



To Your Health and Longevity

A silly notion

A basic but explainable naiveté has prevailed in most societies for all generations and especially in the younger of our species: the notion that we select all the nutrients necessary each day from locally available and palatable foods to live healthy into our full potential by simply choosing what we want borders stupidity.

If you subscribe to this idea, you would basically be saying that although each day the body does require a wide variety of specific nutrients (some of which we have not identified yet) in varied amounts in order to function as long as possible at its best, that somehow by accident (because there is no way you're planning it or analyzing each food for actual nutrient content before it goes in your body) you're achieving this impossible feat. At the very least, you would be arrogant – trust me, you are not that smart – no one on the planet has even established the perfect diet, and even if we did, I can't imagine what it would taste like.

Out of sight – out of mind – out of body

I truly don't think that anybody *really* believes the above is possible, but there may be many reasons why this sort of "ignoring the obvious" frame of mind exists:

(1) **Our 100,000-year history as a species** – in other words, we didn't have anything but food until the last 70 years (onset of discovery of essential nutrients [e.g. vitamins & minerals]) and we are still here, so the thought process of only using food for *survival* is sort of embedded. But that's just it, who just wants to SURVIVE – you can do that in a hospital bed – you want to THRIVE. And as opposed to our ancestors, for whom the average lifespan was in the 30s, we want to go long and productive into our 90s or more. If most of us died at 30, we wouldn't be having this conversation, because who would care about chronic disease? Modern maladies would rarely have time to manifest. Let's face it, few people get Alzheimer's or osteoporosis in their

20s. In fact, we didn't even know these conditions existed until we lived long enough to get them, so there has never been a need to worry about eating the perfect diet – just eat enough to get to your 30s because our cells wouldn't have time to wear out from the insufficient amounts of certain important nutrients that may not have been common in normally ingested foods based on culture, region or preference.

(2) **Bad, early advice by many health professionals**, stating that you could get all you need from food. This unfortunate advice has currently and thankfully been reversed to now state, "eat the best you can and supplement what you are probably missing — therefore, all adults should take at least one multiple vitamin and mineral a day in order to hedge their bets against certain chronic disease".

(3) **The few charlatans of the supplement industry** have left a sour note for many of us because of bad business practices, including exaggerated claims of certain dietary supplements, and this has led much of the health community to pooh-pooh anything.

(4) **Humans tend to live day to day without regards to health**. And although most people understand preventative health measures, too few think about taking a 50-cent a day vitamin/mineral and/or calcium supplement that may preserve their health and life savings unless they're staring at "God". There is an "I am fine, I woke up and made it to work today, I still have bones, I don't have cancer yet, my heart is still ticking and I feel OK TODAY" attitude that prevails in our young to middle adult years. But to illustrate this point, go look in grandma and grandpa's kitchen cabinets – they are loaded with all the supplements they wish they had used or known about when they were much younger.

For god's sake, if we make you take them before you are born (as in the "absolutely required for the best chance of a healthy baby" prenatal vitamin and mineral formula that the mom takes

because we know she can't get what she needs from the food supply), why on earth would you ever stop making sure you had everything you needed, that you might not be getting, in order to live a long healthy life!? I DON'T GET IT! . . . Sorry – I lost it for a second.

The above points compound to create the nonchalant attitude of, "I eat OK", that somewhere around 40ish turns into, "I wish I started taking my daily vitamins earlier."

Bottom Life-Line

We now know that lack of consistent, proper nutrition can be a major cause of many chronic diseases. We have discovered relationships between the intake of B-vitamins and heart disease and birth defects; calcium and vitamin D status and osteoporosis; antioxidant nutrient consumption and certain cancers and macular degeneration – and the list goes on.

In order for our complex organism, which is made of trillions of cells that must remain in perfect harmony, to establish optimal health, we require a constant flow of specific nutrients that will be used in the never-ending process of manufacturing the millions of compounds that keep us alive and healthy. If, for any reason, we short the body its necessary materials, it must find a reduced means for maintaining life – not unlike having too little material to build a solid and complete house – you may still live in the house, but it would not be nearly as warm or comfortable as if it were completed, or last as long as if it was on a firm foundation.

And don't forget, living is one thing, but maximizing your health and productive potential is another – and no accident.

Your formula for optimal health

From still in the womb until end of breast feeding:

- Follow your pre-natal formula directions

From end of breast feeding until 2 years old

- Baby formulas – because they include the necessary vitamins and minerals

From 2-4 years of age, take 1

- One Apex Children's Chewable with breakfast or first regular meal

From 5-11 years of age, take 2

- One Apex Children's Chewable with breakfast and one with dinner
- Make sure calcium intake is adequate (~1000mg/day)

From age 12-15, take 1

- One Apex multiple vitamin and mineral (AVM) tablet
- Determine calcium intake and supplement Apex Calcium if there is an aversion to calcium-containing foods

From 16-18 years of age, take 2

- One AVM with breakfast and one with dinner
- Determine calcium intake and supplement Apex Calcium if there is an aversion to calcium-containing foods

From 19-100+ years of age, take 3

- One AVM tablet with breakfast, one with lunch and one with dinner
- Determine calcium intake and supplement Apex Calcium if there is an aversion to calcium-containing foods
 - Must reach approximately 1500mg/day
- **"Hedging all longevity bets" for this age group**
 - One Super Antioxidant with lunch
 - Optional (depending on interpretation of current data) – one Apex Vitamin C with breakfast and one with dinner
 - If necessary, Apex Joint Formula – for joint health as an alternative to NSAIDs with doctors permission

From 100 years on

- I will let you know when I get there!

We know what you're eating, so we know what you're missing and what might happen as a result. Remember that supplementing the diet with important missing nutrients as described above is a preventative measure, not a curative — which is exactly the point of the article. Don't wait until it's too late just because you feel okay now – it's all about feeling great later.

It is our job as health professionals to give people the best chance of preventing health problems, and the above recommendation is an inexpensive first-line defense that when added to food intake can have tremendous implications on daily health and optimal health.

Until next month,

Neal Spruce