



# The Body ReNEWS

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**We will be closed on July 4th, July 5th, and July 6th for the July 4th holiday. Please plan accordingly.**

## The Importance of Whole Food Supplements

There are many different kinds of supplements on the market, and it can be very confusing to determine the true value of a supplement. Understanding the label will help you know if you are taking a quality supplement.

**Where do the nutrients come from?** Look at the ingredients on the food label. Do you recognize any of them? Just like any other food label, the nutrients are listed in a particular order and some manufacturers put the source next to the nutrient. In a quality, wholesome product, you will recognize and be able to pronounce most of the ingredients on the label.

**What is the importance of whole food ingredients?** Only whole food ingredients can provide you with all the nutrients contained within the food, rather than just isolated components. For example, in brand B (right) the sixth ingredient is dl-alpha tocopheryl acetate. This is not a food ingredient. It is an isolated component of the vitamin E complex. If you were to take a supplement with just dl-alpha tocopheryl, you

would be missing at least five other important nutrients as well as hundreds of other nutrients that occur within the whole vitamin E complex. These nutrients are only available by consuming natural, whole food forms of vitamin E, such as wheat germ oil, pea vine, green leafy vegetables, nuts, sunflower seeds.

**To be effective, don't I need to get at least 100% of the daily value?** We often think that more is better. However, when choosing supplements, quality is far more important than quantity. A small amount of a vitamin in whole food form is far more effective in the human body than a large dose of an isolated vitamin. This is because the isolated form is just a fraction of the whole and is missing important nutrients that the body needs. Taking more of the isolated form will not make up for its deficiencies. \*

### Brand A vs Brand B

In Brand A, vitamins and nutrients are derived mainly from recognizable food sources. In Brand B, the vitamins and nutrients are man-made chemical isolates not recognized as food sources.

### Understanding

#### Supplement Labels

#### Two Basic Types of

#### Nutritional Supplements

##### Brand A (whole food supplement)

Whey (milk) protein powder, flax meal powder, brown rice protein powder, calcium citrate, magnesium citrate, buckwheat juice powder, Brussels sprouts (whole plant), kale, choline bitartrate, inositol, barley grass, alfalfa juice powder, soybean lecithin powder, grape (seed) extract (includes Masquelier's® OPC-85; 98% total phenolic compounds; 65% proanthocyanidins), carrot powder, and red wine extract (95% total phenols).

##### Brand B (isolate-based supplement)

Calcium Carbonate, Magnesium Oxide, Potassium Chloride, Cellulose, Ascorbic Acid, dl-alpha Tocopheryl Acetate, Acacia, Croscarmellose Sodium, Zinc Oxide, Dicalcium Phosphate, Stearic Acid, Dextrin, Titanium Dioxide, Niacinamide, Silicon Dioxide, Hypromellose, Gelatin, Soy Extract, Magnesium Stearate, Calcium Silicate, d-Calcium Pantothenate, Manganese Sulfate, Polyethylene Glycol, Corn Starch, Pyridoxine Hydrochloride, Mannitol, Cupric Oxide, Resin, Lecithin, Riboflavin, Thiamine Mononitrate, Vitamin A Acetate, Chromium Chloride, Folic Acid, Dextrose, Beta Carotene, FD&C Red #40 Lake, FD&C Blue #2 Lake, Sodium Selenate, Biotin, Phytanadione, Cyanocobalamin, Ergocalciferol.

### Chocolate Banana Ice Cream

5 beaten eggs  
1 can sweetened condensed milk  
2 mashed bananas  
3/4 c chocolate syrup  
Finish filling to fill line with whole milk  
Pinch of salt

Beat eggs. Add sweetened condensed milk, bananas and chocolate syrup. Pour into a 4-quart electric ice cream freezer. Freeze according to ice cream freezer directions. Serve.

This recipe was submitted by my sister-in-law, Jody Powers. This is one of my favorite homemade ice cream flavors. It has the perfect blend of chocolate and banana flavors.



## Grand Opening Special

Come join us during the Open House at our new office on Friday, July 13th from 10:00 to 5:00.

This coupon is good for 20% off all supplements during the Open House, **OR** good for one use during the month of July for 10% off all supplements. The 20% discount will only be applied during the hours of 10-5 on July 13, 2012.

One coupon per household. Coupon may not be applied to massages, testing, or gift certificates. No preorders will be accepted. Discount excludes earthing kits, dog food, coconut oil, orthotics or massage tools, and salt.

## Why Your Pets Need Whole Food Supplements

When I was growing up, we hardly ever took our dogs to the vet. We were required to get the annual rabies vaccine, and I had a couple of dogs get hit by cars that had to be repaired. No one I knew had a dog with diabetes, cataracts or any of the other diseases that are prevalent in small animals nowadays. One of the reasons that we had healthy dogs is that they weren't kept in the house. They were allowed to run loose and catch rabbits and squirrels, so they were getting a healthy diet of raw foods. They were also fed table scraps, and that was really good food because my mother was and still is a great cook. But just as the foods we eat are not as vitamin dense as they used to be, neither is dog and cat food.

I'm not as familiar with cat food, but I know that most dog foods are full of wheat and corn. Even some of the expensive brands contain wheat and corn. Read the labels. Dogs were not meant to eat a high-carbohydrate/grain diet, and I believe that is what has caused the large number of dog diseases such as diabetes.

I know that good dog food is not cheap, but I think that you should feed your pets the best food that you can possibly afford. There are foods out there that are not overly expensive that do not contain wheat or corn.

Small animals are stressed by contaminated water, air and the environment, as well as the numerous vaccinations that they receive. The highly processed, high carbohydrate foods are also stressors. A high-carb diet promotes inflammation and suppresses the immune function. Probably all of the grains that are in the pet foods are genetically modified as well.

Just as I have to supplement my diet with whole food supplements, I also supplement my dogs' diets with whole food



supplements. Many of you may not know that Standard Process makes canine and feline supplements. The standard supplement that all dogs and cats should be taking is the Whole Body Support. It is a multivitamin and provides minerals, including trace minerals. It also provides phytonutrients and support for the endocrine system. Unless you are feeding your dogs a raw food diet, they are not getting the nutrition they need.

Canine and Feline Whole Body Support is indicated for puppies/kittens, performance or hunting animals, pregnant or lactating animals, seniors, illness or injuries, and for general nutritional support. The Whole Body Support provides support for the liver, thyroid, digestive system, immune system, musculoskeletal system, adrenals, endocrine system, kidneys, heart and brain.

The Canine Whole Body Support is sold in powder form and is easily added to your dog's food. The small bottle is \$15 and the large bottle is \$51. The Feline Whole Body Support is sold in tablet form and is \$16. Both of these products are available at our office.

## Mosquitoes

Instead of using harmful products containing DEET to keep mosqui-



toes off of you and your children, try this method. Put Listerine (the original, medicinal type) in a spray bottle and spray on skin and/or clothes. It is also effective spraying it on the lawn, patio, deck, etc.



## Recipe for Natural Sunscreen

1/2 cup coconut oil

2 Tbsp mango or shea butter

(May be purchased at your local health food store)

Combine the two ingredients in a clean glass jar. Place in a pan filled halfway with boiling hot water and let melt. Do not do this over direct heat. Store in a glass jar. Apply before going out into the sun and as needed. Avoid being outdoors when the sun is strongest, between 11 am and 4 pm. Dress appropriately. Clothing offers an SPF of 5-9. Wear hats and eye protection whenever you are exposed.

