

You Need 10 Servings of Vegetables to Equal Just One Serving from 50 Years Ago! ¹

Just One of the Vital Minerals Lost was Regulating More than 300 Critical Body Functions.

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The Same Thing Is Happening to Your Fruit.

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And, It's Getting Worse...

These days, the produce you buy at your local grocery store just doesn't have the nutritional power that fruits and vegetables had just a few decades ago. Over farming, soil depletion, commercial fertilizer, hybrid crops and genetic modifications are slashing the nutrients found in your fruits and vegetables.

You'd have to eat 10 servings of spinach to get the same level of minerals from just one serving about 50 years ago. ²

Producers create "hybrid" forms of your fruits and vegetables – not for their ability to store nutrients – but for their color, weight and shelf life. Why? So they'll look nice and pretty when they sit under the fluorescent lights of your supermarket.

You may think they look nutritious, but "under the hood," they contain little more than indigestible cellulose, sugar and water.

We first began to know that there was a problem back in **1936**. A group of doctors introduced Document No. 264 to the floor of the United States Senate. It was a dire warning that the mineral content of the soil was eroding. Vegetables were losing their power and people were at risk. Unfortunately congress did nothing.

Today, we're feeling the effects...

For instance, just look at the US Department of Agriculture's (USDA) nutritional values for fruits and vegetables today compared to 1975. ³

- * Apples, Vitamin A is down 41%
- * Sweet Peppers, Vitamin C is down 31%
- * Watercress, Iron is down 88%
- * Broccoli, Calcium and Vitamin A are down 50%
- * Cauliflower, Vitamin C is down 45%; Vitamin B1 is down 48%; and Vitamin B2 is down 47%
- * Collards Greens, Vitamin A is down 45%; Potassium is down 60%; and Magnesium is down 85%

According to USDA's own numbers, the vitamin and mineral content has dramatically plummeted – in just 30 years!

Notice minerals like iron and magnesium have dropped by more than 80 percent. That's from commercial farming technology and powerful fertilizers that practically sterilize the soil – leaving it with little to no mineral content.

If the soil doesn't have minerals, there's no way for vegetables to absorb them.

And that's bad news for your health... Magnesium regulates over 300 body functions – every day! Magnesium is so critical, low levels in your blood can lead to diabetes, heart disease, heart attack and high blood pressure.

A report from the University of Texas in Austin, also tracked the decline of nutrients in produce.

They reported findings at a recent meeting of the American Association for the Advancement of Science in St. Louis. They found significant drops in a wide range of produce across the board, including a 20 percent decline in vitamin C and a 38 percent plunge in vitamin B2.

What's worse, fruit and vegetable growers create “hybrids” for the sake of making their produce “look better.” They actually create new versions of all your favorites so they have more water, more sugar, more pith (The indigestible support tissue like the white fibrous netting around an orange section) and less of everything else.

Growers call this the “dilution effect.” For them, more water and more pith helps their produce ship well, look good and weigh a lot. But it virtually wipes out their vitamin and mineral content.

The plunge in nutrients in your produce over the last 30 to 50 years is bad enough. But it rapidly getting much worse. Genetic hybrids are pushing nutrient values even lower.

A popular broccoli hybrid called “Marathon” is an alarming example:

By the USDA’s own admission, levels of calcium and magnesium in the Marathon hybrid are 35 percent lower than other hybrids. The hybrids themselves are 50 percent lower in calcium and magnesium than “normal” broccoli. And the “normal” broccoli has less than half the calcium and magnesium than broccoli did in 1975!

In less than 50 years, the mineral, vitamin and antioxidant value native to fruits and vegetables has been virtually “destroyed” – robbing you of the natural vital nutrients you need every day.

A few years back, **Newsweek** ran a cover story on green foods called “Better than Vitamins.” In the article, they said, “Whole foods... pack a disease preventing wallop. That’s because they harbor a whole ratatouille of compounds that have never seen the inside of a vitamin bottle... The compounds are called phytochemicals... In the world where science merges with health, phytochemicals are the next big thing.”⁴

1 Heinrich, Elmer. *The Root of All Disease*.

2 Heinrich, Elmer. *The Root of All Disease*.

3 *Vegetables without Vitamins*. Life Extension Magazine. March 2001.

4 *Better than Vitamins*. Newsweek. April 25, 1994.