



Blame Our Ancestors

The Nutrition Guy Featuring John Heinerman,
Best-Selling Author

Eons ago, longer than any of us can remember, our earliest ancestors ate foods in their original forms with all of their nutrients fully intact. There was no need at all for supplements then.

Adam & Eve

Earth's first gardeners, Adam and Eve gathered daily whatever they needed right from the vine, bush or tree as it were. Their immediate descendants, some of whom preferred live-in caves, often had to chase down their main courses with arrows and spears, or else, in turn, be chased down by angry quarry (let's use the word animal) with very large tusks and long-pointed teeth.

Hence were born that collective group of wilderness shoppers known as hunters – gatherers. They got a long pretty well with what they ate because nothing was missing from their food that gave their bodies the daily sustenance upon which they depended.

But with food supplements we can ... correct most of our ancestral ways.

AlpineV is a 100% natural dietary supplement with no added preservatives and its potency listed on the label

Ferocious Fire

That is until fire came along which robbed their natural diet of its heat – sensitive vitamin C and metabolic enzymes. Whether or not this hot discovery was made by an accidental lightning strike on some grass or simply by hitting two rocks over dried tinder has never been fully established. Suffice it to say fire inspired cooking and with that came prepared meals of somewhat dubious nutritional value.

Gruesome Grindstones

The second significant loss of important nutrients arose with the invention of the two-piece

grindstone (mano and metate). Now there was fine flour which provided tastier carbohydrates but without the limiting digestive absorption of the surrounding fiber.

Less roughage obviously meant fewer bowel movements ☹. And with that prehistoric peoples became cranky and did some pretty stupid things in their constipated states. Such as moving away from tribal communalism where everyone had an equal voice and share in things, to building walled cities and electing officials called politicians to do their thinking for them.

Audacious Agriculture

After that, it wasn't long before someone got the supposedly bright idea to improve on what nature already provided by manipulating crop growth in different ways. This "strange" practice soon became known as agriculture and resulted in further losses of vitamins and minerals from the non-meat food supply. That branch called animal husbandry introduced further practices which meant that the meat side things became tastier but far less nutritious than before, through numerous cross breeding.

By the time the Egyptian civilization was in full swing, its ruling pharaohs suffered from a variety of nutritionally – deprived diseases that included arthritis, cancer, diabetes, heart failure and obesity. So much for the pyramid schemes of Moses's time!

Problematic Packaging

The advent of the great industrial revolution that marked much of the 19th and 20th centuries brought with it great big machines capable of canning, bottling, and freeze-drying the already altered pathways which food production had been treading for many centuries. The end result of all this fancy packaging and sophisticated technology were forms of food missing their nutrients.

Superficial Supplements

When the medical profession made the horrible discovery that many of mankind's present illnesses could be traced back to an absence of such nutrients other scientists through their laboratory wizardly reintroduced these necessary vitamins and minerals but in synthetic forms



which the body has a hard time recognizing, let alone accepting.

Out of this big mess of constant tinkering with nature after the supplement industry with its beneficial potions, powders, tablets, teas, juices and the like. The sole purpose being to provide human bodies with natural nutrients that untampered food sources once provided.

Today it is imperative that we supplement regularly with some of these things or else we won't be getting ample nutrients that way nature intended with her whole foods.

Liquids work the best because they assimilate faster and their nutrients are absorbed more efficiently. AlpineV is one of these, a pleasant beverage, which meets this unique challenge in awesome ways – 2 ounces every morning is the recommended intake for strategic nourishment of exhausted body systems.

We Can Fix It

We certainly can't turn back the clock to more enviable times when food was truly nutritious. Those loincloth days and bearskin ways are no more and only found in the anthropology sections of museum dioramas. But with food supplements we can manage reasonably well and correct most of our ancestral mistakes, with the possible exception of one – nobody has yet figured out a smart pill to undo political stupidity ☺.