



HEALING FROM THE INSIDE OUT

Dr. Sharon Rabb discusses isolate vitamins versus whole food vitamins

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Your body has the capacity to heal from any chronic disease and to prevent the occurrence of illness. This is true because lifestyle choices are largely responsible for the disease in the first place.

It has been established by numerous health researchers that the major cause of most chronic illnesses is nutritionally based. The evidence is overwhelming that adequate nutrition plays a vital role in not only prevention of chronic and infectious diseases but also in the alleviation. This is not a new concept, but one that many early twentieth century scientists were shouting at the public in general and the medical establishment in particular. Most people know that good nutrition is important, but many do not fully realize that most, if not all, infectious and chronic illness is a direct result of poor diet and other lifestyle habits.

If lifestyle choices are causative in nature then it stands to reason that they can also be curative. Many early twentieth century researchers, such as Dr. Royal Lee, Dr. Alice Morgan, V.F. Sydenstricker, B. Sure, F.M. Pottenger and others published research results and scientific findings corroborating the importance of adequate whole food vitamins and organically bound minerals in maintaining health and wellness. They also advised of the dire consequences of the consumption of processed foods with little or no real vitamin and mineral content.

We as a country have suffered the effects of ill health for so long that it has become the norm and we have lost sight of the fact that poor health is the direct result of poor diet. Listed below are just a few of the sad statistics reflecting our national health:

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- Heart disease is responsible for 50% of all deaths – up from 40% in the seventies.
- Cancer incidences have increased dramatically over the past 50 years and cancer is now being associated with dietary practices. One in every three people will develop cancer.
- The average American consumes 170 lbs. of sugar per year, over ¼ of the average caloric intake.

Whose responsibility is it that our health has so deteriorated? Ultimately it is ours, but accepting responsibility is only the first step. Step two is gathering and analyzing information and then asking questions such as: What is the story behind our food and drug industry? And, what happened to the food supply to cause the degenerative diseases listed above?

Around the mid-1900's, scientific research drifted away from focusing on disease, cure and prevention, and focused on creating foods that were relatively non-perishable which could be stored and shipped across country. Foods could be mass produced in central factories and distributed as cheaply as possible—sweeping all small local competitors from the market. As these imitation foods were being consumed by large numbers of people, the national health began to deteriorate. Research then turned to creating expensive drugs to treat the diseases caused by the consumption of poor quality foods.

Until about 1880, food was for the most part grown and sold locally. In colder months, fruits and vegetables had to be canned or dried thus losing valuable vitamin content, particularly vitamins A and C. The diseases of this time were mainly infectious, such as TB, polio, pneumonia, smallpox, etc. With the advent of mass transportation and refrigerated care, fresh produce could be shipped long distances supplying the country with whole foods containing vitamins A and C. Gradually infectious diseases declined.

However, not all foods were improved with mass transportation. Up until this time, bread and other whole grain products were milled locally from fresh ground wheat. With the advent of railroads and trucks, milling became centralized and mass production methods were instituted. These new milling companies were then faced with a problem: How to get grain products across country without having them spoil due to rodent and insect invasion?

The decision was made to take out the food value which is in the bran and then bleach it. This new “white flour” could be shipped and stored for long periods of time. (Thus we experienced the birth of adulterated processed foods known as white flour and refined sugar and their numerous products.) Next, the wheat was “enriched” with synthesized isolate vitamins—leading people to believe they had a better product than the original whole wheat. However, the human body does not recognize these products as foods--even when “fortified”. Research indicates that the isolated synthetic vitamin fragments used to fortify processed foods actually do more harm than the “unenriched” processed foods. Dr. Alice Fay Morgan at the University of California conducted research in the 40's that showed fortified white flour to be much more toxic on animals than just plain white flour.

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Vitamins occur in nature in large complexes of hundreds of thousands of organic molecules acting synergistically to promote health. Ascorbic acid, which is sold as vitamin C is not vitamin C but a small portion of the vitamin C complex. We do not have the technology to synthesize vitamin C. In order to obtain it, we have to eat foods containing vitamin C or take supplements made from foods containing the vitamin which are processed properly to ensure that the vitamin is not destroyed.

I would like to refer the reader to an article published in the New York Times by Jane B. Brody (April 9, 1998). The title of the article is “Study Finds Peril in Taking High Vitamin C Supplements”. She quotes Dr. Victor Herbert, professor of medicine at the Mount Sinai School of Medicine in New York. Dr. Herbert maintains that vitamin C supplements (ascorbic acid) mobilizes harmless iron stored in the body and converts it to a harmful form that causes damage to our genes and affects our vital organs. He states: “Unlike the vitamin C naturally present in foods like orange juice, vitamin C as a supplement is not an antioxidant. It is a redoxagent – an antioxidant in some circumstances and a pro-oxidant in others.”

Dr. Royal Lee, dentist, inventor, and research scientist had this to say about processed foods in the 1950’s: “If the American people were confronted with a war with a foreign enemy, so powerful in a military sense that it could slaughter two million people a year, it would be a major and primary national problem to lick an enemy with all possible haste. But malnutrition can kill this number yearly and modern advertising science, with the volunteered assistance of modern organized medicine, work hand in hand to keep the people in the dark and keep the dollars flowing into the coffers of the makers of devitalized ‘foodless’ foods.”

(Reprinted from Lectures of Dr. Royal Lee: 1943)

You cannot buy a whole food vitamin over the counter in this country. I know of only four companies that actually sell vitamins and they are all sold through health care professionals. Many companies take isolate and/or synthetic vitamin fragments (such as beta carotene, tocopherol and many of the vitamin B fragments), put them in a food base and call them “natural” vitamins. This is a marketing tool to sell their products. The products I use are whole food products which help people balance their internal organs and glands and thus facilitate the restoration of health and the prevention of disease

In closing, the main goal in my private practice is to help individuals make healthy lifestyle changes and to put them on food based supplements to facilitate the healing process. Cleaning, detoxification, balancing, and rebuilding are the by-words in healing. I have seen many individuals heal themselves from various chronic illnesses, as well as increase their overall energy level. As a naturopathic practitioner and clinical nutritionist, I use a variety of holistic modalities, including energy medicine, whole food supplements, CRA (Contact Reflex Analysis) and lifestyle changes.

My aim is to guide and educate my patients to achieve and sustain optimal health.

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About Dr. Sharon Rabb

Since the 1970's, Dr. Rabb has devoted her time to the study of both traditional and holistic medicine. Her extensive studies and knowledge of allopathic (traditional) medicine and the powerful healing properties provided through nature enable her to integrate a broad spectrum of modalities that merge scientific knowledge with natural healing. She specializes in chronic illness and degenerative diseases in both adults and children.

Dr. Rabb is also a public health nutritionist and educator certified in the State of Texas. Health education is one of the foundations of her program. She also uses a variety of modalities including CRA (Contact Reflex Analysis) to facilitate individuals in achieving optimal balance and health. Nurturing and gentle approaches are integrated with the latest in scientific research to provide a professional and caring environment. As a gifted public speaker, she has become increasingly popular among both lay and professional audiences.

For more information regarding this health topic or to arrange for a **FREE** initial phone consultation, call (214) 724-3505 or email her at drs rabb@yahoo.com.