



# Whole-Food: Supplements' Superman

## The Performance Page

Featuring Calvin Buhler, Human Performance Expert



Over 60% of the American diet is currently filled with processed foods. Processed foods have lost much of their nutrient content and have been transformed into unnatural and harmful "foods." These, so called, "foods" affect our level of nutrition and overall state of health. They are a contributing factor in the chronic-disease epidemic that is afflicting the world today.

### Human Fuel

We as humans have been designed to obtain vital nutrients from food sources. It's our preferred fuel. Just like automobile use gasoline for fuel. The higher the octane, the better the automobile performs. The same is true with humans. The higher-quality fuel we consume, the better we can perform. Perhaps the highest octane or quality of fuel for humans to consume comes from fruits and vegetables. This fuel source provides the most nutritional "bang for the buck."

The latest dietary guidelines and research consistently emphasize that we need to eat more fruits and vegetables to improve our chances of living long and healthy lives. But, how many of us actually eat the minimum required servings of fruits and vegetables every day to help our bodies run smoothly and efficiently and to maximize our potential for a healthy life?

Sadly, very few of us actually do eat enough fruits and vegetables to protect us from cancer, infection, high cholesterol, heart disease, obesity and diabetes. And the fruits and vegetables that we do eat tend to be over-processed, over-cooked or lacking in nutrients because of the over-farming of the lands they are grown in.

Essentially, it boils down to the fact that we lead busy lives. Between

jobs, kids and all the stresses of life, we simply don't make the time to eat as healthy as we know we should. In fact, I saw a recent poll that shows many people are deficient in up to 10 major essential nutrients because they simply aren't eating enough fruits and vegetables. Of course, there is no substitute for getting our nutrients from "real" food. But when our lives become one continuous busy day broken-up by quick trips to the nearest fast-food restaurant then it's important to have some nutritional insurance.

To offset the lack of nutrients in our diets, health professionals recommend that we take nutritional supplements. But, with so many supplements available, the question is; "what's the preferred supplement?"

### Not All Supplements Are Equal

Unfortunately, not all nutritional supplements are created equally. At the most basic level, they typically come in two forms, natural (or whole-food) and synthetic. For example, a natural, whole-food nutrient is one that exists in its original state in nature. A synthetic nutrient, in most instances, has the same chemical structure as the natural, whole-food nutrient, but it's produced artificially by combining simpler elements, such as, turpentine and/or petroleum-based materials.

Supplements made from natural, whole-food concentrates supply superior nutritional benefits, versus those from synthetic compounds. Whole-food supplements have 4 distinct advantages. They are more recognizable and usable in the human body, they contain nutrients in their natural ratios, they do not contain potentially harmful ingredients, and they contain cofactors and other unidentified nutrients that can't be replicated in a synthetic counterpart.

This last advantage is also referred to as the food complex. Consider this statement from Food researcher Vic Shayne, PhD:

"A food complex includes not only vitamins and minerals, but also many cofactors (helper nutrients) that are found in nature's foods as a result of the evolutionary process. Cofactors and food complexes therefore cannot be made in a laboratory nor can they be duplicated by scientists. Many nutritional doctors and researchers conclude that cofactors are often more valuable than vitamins and minerals, and that food cannot be duplicated due to its complexity, dynamism and energy. Cofactors within nature's foods (which are found also in whole-food supplements) include, but are not limited to: vitamins, minerals, terpenes, trace mineral activators, enzymes, co-enzymes, chlorophyll, lipids, essential fatty acids, fiber, carotenoids, antioxidants, flavonoids, pigments, amino acids, whole proteins and more."

### Real Synergy Is NOT Man-Made

The one word that really sums up the benefits of whole-food supplementation and sets it apart, is synergy. What this means is that the parts together work better to provide the desired result than the individual parts separately.

Alpine V is a major advocate of whole-foods and whole-food supplementation. In fact, it's one of the vitally important distinctions that set Alpine V apart from many of the other nutritional beverage manufacturers. Alpine V is not just another exotic, fruit-juice drink. Alpine V is a 100% natural, whole-food nutritional product that provides a wide array of nutrients and cofactors working synergistically to improve the health and maximize the performance of all who partake.