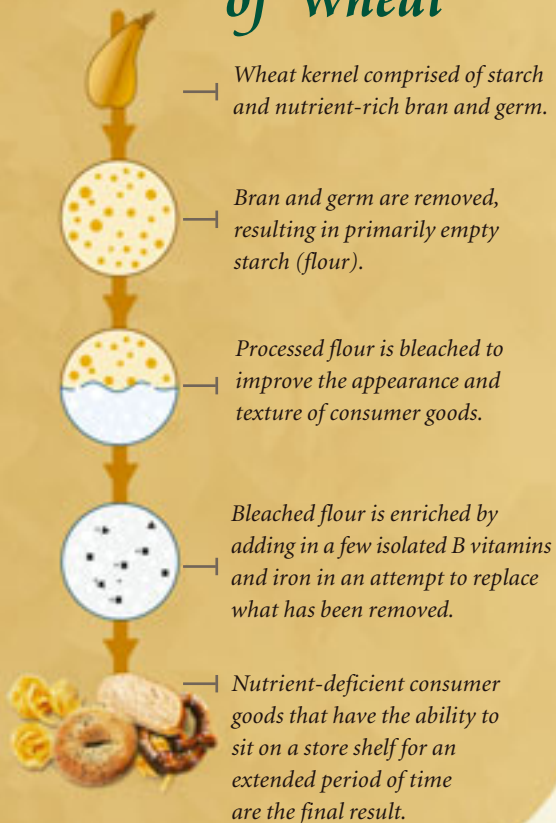


## The Refining Process of Wheat



At our office, we believe that given the proper nutrition, your body has amazing capabilities of healing itself. We also believe that nutrition should be individualized to meet each patient's needs. For these reasons and many more, we proudly recommend Standard Process whole food supplements.

Americans are overfed and undernourished



### Talk with your health care professional for optimal results

Your health care professional can design a nutritional program that meets your personal needs. Additionally, they will recommend a quality brand that has a proven record of clinical success.



Jensen MK, Koh-Banerjee P, Hu F, et al. Intakes of whole grains, bran, and germ and the risk of coronary heart disease in men. *Am J Clin Nutr* 2004;80:1492-9.

Liu S, Sesso H, Manson J, et al. Is intake of breakfast cereals related to total and cause-specific mortality in men? *Am J Clin Nutr* 2003;77:594-9.

Slavin J, Martini M, Jacobs D, Marquat L. Plausible mechanisms for the protectiveness of whole grains. *Am J Clin Nutr* 1999; 70(suppl):459S-463S.



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# Our diets are not complete



## Only whole food supplements complete the nutrition gap

Whole food supplements are made by concentrating foods for use in supplements. When concentrated correctly, they supply a multitude of the plant's components. Foods provide nutrients that work synergistically. They work together to provide you with optimal nutrition for good health.

A word of advice: Not all whole food supplements are the same. Many whole food supplements available in today's marketplace range in quality. Companies are riding the wave of supplement popularity rather than focusing on commitment and quality.

As a nation, we eat poor-quality foods that have been stripped of nutrients. We do not consume enough fresh fruits and vegetables. Many of us get our whole grains from instant rice, refined wheat breads, pastas, and cereal. We eat a tremendous amount of prepackaged, pre-made meals. One-quarter of Americans eat at fast food restaurants each day. Americans are overfed and undernourished.

### *We eat plenty, but we are still starving*

The foods we eat are not providing our bodies with the nutrition it needs to survive and be healthy. We are starving our bodies and we are sick. We suffer from diabetes, heart attacks, obesity, and the list goes on and on.

### Typical Cereal Box Label

*Most of us consider cereal, which has been refined for shelf life, to be a healthy choice. But if we look more closely at the label, we can see that it contains hydrogenated oils, sugar, and vitamin isolates.*

## There is Good News

Given proper nutrition, the human body has an amazing ability to heal itself. If properly fed and given the right nutrients, the human body is designed to repair itself.

To do so, we need to eat a healthier diet, exercise, and take high-quality supplements

made from whole foods. Whole food supplements supply our bodies with the nutrients we are not getting from our diet—all the vitamins, minerals, trace minerals, and phytonutrients that foods possess—in the way that nature intended, in a whole food form.

