

IMVA - Declining Nutritional Values

Dear IMVA,

Enclosed is the first in a series of essays/chapters from **Ecstasy of Deliverance**, a book about detoxification and chelation, which will deliver new protocols as promised by the IMVA. I am writing this in parallel to **The Rising Tide of Mercury** with Dr. Rashid Buttar, who is having such incredible success with his TD-DMPS.

This particular series, centered on nutritional principles, will continue each day of this week and provides new, and in my eyes, exciting information that should literally bend the chelation river. What we are publishing is a prelude to the official launching of the IDCC - The International Detoxification and Chelation Clinic, which will offer a full range of services to people around the world. Dr. Boyd Haley said of our mission, "It is much needed to identify the best ways to remove mercury from the body." And Dr. John Parks Towbridge said of our plans, "THIS has a real chance to make a BIG difference!" Not only do we plan to make a difference but we are gathering certain companies together to donate some of the things parents will need for their children so we can do public trials on our flexible individually tailored protocols. Part of our dedication is to provide for those who have difficulty affording today's incredible costs for detoxification and chelation treatments. In this regard we also plan on offering financial assistance/sliding scales to make sure that all who want and need help get the help they deserve.

Our approach is built like a pyramid, with natural detoxification agents holding down the base and synthetic chelators like TD-DMPS at the point. The middle is represented by all that I will publish this week and more. A great part of the process that has enabled us to come so far so fast is suggested by **The Psychology of Listening**. What we have been doing is listening to the best of all the prominent approaches, to the best doctors, scientists and alternative health care workers. What we truly need is the best way to remove mercury, the strongest, safest and fastest way with built in flexibility that allows for individual differences of constitution and circumstances. So many good people are contributing so much valuable and positive information and work in this regard. The IDCC is inclusive of all their work but exclusive of individual egoism and commercial interests. That has been the IMVA commitment since the beginning, independence, an organization free from conflicts of interest.

We truly hope you find this series valuable and we invite everyone to comment, give feedback or add information so in the end these documents truly include the truth of everyone. Any and all help will be greatly appreciated and donations certainly will be accepted.

Best Regards,

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Declining Nutritional Values

*Some patients, though conscious that their condition
is perilous, recover their health simply through
their contentment with the goodness of the physician.*

Hippocrates 460-400

B.C

Positive emotions and the pure heart that leads us to dealing with heightened emotional intelligence are very important in medicine. Nutrition for the heart and soul can be as important as anything physical we administer. Nutrition is a huge topic and an essential one in detoxification and chelation. Though this chapter concentrates on the physical plane, literally with the very roots and soil of our physical existence on this planet, it is always important to remember that we, our children and our patients are not just physical creatures and that how we address the non-physical components of life is incredibly important.

One of the great challenges in medicine today is to understand the complexity of causes that leads to the breakdown of health and the formation of serious disease. There are so many factors that simultaneously impinge on our physical systems that it is truly a daunting task to ascertain what is causing what. During this past

century the physical environment that surrounds us has gotten incredibly toxic and even **the food most people eat acts to destroy rather than nourish**. There are people and organizations that hide behind this complexity of causes thus making it impossible to prove anymore what is harming our children and us, what is causing autism, why certain kids fall down dead after being vaccinated and other not. Modern man has to deal with a breakdown not only of his physical environment but the emotional and spiritual one as well.

At least 2,800 substances have been recognized as food additives by the U.S. Food and Drug Administration. These are used to make foods more attractive, to make foods tastier, and to increase the grocery shelf life.

Food contamination is a growing problem and now an acknowledged risk to young children and adults alike. It does not take too much to see that the safety thresholds for toddlers have been drastically breached by the air they breathe, the water they drink, by the medicines and vaccines administered to them from the medical establishment, by mercury put in their mouths, and clearly by the cocktails of chemicals in food.

*Drinking water is not as pesticide-free as we like to think.
Who wants a lifetime of small doses of multiple
poisons in their food and water?*

Alison Craig
Pesticide

Action Network

The Pesticide Action Network's (UK) analysis reveals a diverse cocktail of chemicals in food. "Mostly, but not always, below legal limits, 65 per cent of them are recognized hazards to health: 35 per cent are suspected cancer-causing chemicals, 12 per cent are hormone-disrupting chemicals, and 41 per cent are acutely toxic." **More and more people are becoming aware of the chemical rape of our children though many forms of delivery but what few are conscious of is the decreasing value of vitamins, minerals and proteins in the food we all eat.** Our children are being caught between a hammer and a hard place. On one side they are being poisoned and on the other they are being deprived of the very nutrition necessary to resist all the different toxicities they are being confronted with. Then, on top of everything else, our children's systems have to navigate through further deficiencies brought on by antibiotics that are used too often. And when we use chelators we

have to deal with the fact that important minerals are reduced even further.

Drug/Substance	Nutrients Depleted
Antibiotics	Vitamin A, B-12, C, E, K, Biotin, Calcium, Iron, Magnesium, Potassium
Chelators	Copper, Iron, Magnesium, Zinc
Anticonvulsants	Vitamin B-2, B-12, C, F, K, Folic Acid, Calcium, Magnesium
Antidiabetics (Oral)	Vitamin B-2, B-12, C, D, Folic Acid
Antihistamines	Vitamin C
Aspirin	Calcium, Folic Acid, Iron, Potassium, C, B Complex

Dr. Matthias Rath says that, "Almost all the prescription drugs currently taken by millions of people lead to a gradual depletion of vitamins and other essential cellular nutrients in the body. Drugs are generally synthetic, non-natural substances that we absorb in our bodies. Our bodies recognize these synthetic drugs as "toxic," just like any other non-natural substance. Thus, all synthetic drugs have to be "detoxified" by the liver in order to eliminate them from our bodies. This detoxification process requires vitamin C and other cellular nutrients as cofactors. Many of these essential nutrients are used up in biological (enzymatic) reactions during this detoxification process. One of the most common ways for eliminating drugs from our bodies is called hydroxylation." The strongest "hydroxylating agent" in our bodies is vitamin C, which is literally destroyed during this detoxification process. Thus, long-term use of many synthetic prescription drugs leads to chronic vitamin depletion in the body, a form of early scurvy and the onset of cardiovascular disease."

Micronutrient content of the average diet in industrialized countries is declining.

Cheryl Long and Lynn Keiley writing for Mother Earth News[i] tell us that "American agribusiness is producing more food than ever before, but the evidence is building that the vitamins and minerals in that food are declining. For example Eggs from free-range hens contain up to 30 percent more vitamin E, 50 percent more folic acid and 30 percent more vitamin B-12 than factory eggs. Most of our food

now comes from large-scale producers who rely on chemical fertilizers, pesticides and animal drugs, and inhumane confinement animal production. In agribusiness, the main emphasis is on getting the highest possible yields and profits; nutrient content (and flavor) are, at best, second thoughts. This shift in production methods is clearly giving us less nutritious eggs and meat. Beef from cattle raised in feedlots on growth hormones and high-grain diets has lower levels of vitamins E, A, D and beta carotene, and twice as much fat, as grass-fed beef." Health writer Jo Robinson has done groundbreaking work on this subject^[ii] making us critically aware of the importance of the conditions in which our crops, meat and dairy are raised.

Data from: Smith, G.C. "Dietary supplementation of vitamin E to cattle to improve shelf life and case life of beef for domestic and international markets." Colorado State University, Fort Collins, Colorado

The USDA made a political decision when they finalized the national organic rule; they declared that 'organic' food was not nutritionally superior or safer than conventional food, even though there is solid evidence suggesting otherwise.

Dr. Charles

Benbrook

Dr. Benbrook says, "When you think about the diseases and long-term health problems that are caused by poor nutrition — heart disease, diabetes, cancer — the value to society of producing more nutritious crops is enormous." Many things can impact the nutrient content of a vegetable or fruit. Variety type, soil quality, fertilizers, crop rotations, maturity at harvest time and the distance from farm to table all play a role in determining the vitamins and minerals in our food. And according to the Public Citizen, **"Studies have shown every food that is irradiated undergoes a chemical reaction,"** which depends upon the food and the radiation dose. These chemical reactions can have a significant impact upon the nutritional content of the foods. Some vitamins that are depleted during irradiation include: Vitamin B / Thiamin / Riboflavin (15-96%). Vitamin C (20-70%) Vitamin E (5-90%) Niacin (2-88%).

In a study in the early 1990s rats were fed genetically modified (GM) tomatoes. Well actually, the rats refused to eat them.

They were force-fed. Several of the rats developed stomach lesions and seven out of 40 died within two weeks. iii[iii]

A UK government-funded study demonstrated that rats fed a GM potato developed potentially pre-cancerous cell growth, damaged immune systems, partial atrophy of the liver and inhibited development of their brains, livers and testicles. When the lead scientist went public with his concerns, he was promptly fired from his job after 35 years and silenced with threats of a lawsuit. But in March of 2005 the largest study ever conducted on genetically-modified (GM) crops has concluded they can harm wildlife, setting the stage for a fight in Britain over whether to allow farmers to cultivate bio-engineered crops. Environmental groups immediately hailed the findings as proof that GM crops were harmful to the environment and should be banned in Britain, where they face major public hostility.iv[iv]

EVERYONE is toxic, some fall from it quicker than others that is all.

According to Dr. Joseph Mercola 75 percent of processed foods in the United States now contain GM ingredients. He says, "There are many reasons why processed foods are not optimal for your health -- for instance they often contain trans fat, acryl amide, and little nutritional value--so avoiding them will not only help you to cut back on the amount of GM foods you are consuming, but will also boost your health." He and many others suggest that buying organic is the best way to ensure that our food has not been genetically modified. By definition, food that is certified organic must be free from all GM organisms, produced without artificial pesticides and fertilizers and from an animal reared without the routine use of antibiotics, growth promoters or other drugs.

It is absolutely horrifying what chemical pesticides, herbicides and insecticides associated with food production can do to children. In March of 2005 conservative Judge Jack B. Weinstein ruled against compensating Vietnamese children and adults who have suffered serious health damage due to the intensive spraying of the **herbicide** Agent Orange during the Vietnam War. Monsanto Corporation (the

original producer of Agent Orange), Dow, and others claimed the chemical is not toxic, even though it is now globally banned for that very reason. Over a million Vietnamese suffer serious health problems, ranging from cancer to birth defects, due to exposure to Agent Orange, which still persists in the nation's environment. Birth defect rates are among the highest in the world in regions where Agent Orange was applied. Here, children are frequently born without eyes, limbs, or are even missing internal organs. In making his ruling in favor of Monsanto and Dow, Judge Weinstein claimed that pesticides and birth defects are not related, saying, "There is no basis for any of the claims of plaintiffs. The case is dismissed." This amounts to the legal, political, and medical rape of not only these truly unfortunate people but the entire human race. Chemical rape has not yet entered civilization as a concept but it truly describes the horror facing millions of parents around the world. Today in everything from cancer, heart disease, MS, autism, Alzheimer's disease and diabetes, the establishment is against making causal relationships between disease and poisonous chemicals deliberately and profitably put in the environment. What is important to understand is that all children are facing this chemical rape to one degree or another today. Even our healthy children are facing a gale wind of hostility in the form of thousands of toxic chemicals while simultaneously being deprived of optimal nutrition to stand up to the attack.

One in three people around the world are not getting enough vitamins and minerals. Officials from UNICEF and the Micronutrient Initiative say it is preventing millions of people from meeting their physical and intellectual potential.v[v]

The soil our vegetables, fruits and grains are grown in has been depleted of important trace elements because of over farming and the heavy use of nitrogen in fertilizers, and all the chemical pesticides, herbicides, insecticides and fungicides used in modern farming. It is crucial that doctors and parents recognize that **from poor soil comes poor food**, deficient in minerals and vitamins, and this must be factored into our detoxification and chelation equations.

An excess of a toxic metal and/or a relative deficiency of a nutritional element can be found as significant contributors to every disease.

Dr.

Gary Gordon

Dr. Alan Gaby has put forward compelling evidence linking the incidence of degenerative disease conditions with a lack of micronutrients in our diet. He points out that as we get less of the vital nutrients in our diet, we actually need more because the body uses its store of micronutrients to help neutralize poisons as they enter the body. Almost every human being on earth now is caught in a Catch-22. We are all absorbing environmental pollutants, medicines, vaccines, dental products, and poisons in our food and water, which not only inhibit the normal biochemical functions of vital micronutrients, they also destroy or deplete these vital substances.

<i>Analysis</i>	<i>Mineral</i>	<i>Vegetables (27 varieties)</i>	<i>Fruit (17 varieties)</i>	<i>Meat (10 cuts)</i>
1940	Sodium			
1991	(Na)	Less 49%	Less 29%	Less 30%
1940	Potassium			
1991	(K)	Less 16%	Less 19%	Less 16%
1940	Phosphorous			
1991	(P)	Plus 9%	Plus 2%	Less 28%
1940	Magnesium			
1991	(Mg)	Less 24%	Less 16%	Less 10%
1940	Calcium			
1991	(Ca)	Less 46%	Less 16%	Less 41%
1940	Iron			
1991	(Fe)	Less 27%	Less 24%	Less 54%
1940	Copper			
1991	(Cu)	Less 76%	Less 20%	Less 24%

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Minerals perform a number of important functions. They act as catalysts, thus playing a major role in metabolism and cell building. They regulate the permeability of cell membranes, maintain water balance and osmotic pressure between the inside and outside environment, influence the contractility of muscles and regulate the response of nerves to stimuli. Thus, these declining mineral values threaten us with certain declines in health and increases in diseases of many types unless we can compensate. Proportion is the key factor in the proper assimilation of minerals by the body and nature provides us with certain foods and natural substances that are faultlessly balanced in this regard. But minerals and trace elements, the basic building blocks of our bodies, are not as readily available in our diet as they once were, so **humanity is being caught between the hammer of**

chemical toxicity, and the anvil of not having enough micro nutrients to stave off chronic and degenerative diseases.

The same can be said for the full gambit of vitamins with vitamin C used here as a case in point. Vitamin C is an important anti-oxidant, helps protect against cancers, heart disease, stress, it is part of the cellular chemistry that provides energy, it is essential for sperm production, and for making the collagen protein involved in the building and health of cartilage, joints, skin, and blood vessels. Vitamin C helps in maintaining a healthy immune system, it aids in neutralizing pollutants, is needed for antibody production, acts to increase the absorption of nutrients (including iron) in the gut, and thins the blood. And this is mention of only it's most important functions. Without doubt a hugely growing number of people in industrialized countries are micronutrient deficient. Thus the need is real for each person to take on a regular basis a good quality, preferably naturally derived, readily assimilated, broad spectrum, micronutrient supplement.

*Infection depresses levels of vitamins B6 and C. vi[vi]
"The right dose of Vitamin C will stop every infection
in its tracks without needing to use antibiotics."*

Dr. Gary Gordon

Most autistic children suffer from serious inflammatory disorders in their intestines. Thus in general it is very difficult to assure absorption of the nutrients they desperately need. Dr. Gordon says, "**No matter what we test for they seem to be lacking in amino acids, fatty acids, minerals and vitamins.**" So our case is made for a nutritional approach in the treatment of disease even when our paradigm is detoxification and chelation. In all diseases where toxicity is a prime cause being treated proper nutritional support is absolutely essential. Without optimal levels of nutrition our detoxification and chelation protocols are doomed to fail and even worse, can seriously hurt people.

*Our bodies were not designed to metabolize
chemicals that were invented yesterday.*

Townsend Letter for Doctors & Patients

i[i] Is Agrobusiness Making Food Less Nutritious?

http://www.motherearthnews.com/library/2004_June_July/Is_Agribusiness_Making_Food_Less_Nutritious_

ii[ii] www.eatwild.com

iii[iii] Warning signs point to risks of GM foods. The Scotsman. March 30, 2005

iv[iv] GM crops harm environment, finds British govt study. The Financial Express. March 23, 2005

v[v] BBC News Wednesday, 24 March, 2004, 00:20 GMT .

<http://news.bbc.co.uk/2/hi/health/3560473.stm>

vi[vi] Ann of Nutr & Metab, 41: 344-52, 1997