

FORTIFIED IS FAKE

Between the First and Second World Wars (1924-1944) fortification of foods was established as a measure to restore nutrients lost during food processing. During this period the adding of iodine to salt, vitamins A and D to margarine, vitamin D to milk, and vitamins B1, B2, niacin, and iron to flours and bread was established.

Nutritionally, the equivalent form added is never as good as what was removed during the processing. For example, iron added to enriched flour is unbound and therefore dangerous especially for men and post-menopausal women. The Vitamin D added to milk is neither identical to, nor as good for us, as that produced from sunlight. Of all the nutrients (minerals, enzymes, vitamins, etc.) lost or removed in refined processed foods, relatively few are restored by fortification.

Adding synthetic minerals and vitamins to replace the naturally occurring nutrients, affects the overall quality and stability of foods; forming free radicals inducing oxidation and hastening the disease / aging process. Fortified foods are hardly a good source of nutrition. Foods that have been refined, processed and fortified in fact deplete nutrients from our body, most notably the B vitamins. The whole idea of fortifying foods with synthetic nutrients to add nutritional value to our food is frankly, quite laughable.

However, the conceptual need for supplementation has never been more serious than in this day and age. It has been estimated that up to 90% of the American public do not eat the recommended servings of fruit and vegetables and may have single or multiple nutrient deficiencies. Fortify your diet with quality supplements - not synthetically fortified foods. To be certain you are getting your daily nutrition, supplement your diet with MAXIMUM WELLNESS and MINERAL NECTAR, two quality products from Healthy Habits. Drinking a blended fruit shake made with GREENERGY from Healthy Habits, is a great way to start your day. GREENERGY is rich in chlorophyll as well as other naturally occurring nutrients providing you with your daily servings of fruits and vegetable. Visit Healthy Habits' website at www.healthyhabitsweb.com and find products that provide you with all the nutrition a body needs. Use Keycode 53577.

Remember, if you see "fortified" on the packaging, you know you are in trouble. The only reason it would be fortified is because they processed the good out and are attempting to put it back with synthetic ingredients. Common sense will tell you that ain't gonna work, so just pass. Buy natural unprocessed, unrefined, unfortified real foods and supplement with quality products from Healthy Habits that will actually nourish your cells. You will be so glad you did when you hit the "golden years."

To identify your specific dietary / lifestyle needs ask us about the BIA, a simple urine/saliva test that not only addresses your nutritional needs but can also determine the emotional cause of your problem.

We are committed to providing you with the best resources and information necessary to live a long and healthy life. Begin living a life free of degenerative disease, free of chronic pain, and free of prescription drugs. Outstanding mental function, emotional health, physical stamina and optimism can be yours. Perfect Health is just a phone call away.

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