

# The Nutritional Essentials

Livelt! Lifestyle Lesson 19

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**From the Pen of  
Dr. Royal Lee**

(1895-1967) Inventor,  
Scientist, Genius, Founder of  
Standard Process, Inc.

*"No reasonable student of nutrition can today deny the axiom that all vitamins are complexes and cannot exert their normal physiological effect other than as the complete complex, as found in natural foods." Dr. Royal Lee, 1951*

## A Partial List of Conditions Related to Nutritional Deficiencies

Allergies - Hay Fever  
Ankle Swelling  
Arthritis  
Back Pain  
Blood pressure -  
High or Low  
Bronchial Conditions  
Bursitis  
Circulation, Poor  
Colitis  
Colon, Spastic  
Constipation  
Cough, Chronic/Allergic  
Diarrhea  
Disc Problems  
Diverticulitis  
Dizziness (Vertigo)  
Emphysema  
Fatigue, Chronic  
Feet, Cold or Burning  
Feminine Problems  
Gall Bladder Disorders  
Gas  
Glandular Troubles  
Headaches  
Heart, Fast or "Nervous"  
Hemorrhoids  
Impotence  
Injuries to Soft Tissues  
Insomnia  
Joint Pain  
Kidney Problems  
Knee Pains, Chronic Leg  
Pains, Cramps, Tingling,  
Numbness  
Liver Problems  
Nervousness  
Neuralgia  
Prostate Trouble  
Sciatica  
Shingles  
Sinus Trouble  
Throat, Sore / Hoarse /  
Congested  
Thyroid Conditions  
Ulcers -- Stomach,  
Duodenum, Skin  
Yeast Infections

## Bruising – Bleeding Gums and Strokes

**V**itality, health and wellbeing depend upon the delivery of healthy, nutritionally rich blood throughout your body, but without a healthy circulatory system, blood health does not matter - one must have both.

Every cubic inch of your body is rich with arteries, veins and lymph circulation. A pound of your body has up to two miles of circulatory tissue. Keeping all of this microscopic "plumbing" in good working order is the key to vascular health. Just like the plumbing in your home, when your vascular "plumbing" is sick it either "leaks" or "clogs". Leaking plumbing is the focus of this Issue of The Nutritional Essentials.

### **Bruising - Bleeding Gums - Strokes**

Bruising, bleeding gums, and hemorrhagic "bleeding" strokes are all signs of an unhealthy "leaking" vascular system. While bruising and bleeding gums do not seem life threatening, they are definite indicators that "the plumbing is leaking" which can lead to greater health concerns, such as stroke.

Each year, 84,000 Americans are victims of brain bleeding, the deadliest form of stroke. Of these, 31,500 die within a month of their stroke, and most who survive are left with significant disability, making stroke the leading cause of serious, long-term disability in the United States. Since bleeding strokes are seen more frequently in younger patients, the condition is especially tragic as people are struck down in the prime of their lives.

**Families, friends and victims of these vascular accidents cry out for help. What could be the cause of this? Why are these conditions on the rise? What is the answer? How could this have happened? He was so healthy! And now this!**

Healthy "plumbing" is the result of perfect cooperation between healthy connective tissue making up the vessel walls and healthy blood that feeds and repairs that very same tissue.

While congenital variations of tissue structure and strength are factors in some vascular accidents and strokes, the prevention of bruising, bleeding gums and vascular leakage depends upon choices we make every day.

The food we choose to eat, the toxins we are exposed to that cause nutritional deficiency and the whole food supplements we consume all impact our health. <sup>1, 2, 3</sup>

**Important note:** Once bruising, bleeding gums, frequent bloody nose, or stroke appear it is likely you have had a condition of nutritional deficiency for a long time, sometimes a very long time. The body must remain in a state of nutritional deficiency for an extended period of time for symptoms of any condition to develop. Don't wait for early signs of vascular leakage to appear! Begin today to prevent possible strokes and cerebral vascular accidents.

### **Prevention is the key!**

The health of the vascular system depends on the integrity of the arteries, veins and capillaries. **Vascular HealthBuilding blocks** are found in foods rich in vitamin complexes, bioflavonoids, essential fatty acids and calcium. Let's review their role in preventing bruising, bleeding gums, bloody nose, or stroke.

- **Bioflavonoids**, (the vascular fragility factor), sometimes known as Vitamin P, increases capillary strength, maintains the integrity of the capillary walls and decreases the risk of bleeding.
- **Vitamin K** is vitally important to a healthy blood clotting mechanism. Vitamin K supports capillary integrity and is helpful in the production of fibrin, a connective tissue protein responsible for proper clotting.<sup>4</sup>

# Lifestyle Choices are a Key to Vascular Health

- **Vitamin T** is a nutrient found in sesame seeds that supports healthy blood and platelets. The synergy of platelets and clotting factors activated by calcium initiates the blood clotting process.
- **Calcium** supports connective tissue such as blood and blood vessels. Calcium initiates blood clotting by activating platelets and clotting factors.
- **Vitamin E** is a powerful antioxidant that protects the fat soluble vitamins and their carriers, and balances the actions of the vitamin K complex.

This combination of Vascular HealthBuilding factors helps to build strong vessel walls to prevent leakage, build healthy blood for appropriate clotting times and assists in the modulation of vascular inflammation.<sup>5</sup>

## Lifestyle Choices are a Key to Health

To establish and maintain a healthy vascular system one must live a lifestyle which reduces toxins known to deplete the body of nutrients, while eating plenty of organic whole foods high in Vascular HealthBuilding nutrients. Regardless of whether you are recovering from bruising, bleeding gums, bloody nose or wisely want to prevent future problems, my advice is the same:

- Avoid processed foods made from sugar, flour, unhealthy fats and chemical additives which deplete the body of nutrients. (See the Sugar Challenge – TNE-11)
- Reduce environmental toxins in your kitchen, bath, garage and medicine cabinet. That's because these toxins consume antioxidants and other health resources and lead to nutritional deficiency. (See TNE-6)
- Eat healthy whole foods high in antioxidants, organic minerals and vitamin complexes found in fresh vegetables and fruit. (See TNE-18)
- The assimilation of nutrients requires healthy digestion and absorption. Even the best quality food does no good without proper digestion. (See TNE-3)
- Eat healthy fats to enhance your assimilation of vitamins and minerals while boosting your production of natural anti-inflammatories. (See TNE-4)

- **Take whole food concentrate supplements** from Standard Process high in Vascular HealthBuilding nutrients. Ask me which ones are likely to help you!

**Cyruta Plus®—introduced in 1950**, Providing a wealth of natural Vitamin P (the vascular fragility factor) Cyruta Plus's healthful bioflavonoids support conditions of bruising, broken blood vessels, bleeding gums.<sup>†</sup>

**Chlorophyll Complex – introduced in 1948** is fat-soluble, organic chlorophyll made from alfalfa, buckwheat, pea vines, tillandsia, sesame seeds, carrots and soybean plants. This whole food is a complex source of the fat-soluble antioxidant vitamins A, K, E and F, lecithin and an organic mineral source of magnesium, iron, potassium, trace minerals. A natural source of vitamin K, Chlorophyll Complex supports capillary integrity, is helpful in the production of fibrin (important in the clotting mechanism.)<sup>†</sup>

**Calcium Lactate since 1947** this vegetarian source of calcium has been well known for its easy assimilation by the body. Calcium supports connective tissue which blood and blood vessels are both classified. Calcium initiates blood clotting by activating platelets and clotting factors. Most all vitamins have some role to play in the regulation of calcium, especially Vitamin F, Vitamin A, Vitamin C, Vitamin E and Vitamin K which are all found in Chlorophyll Complex and Cyruta Plus.<sup>†</sup>

<sup>†</sup> These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. They are to support your health.

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4. Vermeer C et al: Beyond deficiency: potential benefits of increased intakes of vitamin K for bone and vascular health. *Eur J Nutr*. 2004 Dec;43(6):325-35.
5. Prentice CR Acquired coagulation disorders. *Clin Haematol*. 1985 Jun;14(2):413-42.

*This Livelt! Lifestyle Lesson is brought to you by:*

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## What Did You Learn?

Bruising, bleeding gums, and hemorrhagic “bleeding” strokes are all signs of an unhealthy “leaking” vascular system. True False

Each year, 84,000 Americans are victims of brain bleeding, the deadliest form of stroke. True False

Prevention of bruising, bleeding gums and vascular leakage depends upon choices we make every day. True False

**A healthy vascular system one must live a lifestyle** which reduces toxins known to deplete the body of nutrients, while eating plenty of organic whole foods high in Vascular HealthBuilding nutrients. True False