



Dr. Brimhall's
One More Piece of the Puzzle



For Wellness

Dr. Brimhall's Health Puzzle Piece

June 23, 2008

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Seattle, WA
Nutritional Pearls

NW Pacific
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July 18-20

Dr. John Brimhall
Kansas City, MO
Basic, Interm & Adv.

NW Kansas
800-658-1656
or 316-755-2356

August 2

Dr. Brian Anderson
Pleasanton, CA
Workshop

NW Northern Cal/HI
877-692-2644
or 209-543-1914

This Weeks Article...

Study in JAMA says
Synthetic Vitamins May Increase Death Risk

This study on the risks of synthetic vitamins was published in the Journal of the American Medical Association, Vol. 297 #8. The researchers pointed out that the test subjects they examined only used synthetic supplements. The study did not compare natural products like those we use in the Nutri-West line. They also did the study with single nutrients only. Sometimes too much of one nutrient will increase the demand for others and cause a selective deficiency. That is why almost all of the products I have formulated are TOTAL PRODUCTS. They contain the synergistic blend of nutrients, energetics, and cofactors just like nature. Many of the vitamins and supplements that people buy at drug stores (Wal-Mart, etc.) may be costing them health and not adding years to life and life to years. If you ask your patients you will find nearly 100% are taking supplements of some kind from somewhere.

It is part of our responsibility to test for and know which of the Nutri-West nutrients our patients need and to have a monthly nutrient retest scheduled on the books. It is our obligation as physicians to know and understand nutrition and supplementation for ourselves, our families, and our patients. Knowledge is power and education for us and our patients is an absolute necessity. This is one of the reasons I travel an average of twice per month for seminars and have CDs DVDs etc. available. The CD "**Nutrition A to Z**" is free from your Nutri-West distributor and if you listen to it several times it will give you a college education on nutrition.

I would like to go back to the studies alluded to at the beginning of this article. When the testing was accomplished on the synthetic nutrients they found that synthetic vitamin A increased death risk by 16%, isolated and synthesized non-whole-food source beta carotene by 7%, and mega-doses of synthetic vitamin E by 4%. The results for ascorbic acid, synthetic mega-dose vitamin C, were not so clear; however, by looking at the best quality trials there was a suggestion that it increased death risk by 6%, either on its own or in combination with other supplements.

The overall conclusion of the study was that synthetic source beta carotene, vitamin A, and vitamin E may increase mortality risk, but vitamin C needs further study. I have seen dozens of studies that show vitamin C, both natural and synthetic, to be healthy in all ways tested.

A spokesperson for the synthetic and mega-dose multi-vitamin provider industry said the research was "flawed" because it included studies conducted on people who were already sick. There were several parts of the study that may have given a slant to the outcome. It is important to look at the studies and how they are conducted if one is going to hang their opinion on the research.

In my view, a significant finding from the study is that increased free radical damage may be a result of using single antioxidants, where using them in tandem gives a protective effect.

Let's look at Total Veggie, Total Protect, and Total Greens. These are not only natural, whole foods but are organic, sprouted whole nutrients. This is the difference between the Nutri-West product line and the tested synthetic vitamins. For more information on Nutri-West products, their synergistic blends, and their uses, talk to your Nutri-West Distributor about obtaining a free informational CD.

Please join us soon at one of the many Nutri-West/Brimhall Seminars across the country. We have implemented an increased profitability section to the seminar. Our goal is to help you to

become RECESSION-PROOF.

Yours in Health, Wealth and Happiness,
John W Brimhall, DC



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