

VITAMINS? David Christopher, M.H.

I frequently receive questions about vitamins. People ask about supplementation, quantity, quality, source, brands and which are natural. None of these inquiries can be answered with a simple reply. I find that I first have to explain what a vitamin is and what it is not.

Vitamins are simply vital organic compounds necessary for proper growth and functioning. With a constant supply we thrive; without a constant supply we die, or at the very least we malfunction.



Fat soluble vitamins (A, D, E and K) are consumed and stored; whereas, the water soluble vitamins (C and B-complex) are not stored and should be consumed every day. Vitamin D is made from cholesterol and is produced in our bodies when our skin is exposed to sunlight. Vitamin B-12 is not made by plants or animals but is made by micro-organisms that reside in our intestinal tract and the intestinal tracts of animals.

Vitamins are destroyed in food processing, blocked by sunscreen (Vitamin D) and are not available when the Vitamin B-12 producing friendly flora is destroyed with the use of antibiotics. Also, the manufacturing of vitamins by plants is impeded by destroying the natural flora in the soil where produce is grown.

The utilization of vitamins is dependent on many co-factors. One of which is minerals which are found in the naturally grown, unprocessed foods that we eat.

So which vitamin supplements do I recommend? None!

Vitamin supplements are to food what drugs are to herbs.

Just as aspirin is not willow, Ascorbic acid is not Vitamin C, Alpha tocopherol is not Vitamin E, Retinoic acid is not Vitamin A and so forth.

These synthetic, isolated, incomplete, faux-vitamins do have an effect on the body, but they cannot restore health. In addition, like drugs these chemically derived products do have side effects, unlike the total safety found in whole complex vitamins which are found in foods.

When we have need of extra whole vitamins, to restore health, then we should eat more of the foods highest in that nutrient. When we are deficient in vitamins and have need of large quantities of these life-saving nutrients then we should juice our fresh produce. Naturally we will obtain more vitamins and other nutrients if we use organic produce to make our juices. Therefore, when someone asks me which is the best vitamin supplement I always suggest fresh, raw juices.

For more information on healing with juices may I suggest taking advice from a man who was vibrant at the age of 109. This centenarian, Norman Walker, wrote a book [“Fresh Vegetable and Fruit Juices”](#) which can give you the tools you need to gain health and longevity.

David Christopher *is a Master Herbalist and the director of The School of Natural Healing. He also co-hosts the popular radio show "A Healthier You" and is a popular international teacher and lecturer.*