use of biomarkers of exposure and oxidative stress status in epidemiologic research.*

† These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. They are to support your health.

**The Fountain of Youth**

**Whole Foods high in  
Antioxidants**