

COMPANIES I KEEP (By Dr. A. Van Beveren)

There are few things in my professional life I feel more strongly about than the choice of companies with which I keep company. Their reflection on me as a thoughtful and thorough practitioner keeps my reputation intact. As a biochemist specializing in nutrition since 1978, who has spent 80% of his time sleuthing and ferreting out pathways, cycles and rhythms - it has never been my intention to fall down on the other 20% of the job when the time comes to adjust, and sometimes completely re-build molecules. I'm convinced that my integrity as a practitioner in the art of healing is at stake and so I must continually justify my choice of nutrient companies by providing evidence that my selections are always in the best interest of my clientele.

I have elected to use seven superior companies that I highly recommend. Only one of them – SUNRIDER - uses concentrated, non-sprayed food-herbs and foods grown on unpolluted Chinese soil. I consider them the "engine" of the boat. These are "the basics" that keep the person safe. We eat these foods for nutritional *insurance* and *assurance*. All other store foods are eaten without the expectation of being nourished, but rather for taste, texture and the plain joy of being sociable.

The other six companies "supplement" these concentrated foods. I consider them the "rudders" of the boat that have the ability to biochemically "steer" my clientele in the "ortho-molecular" direction. These "pure" nutrients - composed of fractionated vitamins, major minerals, fatty and amino acids and other trace elements - are only used temporarily: until the client is "steered" in the right direction. Of course, in the face of serious disease or a genetic enzyme deficiency we must rethink this matter. Each one has its particular advantages that I will outline further below.

But first, let's quickly explain the advantages of using SUNRIDER concentrated foods.

There are three forms of herbs that the knowledgeable Chinese practitioner is capable of using in his or her "arsenal" - poisonous, medicinal and food-grade. Each has its advantages and disadvantages depending on the severity of the disease, the condition of the person and the skill of the master herbalist.

1) Poisonous: these herbs produce a strong drug-like effect. They have highly specific functions and are to be used temporarily to create a desired effect or to save a life. They counteract emergency symptoms but produce other emergency symptoms as well. If used chronically they will summon death.

2) Medicinal: these produce lesser effects and can be likened to "over the counter" drugs. Taken to stabilize for a short period of time, they will eventually undermine the very system(s) they are used to support if continued beyond the line of demarcation between illness and health. Therefore, critical mass should never be reached.

3) Food-Grade: these are the "preventative" herbs used by the wise. These herbs allay catastrophic illness and purport to bring zest, passion and vigor to all who

consistently partake of them. Many are adaptogenic. They bring enduring, vibrant health and are Sunrider's contribution to maintaining essential wholeness.

SUNRIDER'S ADVANTAGES OVER OTHER GOOD COMPANIES:

- Use whole foods - not fractionated, isolated chemicals like vitamins, minerals, fatty or amino acids. Nourishes each cell.
- Only fiber and water are removed, resulting in concentrations of seven to one. Some products are concentrated 40:1. Always. This further allows for the inclusion of *active ENZYMES!!*
- Grown on virgin Chinese Soil high up in the mountain regions - without chemical or synthetic fertilizers (this is THE best land and cultivation, and THE main reason I use SUNRIDER!)
- NO acid rain, smog, or other toxic particulates, etc.
- NO pesticides, herbicides, fungicides or insecticides. NOT sprayed, fumigated or poisoned.
- Cleaned with a toothbrush in an assembly line to pharmaceutical grade (so they arrive on our shores *without* having to be fumigated by the FDA, as other imports are).
- Dr. Chen is the owner as well as the EXPERT - so these foods are extremely SAFE & FUNCTIONAL. Because of his methods, these foods are bio-dynamic - well beyond and vastly superior to organic standards.
- Dr. Chen is a Licensed Pharmacist & a world-renowned Herbalist. His wife is a Medical Doctor. One knows herbal foods. The other the body. They make an incredible and unbeatable team.
- All the products are FDA inspected and regulated and completely Kosher (at all levels). Most are vegan or vegetarian.
- The packaging is safe and well-thought out according to the needs of the product.
- The combination principles (yin-yang, five-element theory) were learned from a 3000-year-old Chinese Medicinal Text handed down to Dr. Chen from his ancestors – which is now on display in his Southern California museum of Antique Chinese art.
- All products have their own certifications by the FDA as Dr. Chen is DRUG APPROVED.
- Quality Control is done at EVERY step of production - not just at the beginning and the end.

- Facilities in (now more than) 18 countries. In business since 1982. Products sold in more than 40 countries.

Now for the six other companies I keep (and have kept for many years). They have several things in common:

- They do not store large amounts of bottled nutrients. This gives them the ability to be responsive to new research and developments without having a large "outdated" inventory (that must still be sold to ignorant customers on the internet).
- They staff have highly credentialed, reputable scientists on premises that keep up with the latest findings and provide the actual formulations – none are "temporarily contracted" or stored in large capacity, non-temperature controlled warehouses.
- None of the six companies use any ingredients from the three international pharmaceutical "vitamins, inc. cartel," namely Switzerland's Roche, Germany's BASF and France's Rhone-Poulenc - who manufacture millions of barrels that store the lion's share of raw material that ends up on the shelves of American "health" food stores. Yes, even small companies use raw materials from these chemical giants.
- Each has a unique perspective on health that dictates their production philosophy and complements the other manufacturers.
- I personally know and respect many of the biochemists and owners of these companies.
- The professional line of some of these companies are not available in "health" food stores, and you must be associated with a qualified practitioner (to guide you in their use) in order to purchase them.

1) MOSS NUTRITION:

MOSS is a professional brand name and is my first choice for fractionated and whole food supplements and herbs. Jeff Moss, DDS used to be a representative for Standard Process Laboratories, as well as a distributor of Biotics, Seraphim and Herbalist & Alchemist. He is a well-known author and publisher of the highly acclaimed, very popular professional monthly newsletter - *The Moss Nutrition Report*. His supplements address root causes by using a systemic approach (much like our G.R.A.S.P. methodology) to functional treatment and prevention. He is a talented and prolific writer, and his explanations are both rooted in science and unique in perspective. Both he and his professional staff have created a niche that is outstanding in the industry.

2) STANDARD PROCESS LABORATORIES:

This company has an incredible number of "firsts" in the industry. It's founder, Dr. Lee (born 1895) was given the title "genius" by all those who were close to him and who read his

writings. He was an engineer, a dentist, and known as the “Father of Holistic Thinking.” He was born during a time when supplements and isolated fractions of food were still being discovered, but his commitment to whole, raw foods and protomorphogens was unwavering. He has an incredible legacy that has never been forgotten by those who follow his philosophy and writings. His passionate combination of science, soil agriculture, organic farming, physiology, biochemistry, engineering, aerospace, nutrition, etc., resulted in hundreds of food-based formulas that have stood the test of time and I have used them successfully for decades. Since the death of his wife, politics and cost-cutting have resulted in some lesser quality items which I avoid.

3) BIOTICS:

Biotics provides true "food-forms" by drip-feeding minerals and micronutrients to the growing plants. They harvest at optimum time to ensure true chelated, organically bound, yeast-free trace elements. They also use a unique vegetable culture that is whole food based and rich in enzymes and trace minerals. They specialize in protective antioxidants with natural disintegrants designed to not only *absorb* but also *assimilate*. Many supplements are individually packed so they can be mixed and matched by the professional nutritionist and are thus unique in the nutritional industry. Many, but not all, of the raw materials are certified organically grown.

4) DESIGNS FOR HEALTH:

Known as DFH, they are scientifically driven by feedback from functional practitioners and support their professional clientele with superior quality ingredients with proven efficacy for optimal results. They welcome feedback from their customers and are committed to delivering safe and therapeutic outcomes and provide us with cutting edge education through their representatives. DFH uses an emulsification technology to increase absorption and assimilation of many bioactive ingredients. Their leadership team and scientific advisory board is stacked with known experts in the field who promise quality and efficacy in their evidence-based product line.

5) XYMOGEN:

Xymo (as they are commonly known amongst practitioners) is a family-owned brand name from Whole Scripts and is headed by a well-known, well-respected biochemical researcher whose own family crisis prompted the company’s ultimate success. Xymogen was born out of a dire need from chronic, systemic, even low-grade “smoldering” patients who were severely ill and had no-where else to go via non-medical means. It was a company whose timing was flawless and found a niche for those high-functioning practitioners and well-versed patients who were willing to go the extra mile to find biochemical and physiological (orthomolecular) solutions to very serious conditions that plague many in this modern world.

6) PERQUE - by Seraphim, Inc.

Last, but not least, are the few well-thought-out product formulations by Russel Jaffe, MD, Ph.D. These "bio-actively engineered" fractionated supplements are designed to be used by the

more experienced "detoxifier". They are extremely safe by themselves in that they facilitate the healing process and seldom initiate a crisis - unless the person is already close to that brink. Still, they must be used with caution when combined with other nutrients. Each bottle has a distinct and separate purpose but when used in combination by an experienced, purposeful professional, the deceptively small product line can initiate a powerful healing process in a host of common but serious ailments.

OTHER COMPANIES:

From time to time I find certain excellent products from companies that I generally do not use, or are located in other countries. I usually stock these in the office so you can easily obtain them. The Orotates are a good example. Originally formulated and developed in Germany by Dr. Hans Nieper, these excellent transporters go way beyond absorption and even assimilation. Ask me about how uniquely powerful they are!

Please note that I cannot guarantee the efficacy of these products if you purchase through a third party, rather than directly through the company (to which you have access as a client of mine). At times, other sellers offer a discounted rate because they have expired back stock. Unscrupulous practitioners may do this as well, as we have seen online.

BEWARE! There is no way to guarantee they have been stored or shipped in a manner that will protect, rather than compromise, their efficacy. You may save a few dollars in the short term, but you *will* pay more in the long term - both monetarily and physically. Many companies do not allow their products to be sold on sites such as Amazon or Ebay precisely for these reasons. Don't fall for it!

I am always willing to consider new companies, but they must first demonstrate they have met or exceeded the standards of the above companies.

Lastly, but importantly, health food store employees would not be working there if they were nutritional biochemists specializing in soil, formulations, physiology, efficacy and host of other disciplines that pertain to your well-being. They are sales people first and foremost. And too few MD's are educated in nutrition or biochemistry. Be sure you can respect and trust your sources of information, and be wary of those who employ fear to sell their products, rather than educating and empowering you.

Disclaimer: If you are taking any pharmaceutical medications, have a medical condition or upcoming surgery or medical procedure, or are pregnant or nursing, please advise me of such. Please also keep me aware of any "adverse reactions" to determine if they are caused by the pharmaceutical products or if they are part of the healing process (see "Standing Under the Healing Process" for more information).

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