

## Health Alert/Update:

# Why I Don't Recommend Vitamins

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If you try to avoid synthetics and chemicals, this may come as a surprise: *Did you know that you may be unknowingly ingesting them in the vitamins you take?* Here's why you need to take notice:

High-dose vitamins or minerals are considered "isolates" because they are taken out of their natural context of food (i.e. isolated). This acts like a teeter-totter, and throws others out of balance. For example, taking a potassium supplement that is not food-based and lacks its partner-ingredient complexity as a food, may cause serious imbalances in phosphorous, magnesium and other electrolytes.



Another example is ascorbic acid or other vitamin C vitamins, which do not have the full complexity from the foods that include it: a food-based C-complex contains at least 85 sub-factors or aspects of it that are not even understood yet.

1. Published research demonstrates that the synthetics and chemicals in these vitamins may actually cause more health problems. Demonstrated increases in cancer and cardiovascular are among the risks.
2. Synthetic and non-food vitamins and minerals do not prevent disease.
3. Allegedly "natural" vitamins are not natural at all. Most vitamins in supplements are made or processed with petroleum derivatives or hydrogenated sugars [2-6]. Even though they are often called natural, most non-food vitamins are isolated substances which are crystalline in structure [2]. Vitamins naturally in food are not crystalline and never isolated. **Vitamins found in any real food are chemically and structurally different from those commonly found in 'natural vitamin' formulas.** Since they are different, consumers and practitioners should consider non-food vitamins as vitamin imitations and not actually vitamins. Our bodies do not recognize these imposters as food, and therefore does not know what to do with them. Thus, they either accumulate in the organs, glands and tissue, or you excrete much of them. [1]

## What is Your Vitamin Really?

Most vitamins in supplements are petroleum extracts, coal tar derivatives, and chemically processed sugar (plus sometimes industrially processed fish oils), with other acids and industrial chemicals (such as formaldehyde) used to process them [2-6].

Synthetic vitamins were originally developed because they cost less [8]. Assuming the non-food product does not contain fish oils, most synthetic, petroleum-derived, supplements will call their products 'vegetarian', not because they are from plants, but because they are not from animals.

Most vitamins in vitamin supplements made from food are in foods such as acerola cherries, broccoli, cabbage, carrots, lemons, limes, nutritional yeast, oranges, and rice bran (some companies also use animal products). [1]

**Table 1. Composition of Food and Non-Food Vitamins [1-11]**

<b>Vitamin</b>	<b>Food Nutrient*</b>	<b>'Natural' Vitamin Immitations &amp; Some Process Chemicals</b>
Vitamin A/Betacarotene	Carrots	Methanol, benzene, petroleum esters; acetylene; refined oils
Vitamin B-1	Nutritional yeast, rice bran	Coal tar derivatives, hydrochloric acid; acetone with ammonia
Vitamin B-2	Nutritional yeast, rice bran	Synthetically produced with 2N acetic acid
Vitamin B-3	Nutritional yeast, rice bran	Coal tar derivatives, 3-cyanopyridine; ammonia and acid
Vitamin B-5	Nutritional yeast, rice bran	Condensing isobutyraldehyde with formaldehyde
Vitamin B-6	Nutritional yeast, rice bran	Petroleum ester & hydrochloric acid with formaldehyde
Vitamin B-8	Rice	Phytin hydrolyzed with calcium hydroxide and sulfuric acid
Vitamin B-9	Broccoli, rice bran	Processed with petroleum derivatives and acids; acetylene
Vitamin B-12	Nutritional yeast	Cobalamins reacted with cyanide
Vitamin 'B-x'	PABA Nutritional yeast	Coal tar oxidized with nitric acid (from ammonia)
Choline	Nutritional yeast, rice bran	Ethylene and ammonia with HCL or tartaric acid
Vitamin C	Acerola cherries, citrus fruits	Hydrogenated sugar processed with acetone
Vitamin D	Nutritional yeast	Irradiated animal fat/cattle brains or solvently extracted
Vitamin E	Rice, vegetable oils	Trimethylhydroquinone with isophytol; refined oils
Vitamin H	Nutritional yeast, rice bran	Biosynthetically produced
Vitamin K	Cabbage	Coal tar derivative; produced with p-allelic-nickel

\* Note: Although some companies use liver extracts as a source for vitamins A and/or D, and at least one company has a herring oil product supplying some vitamin E, no company this researcher is aware of whose products are made out of 100% food use animal products in any of their multiple vitamins. Some companies also use brewer's yeast which is inferior to nutritional yeast in many ways (including the fact that it has not had the cell wall enzymatically processed to reduce possible sensitivities).

## What Are Your Options?

In our 24<sup>th</sup> year of practice at The Way To Balance, LLC, my husband and co-founder Aaron Singleton and I take your health considerations very seriously. That is why we have associated ourselves with high-quality, food-based nutritional products. Because the soil in the U.S. and many countries is quite depleted, and most people do not eat 30+ fruits and vegetables daily anyway, we do recommend true food-based supplementation. Our affiliations are:

1. **Standard Process.** We are very excited that Standard Process and Medi-Herb have offered us the opportunity to provide YOU with a Patient-Direct On-Line Dispensary! This is only available to our active personal clients (defined as those who have private sessions with Aaron or Sue Singleton, or Deborah Cassidy). To apply, contact our Administrative Assistant, Gail Harrington at [info@TheWayToBalance.com](mailto:info@TheWayToBalance.com), who will confirm you are an active client before she shares the information with you.
2. **Medi-Herb.** We are very excited that Standard Process and Medi-Herb have offered us the opportunity to provide YOU with a Patient-Direct On-Line Dispensary! This is only available to our active personal clients (defined as those who have private sessions with Aaron or Sue Singleton, or Deborah Cassidy). To apply, contact our Administrative Assistant, Gail Harrington at [info@TheWayToBalance.com](mailto:info@TheWayToBalance.com), who will confirm you are an active client before she shares the information with you.
3. **JuicePlus+.** Sue Singleton, Gail Harrington, Jen Dwyer and Deborah Cassidy are all three affiliated with JP+, and would be happy to help you get started with eating over 30 fruits and vegetables daily (in the Trio package). For more information, Sue's JP+ site is: <http://sue-singleton.juiceplus.com/us/en>
4. **Tower Garden.** Provides you with the opportunity to grow your own vegetables and herbs, in very small spaces! Some grow inside all year round, others prefer to move it outside during better weather. Again, Sue, Gail, Jen or Deborah can assist you if you'd like your own. Sue's Tower Garden site is: <http://sue-singleton.towergarden.com/>
5. **Emerson Ecologics.** With the caveat that not all supplements at Emerson Ecologics are food-based, they offer many, many high quality brands. Again, this is for active clients of TWTB. You will be directed to set up your account, and will have a 10% discount through your affiliation as a client of TWTB. Although the Singletons are likely to specify Pure Encapsulations, Vital Nutrients, Metagenics or Allergy Research products, this allows you access to Gaia, New Chapter, Barleans, Integrative Therapeutics, Boiron, Bach Flower Remedies, skin care, essential fatty acids, coconut oil, argan oil, homeopathy, pet supplies and much more! Please consult with us on vitamins, remedies or supplements that we have not directly specified, before you place your order. Here is the link to get started: [The Way To Balance, Wellevate Dispensary](#)

Please consult with your practitioner at The Way To Balance, LLC to determine what YOUR body needs!

## References

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- [11] Shils M, et al, editors. Modern Nutrition in Health & Disease, 9 th ed. Williams & Wilkins, Balt.,1999



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