

A Tale Of Two Carrots

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The Vitamin A content in carrots is unprecedented in the food supply. No other food comes close. We are, of course, talking about the Vitamin A precursor beta-carotene that is easily and readily converted by the liver into vitamin A, assuring the body a constant supply with no dangers of overdose. Vitamin A is essential for proper cell division and growth hence its good effects on tooth health, strong bones and healthy skin. It also helps maintain the thin protective mucus membrane that is essential for the body's first line of defense involving the white blood cell activity of macrophages.

This effect of Vitamin A is particularly noted in the cell structure of the eye and helps prevent diseases like glaucoma, macular degeneration and cataracts. In no small degree other components found in carrots are necessary in the utilization and functioning of Vitamin A, such as Vitamins B, C, E and some newly discovered micronutrients called polyacetylenes. Two of these polyacetylenes named falcarinol and falcarindiol are cardio-vascular protectorates, assuring adequate delivery of oxygen and nutrients to the cell structure of the eyes.

Carrot juice has been used to control cancer growth and many alternative doctors have seen patients cured of cancer by consuming nothing but carrot juice. However, researchers in Finland found that the consumption of the supplement beta carotene actually increased cancer rates in patients that smoked tobacco by 8% over similar patients receiving a placebo. This study followed 29,000 male smokers for 10 years and was reported in the New England Journal of Medicine on April 14, 1994.



Supplemental beta-carotene is separated from all the other compounds in carrots including but not limited to retinols, retinoids, retenal, carotenoids, carotenes, fatty acids, Vitamins C,E,B complex, enzymes, minerals, phyto-sterols and oxygen.

It is this isolation or separation of synthetic carotenes that causes the classic Vitamin A overdose toxicity symptoms of tumor enhancement, joint disorders, osteoporosis, extreme dryness of eyes mouth and skin, enlargement of liver and spleen, immune suppression and birth defects. All of these conditions are cured or prevented with carrot juice consumption.

Perhaps the title of this newsletter, Tale of Two Carrots should have been titled TALE OF TWO CAROTENES. Carotenes in the carrots are safe, but out of the carrots carotenes are unsafe.

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