

# The Nutritional Essentials

Chiropractic - Issue Two

**Pam Stalzer, D.C., dhom**  
3862 Piedmont Ave.  
Oakland, CA 94611  
**510-333-8211**

## From the Pen of Dr. Royal Lee

(1895-1967) Inventor,  
Scientist, Genius, Founder of  
Standard Process, Inc.

*If we examine the average diet of white flour, particularly no green leafy vegetables and excessive refined sugars, we can readily understand why instability of the nervous systems is an almost universal complaint. Dr. Royal Lee 1958*

### A Partial List of Conditions Related to Nutritional Deficiencies

Allergies - Hay Fever  
Ankle Swelling  
Arthritis  
Back Pain  
Blood pressure - High or  
Low  
Bronchial Conditions  
Bursitis  
Circulation, Poor  
Colitis  
Colon, Spastic  
Constipation  
Cough, Chronic/Allergic  
Diarrhea  
Disc Problems  
Diverticulitis  
Dizziness (Vertigo)  
Emphysema  
Fatigue, Chronic  
Feet, Cold or Burning  
Feminine Problems  
Gall Bladder Disorders  
Gas  
Glandular Troubles  
Headaches  
Heart, Fast or "Nervous"  
Hemorrhoids  
Impotence  
Injuries to Soft Tissues  
Insomnia  
Joint Pain  
Kidney Problems  
Knee Pains, Chronic Leg  
Pains, Cramps, Tingling,  
Numbness  
Liver Problems  
Nervousness  
Neuralgia  
Prostate Trouble  
Sciatica  
Shingles  
Sinus Trouble  
Throat, Sore / Hoarse /  
Congested  
Thyroid Conditions  
Ulcers -- Stomach,  
Duodenum, Skin  
Yeast Infections

## Chiropractic, Nutrition and Nerves

**A** healthy nervous system is vitally important to health. The nervous system is like the perfect computer – only better.

Every tissue of the body is perfectly connected and each part of the whole communicates through the nervous system – thus maintaining health. This wonderful system works together so we can see, hear and feel, balance, move, digest, assimilate, heal, wake up in the morning and drift into restful sleep at night. All of our body is unified into one harmonious, healthy organism thanks to a properly functioning nervous system.

As long as the basic needs of our nervous system are met, a healthy nervous system is on autopilot organizing and happily managing everything for our benefit. On the other hand, an unhealthy nervous system negatively affects every tissue, muscle, organ and gland. There are three main causes of an unhealthy, irritated nervous system.

### Three Causes of Nervous System Irritation

- The need for chiropractic care
- Toxins in our food, water and environment
- Nutritional deficiencies

### The Vital Importance of a Healthy Nervous System

**Nerves coordinate your motions.** Every body motion is coordinated through the system of nerves sensing the environment and making constant adjustments to the muscles and joints of the body to make your motions smooth, effective and efficient. When the nerves are irritated, muscular coordination will be out of balance and the body will break down, causing aches, pains and disability.

**Nerves coordinate your digestion.** Nerves coordinate functions throughout the digestive system. When the signal from the gut to "release digestive enzymes" is "short-circuited," symptoms of indigestion begin. Indigestion leads to nutritional deficiency. Every organ and gland is similarly controlled and monitored by nerves and nerve receptors.

### Nerves balance your nervous system.

Nerves speed you up and slow you down. Too often we are going full-speed-ahead and we cannot relax when appropriate. A properly functioning nervous system slows you down so you can relax to sleep and wakes you up feeling rested. Insomnia, anxiety, depression and lethargy are all related to an improperly functioning nervous system.

For these reasons a healthy nervous system is very important for your health. Let's learn more about how we can help you.

### Chiropractors Treat Nerve Irritation

with adjustments to the spine and other structures bringing balance to the nervous system. When a person needs an adjustment, there really is no substitute. That's because chiropractic adjustments effectively reduce the nerve irritation that negatively impacts health. One must maintain a regular schedule of adjustments as a remedy for nerve tissue regeneration and the restoration of health.

### Nutritional Deficiency, Toxins and Nerve Irritation

As the population has become increasingly challenged by toxins and nutritionally deficient "foods," chiropractic adjustments are not always enough.

**Toxins** can interfere with the proper function of the nervous system, causing over-activity or under-activity and thus the inability to achieve balance. These toxins come from our environment and from refined foods. In addition

**Pam Stalzer, D.C., dhom**  
3862 Piedmont Ave.  
Oakland, CA 94611  
510-333-8211

Return Service Requested

Share this information  
with a friend - Thank You!

## The Nervous System Nutritional Essentials

to the direct effect of toxins on nerve health, another negative effect of toxins is the depletion of nutrients required for maintaining health. This certainly applies to the health of the nerves.

**Nutritional deficiency** causes an underlying weakness of the tissue which leads to the need for chiropractic care (see TNE-Chiro). Additionally, nutritional deficiency is related to hundreds of conditions of poor health (see TNE-1). Nutritional deficiencies are specifically related to nerve health in that nerve pressure and toxins both increase the need for healthful nutrition. These nutritional deficiencies are further exacerbated by the likelihood that effective digestion is impaired during times of nervous system irritation. It is clear to see how important healthful whole food nutrition is to the support of the nervous system.

### The Nervous System Nutritional Essentials are:

- A properly functioning digestive system. (see TNE-3)
- Whole foods high in vitamin complexes, organic minerals, antioxidants, and healthy fats.
- B-complex vitamins known to be especially effective for the nervous system. (see TNE-12)
- Nerve supporting Protomorphogens<sup>®</sup> PMG (see TNE-9)
- Avoid refined foods and sugars which breakdown health. (see TNE-11)

### Head to Toe – Heart and Mind – Digest and Rest

When the nervous system is free of nerve irritation, it automatically does its job: the entire body is healthier, a healthy person is pain-free, digestion is silent and complete, the mind is peaceful when appropriate and active when necessary. Emotions are even-keeled. That person falls asleep without thinking about it, dreams pleasant dreams, wakes up with energy, has a good memory and is balanced and coordinated in their movements.

† These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. They are to support your health.

### Give Your Nerves a Chance

Maintaining the health of the nervous system requires regular chiropractic check-ups and care, a toxin-free environment and whole food nutritional support. This healthful support should at the very least be continued until the indicators for care have been remedied. Remember that structures need to become strong and the nerves need their healing as well. Even though it may only be a short time before you are feeling better, it may take quite a bit longer to heal the underlying weakness which brought you to our office.

**M**any people are so pleased to find new vitality and freedom from pain, numbness, anxiety and indigestion with chiropractic care and whole food nutritional support that they make it a lifestyle choice for themselves and their families.

One or more of these whole food concentrate products may support your specific needs.

**Neuroplex<sup>®</sup>** – This complex of whole food concentrates is specifically formulated to support healthy repair of nerve tissue. Neuroplex contains nerve PMGs known to effectively treat autoimmune reactions of the nervous system which may result from nerve trauma.†

**Cataplex<sup>®</sup> B** – The B complex is specifically supportive to a healthy nervous system. Cataplex B is unique in that it is a whole food concentrate – not synthetic, artificial, high potency B “vitamins.” (see TNE-12)

**RNA<sup>®</sup>** – Ribo Nucleic Acid in this form is known to have a supportive effect on brain function. Coordination of body movements, balance and fine motor skills are oftentimes supported with RNA.

**Super-EFF<sup>®</sup>** contains both the vitamin F<sup>2</sup> complex and the phospholipid factors important in the support of the central and peripheral nervous systems such as the fatty insulation surrounding and protecting the nerves themselves.

**MinTran – Organic Minerals – Calcium Lactate** – These organic minerals help to balance the nervous system and improve its ability to accelerate when necessary and to relax when appropriate.