

Essential Nutrients™

100% Certified Organic

VITAMIN and MINERAL Food Concentrate

For Energy, Weight Loss, Emotional Balance, Healthy Blood, and Rapid Healing of Injuries

Dr. Foster's Essentials "Essential Nutrients™" Can Help All Types of Health Issues:

Alzheimer's disease, Anemia, Attention Deficit Disorder, Autoimmune disorder, Burns, Cancer (all types), Cancer chemotherapy – Speed up recovery, Cirrhosis, Concentration difficulties, Depression, Fatigue, Diabetes, Hepatitis, Hypoglycemia, Immune weakness, Injuries, Intestinal disease, Manic Depression, Menopause, Mood Swings, Osteoarthritis, Obesity (use as meal replacement for 1-3 meals daily), Multiple sclerosis, Myasthenia gravis, Nerve weakness, Neuralgia, Surgery - Speed up recovery, Ulcers, or for anyone who wishes to maintain their good health.

Spirulina, chlorella, wheatgrass and barley grass are the most nutritious greens on the planet. They contain many more times chlorophyll, beta carotene, vitamins and minerals than leafy greens. Their protein content and utilization factors are much higher than beef, eggs, milk and other animal proteins.

The can make an enormous difference in your energy level, ability to concentrate and brain food. Some research suggests these green "superfoods" can stimulate metabolism and help people lose weight. This formula can be used as a meal replacement as part of a natural weight loss program.

Are Your Vitamins Natural or Not?

The Essential Nutrients Formula is completely natural and derived from **nutrient-dense foods only**. Unfortunately, most commercial grade vitamin and mineral concentrates are synthesized by the big pharmaceutical and chemical industries from the same starting material that prescription drugs are made from (coal tar, petroleum products, animal by-products/animal waste, ground rocks, stones, shells and metal). They are then wholesaled out to the various "natural" nutrient manufacturers. The manufacturers simply mix these ingredients together into formulas and label them. Most of them have no idea how these various vitamins and minerals are made. **Everyone simply assumes a vitamin is a vitamin, regardless of where it comes from. Many people don't realize the horrifying materials from which common supplements are made.**

For example, melatonin is a hormone produced by the pineal gland in the brain. The supplement is often obtained from **cow brains** (extremely high risk for mad cow disease). Chondroitin sulfate (chondro = cartilage) is obtained from **chicken cartilage**. Animals produce vitamin B-12 in their intestines, and their **fecal material** is often used to make vitamin B-12 supplements. Enzymes may come from **ox bile** (full of cholesterol, pesticides and other fat-soluble wastes) or pancreas tissue of animals. Vitamin E is obtained from **photo chemical** processing plants, while B vitamins have a **coal tar** base and commonly contain petrochemicals - substances known to cause cancer. Vitamin C is produced by only one or two labs in the country. This vitamin is completely synthetic and acidic, and can irritate the intestinal and bladder lining as well as the prostate. Most calcium pills are made from ground up **oyster shells** or even **limestone** (calcium carbonate), substances that would never be eaten, much less absorbed. They can worsen joint pain in arthritics, cause calcium to deposit in the tissues, causing pain & fibromyalgia symptoms, and also contributing to kidney stones. Vitamin A comes from **fish juices** toxic with mercury, arsenic and industrial waste chemicals such as polychlorobiphenyls (PCB's), which can cause cancer. Fish oil is also loaded with the same toxins, can make the blood too thin, and has been linked to hemorrhagic stroke. And the so-called natural vitamin niacin is commonly made by **boiling sulfur in the presence of asbestos**. **Isn't it time we get back to consuming foods instead of chemicals?**

Two level tablespoons of Essential Nutrients, added to your favorite fruit or vegetable juice or power blender drink, gives you 2 to 5 times the vitamins you need for the entire day. When used as a meal replacement one to three times daily, a significant amount of healthy weight loss can occur. Because these foods are so easily absorbed and used by the body, their effects can be felt in as little as 15 minutes. This one formula can easily replace commercially available multivitamin/mineral tablets, antioxidants, and protein powders. The formula does contain natural vitamin C, and extra food-based Vitamin C may be added if desired.

Essential Nutrients Ingredients:

Essential Nutrients is high in potassium, plant-iron (non constipating), silica, vitamin E, vitamin B complex essential fatty acids, antioxidants, & numerous trace minerals. This food-based formula does not interfere with medications.

Spirulina Blue Green Algae

Spirulina is the most concentrated, nutritious food available. It supplies as much calcium, gram for gram, as milk (135 mg/kg). Of all foods, it contains the highest amount of complete protein (75%), making it a much better protein source than beef (only 22% protein). We use spirulina from Hawaii because it is the only organically grown spirulina in the world. It is grown using water pumped from 2000 feet deep in the ocean, making it one of the richest sources of minerals. Beta carotene is produced by algae in response to sunlight. Since Hawaii receives more sunlight than most other countries, this spirulina is the highest source of beta carotene. It is also a rich source of B vitamins, including B-12. It has a soft cell wall, so it is absorbed, digested and utilized very rapidly. Food cravings are often just cravings for minerals. This may explain spirulina's appetite suppressant effects. Research also shows a positive effect on blood sugar regulation, anemia, and ulcers. Many people believe algae is the perfect food.

Chlorella Algae

An extremely concentrated source of nutrition, Chlorella algae is second only to spirulina in nutritional content. Japanese research proves its effectiveness for anemia, hepatitis, and accelerating healing of wounds and burns. The cell wall has been cracked to make the nutrients more available and increase its digestibility. More Japanese research shows its ability to remove environmental toxins (such as hydrocarbons, dioxins, PCB's, cadmium and lead) from the body through the urine.

Alfalfa, Barley and Wheat Grasses

These cereal grasses are the highest source of vitamins and minerals grown on land. Harvested before they sprout into grains, these are the tender green shoots that are much higher in nutrients than the grains themselves. Very high in chlorophyll, they have mild cleansing effects on the body. Barley grass is very high in the antioxidant superoxide dismutase (SOD), which magnifies its healing abilities.

Purple Dulse Seaweed

Seaweeds are among the richest source of minerals in the world. They contain all the minerals and trace minerals that are found in the oceans and the earth's crust. Rich in iodine, dulse supports proper thyroid function. Many seaweeds taste fishy, therefore, we chose Purple Scandinavian Dulse because it is the blandest-tasting of all the seaweeds.

Stabilized Rice Soluble and Bran

Rice bran solubles are composed of 29 naturally occurring bio-available vitamins and minerals with over 90 antioxidants. The least active of these compounds is 40 to 60 times more potent than Vitamin E. Among the most powerful components are the antioxidants lipoic acid and gamma oryzanol as well as numerous types of tocopherols and tocotrienols (natural forms of vitamin E). Soluble fibers have been shown in research studies to help lower cholesterol levels as well as reducing high blood sugar levels. Rice bran solubles was awarded the Seal of Approval from the Diabetes Resource Center, which indicates its nutritional benefit to diabetics.

Absorbability/Bioavailability

To make a tablet requires a great deal of heat to compress as many ingredients as possible into a single pill. These compressed pills are so tightly packed that they are very difficult to break down in the stomach and intestines. Because of this, most vitamin/mineral tablets pass through the digestive system without being absorbed at all. Unlike tablets, which cannot be broken down by elderly people and those with weak digestion, foods are very easily absorbed and utilized by the body. This formula is in powdered form, which, when mixed with liquid, makes it more easy to absorb than tablets, caplets, capsules and pills.

Low Heat Processing to Preserve Enzymes

With the exception of stabilized rice bran, all foods in this formula are processed with low heat (below 112 degrees Fahrenheit) in order to preserve vital enzymes.

1. [Studies on the constituents of green juice from young barley leaves. Antiulcer activity of fractions from barley juice], Ohtake H, Yuasa H, Komura C, Miyauchi T, Hagiwara Y, Kubota K. *Yakugaku Zasshi*. 1985 Nov;105(11):1046-51. Japanese.
2. A review of recent clinical trials of the nutritional supplement *Chlorella pyrenoidosa* in the treatment of fibromyalgia, hypertension, and ulcerative colitis. *Altern Ther Health Med*. 2001, May-Jun;7(3):79-91. Review. Merchant RE, Andre CA.

3. **Nutritional supplementation with *Chlorella pyrenoidosa* for patients with fibromyalgia syndrome: a pilot study.** *Phytother Res.* 2000 May;14(3):167-73. Merchant RE, Carmack CA, Wise CM.
4. **Effects of stabilized rice bran, its soluble and fiber fractions on blood glucose levels and serum lipid parameters in humans with diabetes mellitus Types I and II.** *J Nutr Biochem.* 2002 Mar;13(3):175-187. Qureshi AA, Sami SA, Khan FA.

Cynthia Foster, MD • www.DoHerbs.com • 888-294-3804 • “Do Herbs Not Drugs”

Directions:

For the average 150-pound person, take 2 to 4 TBS per day, mixed with water or juice. Can double the dose during any period of stress, or as extra support before or after strenuous exercise/ training regimens. This formula can be stirred into liquid, but it can clump a little due to the lack of any chemical emulsifiers (we keep this formula SUPER natural). It's best when shaken up with the powder in a jar with a lid or a cup with a lid that seals shut so that you can shake the content. You could also use a smoothie mixing cup.

Essential Nutrients Recipes:

You can mix this formula with 4 to 8 ounces of water and drink as is. Or, you could add a little stevia (around 4 drops of liquid stevia can work wonders for this formula – I like berry-flavored liquid stevia, but chocolate, chocolate raspberry, English Toffee, Hazelnut, Orange flavors work well, too) The secret to getting these greens to taste good is in the recipe. Use apples, bananas, nondairy milks and natural sweeteners. Citrus can add a nice tang, and Coconut milk powder can also add to the enjoyment of this formula.

Please see green smoothie and juice ideas below:

Green Delight:

- 6 ounces Water
- 4 to 6 drops Liquid stevia (good flavors are chocolate, chocolate raspberry, hazelnut, berry, English Toffee)
- 1 to 2 tsp Coconut Milk Powder or unsweetened nondairy milk
- 2 TBS **Essential Nutrients**

Lemonade:

- Juice of ½ Lemon
- 6 ounces Water
- 12 drops Liquid Stevia
- 2 TBS **Essential Nutrients**

Veggie Juice Combo:

- Several Carrots
- 1 stalk Celery
- 1/2 Beet
- Handful Parsley
- 2 TBS **Essential Nutrients**

Juice the veggies and add to a jar with a lid. Add Essential Nutrients, screw the lid on and shake jar for a few seconds until thoroughly mixed. Since there are no fillers or emulsifiers in this formula, shaking it helps prevent clumps from forming in your drink. The carrots and beets make it sweet.

Variation for diabetics, Candida sufferers or purists: Leave out the carrots and beets and add Zucchini or green onion if you want a non-sweet drink.

Fruit Smoothie Recipe:



- 3 to 4 oz. Apple Juice
- 3 to 4 oz. Purified Water
- 1 to 2 TBS **Essential Nutrients** (Start with 1 TBS)
- 1/4 cup Frozen fruit (strawberries are great, but also any other berries, bananas, mangoes, peaches, etc.)
- 1/4 to 1/2 cup Soy, rice or almond milk (gives it a creamy taste)
- Optional: Maple syrup or stevia if needed or if nondairy milk is unsweetened



Place in blender, blend on high for a few minutes and turn it into smoothie. I can't even taste the Essential Nutrients when I make it up this way. As long as there are no diabetes or Candida problems, this would be a tasty option.

With Protein Powder:

I've had people tell me, "When I add my protein powder with it, it tastes better." If you have a protein powder you usually take, this could be an option as well. If you do not take protein powder, you can get the same taste if you add in a couple ounces nondairy milk (almond milk, coconut milk, any nut or seed milk)

Carrot juice:

Some people love **Essential Nutrients** with carrot juice because carrot juice is sweet.



- 4 oz. Fresh carrot juice
- 4 oz. purified/ filtered water
- 2 TBS **Essential Nutrients**

If you have Candida or blood sugar issues, dilute carrot juice with an equal amount of water as written or use a blend of just a little carrot with other veggies like cucumber, zucchini, parsley, spinach, beet, ginger.

Orange Creamsicle:



- 4 oz. orange juice
- 4 oz nondairy milk (soy, almond, or rice milk)
- 2 TBS **Essential Nutrients**
- Optional: 1/4 cup frozen peaches
- Optional: stevia or natural sweetener to taste if your nondairy milk is unsweetened

Very tasty!

More recipes below...

Virgin Pina Colada:



- 4 oz. Bottled Pineapple/coconut juice combo (available at health food stores)
- 4 oz. purified/ filtered water
- 2 TBS **Essential Nutrients**

Blend on high until smooth or use:

- 4 oz. Fresh Pineapple Juice
- 4 oz. Purified/ Filtered Water
- 2 TBS Organic Flaked Coconut
- 2 TBS **Essential Nutrients**
- optional: Stevia or other Natural sweetener

Pineapple/ Grapefruit Juice blend

This is my favorite juice blend recipe:



- 3 oz. Fresh Pineapple juice
- 3 oz. Fresh Grapefruit juice
- 3 oz. Purified/ Filtered water
- 2 TBS **Essential Nutrients**



Add all ingredients to a personal blender. Blend on high for a few seconds. Or, add ingredients to a jar with a lid, close lid, & shake jar for a few seconds.

Conventional beverages:

If you're not a health nut, and the thought of juicing or making a smoothie makes you go "bleh", I understand. If you can get this formula into your body, it's going to work wonders for you! I've had people who added it to natural raspberry soda and they loved it! I've known people to add it to beer, milk and even cola drinks. (Maybe I can get you off of soda pop later, but hey - get this formula down and it'll help you.)

If I run out of ideas, I walk into the nearest juice bar and look to see what they're putting in their smoothies. There are endless options for what you can mix with **Essential Nutrients!** [**Click here to see more info and order Essential Nutrients**](#)

Good Luck and Good Health To You!

Cynthia Foster, MD • 2461 Santa Monica Blvd #338 • Santa Monica, CA 90404 •
Healing@DrFostersEssentials.com

DrFostersEssentials.com Copyright © 2003-2020 Cynthia Foster, MD. All rights reserved