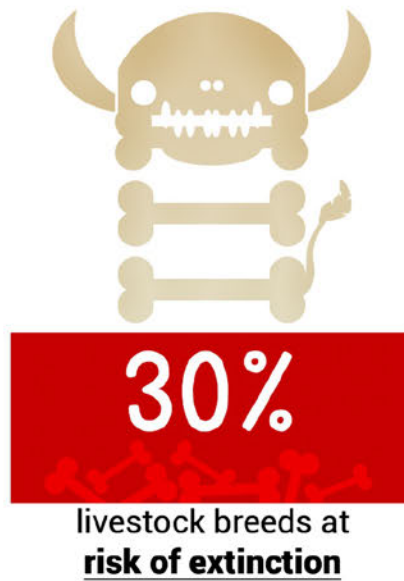
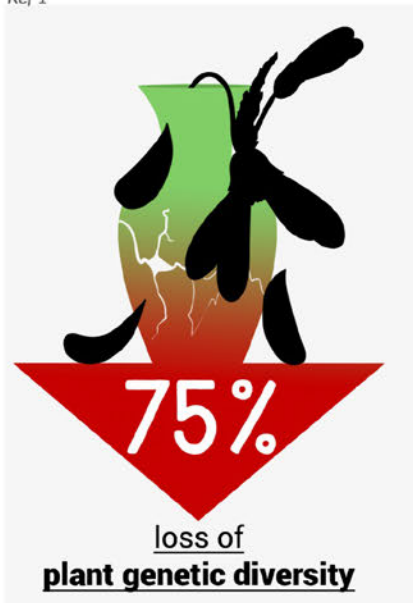


HUMAN DIETARY DIVERSITY CRISIS

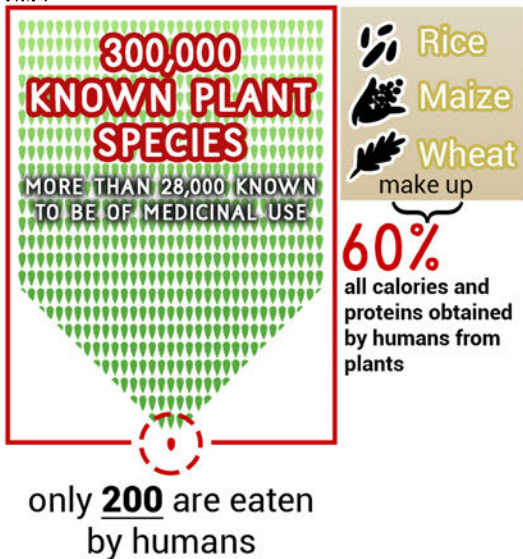


SINCE THE 1900'S...

Ref 1



Ref 2



Ref 3

REDUCTIONS IN NUTRIENTS BETWEEN 1940-1991

Vegetables	Fruit
Calcium (Ca) -46%	Sodium (Na) - 29%
Magnesium (Mg) -24%	Magnesium (Mg) -16%
Copper (Cu) -76%	Iron (Fe) -24%
Sodium (Na) -49%	Copper (Cu) -20%
Potassium (K) -16%	Potassium (K) -19%
Iron (Fe) -27%	Phosphorus (P) +2%
Phosphorus (P) +9%	Calcium (Ca) -16%
	Zinc (Zn) -27%

OH, HOW THE TIMES HAVE CHANGED!

Ref 4

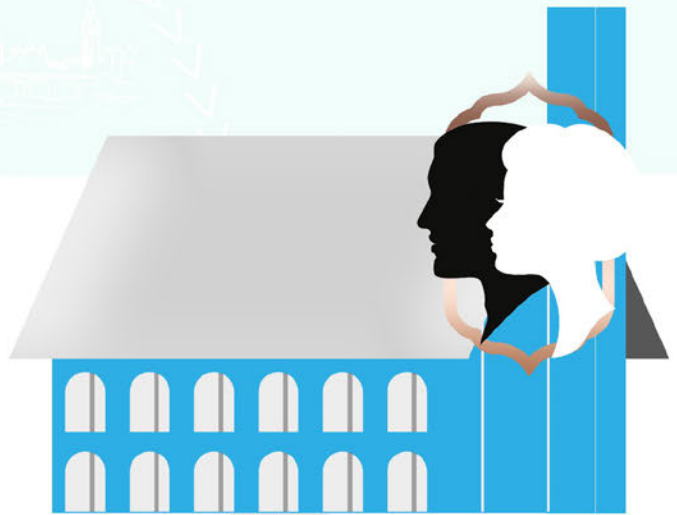
3,000 to 4,500 calories per day (men) and 2,750 to 3,500 (women) mid Victorians, high levels of physical exercise (Mid-Victorian working class men and women consumed between 50% and 100% more calories than we do)

All fruits and vegetables were organically grown, and therefore had higher levels of phytonutrients than the intensively grown crops we eat today

Consumption of fruits and vegetables amounting to 8 to 10 portions per day - today's average at 3.5 portions per day

Victorian diet also contained significantly more nuts, legumes, whole grains and omega three fatty acids than the modern diet

Increased consumption of offal, which has a higher micronutrient density than the skeletal muscle we largely eat today. Plus all important nucleotides, the building blocks of DNA



Ref 5



Ref 6

Diets high in vegetables & fruit have been associated with reduced cancer risk

It's particularly the bitter phytochemicals that are cancer-protective. Debittering of foods to make them more acceptable to consumers is bad for health



INSIDE & OUTSIDE

Ref 7, 8, 9

ORGANIC MEAT AND MILK



Omega 3 fatty acids, myristic and palmitic acid



Fat soluble vitamins vitamin E and carotenoids (vitamin A)

40% more CLA conjugated linoleic acid

60% higher levels of antioxidants

Recommended ratio of omega 6:omega 3 is 3:1

Average ratio found in grass fed beef

Average ratio found in grain fed beef

1.53:1

7.65:1

Ref 10

Ref 11

Organic Strawberries

8.5%

more antioxidants

9.7%

more ascorbic acid

10.5%

more phenolics

Organic Soil

21.6%

more carbon

30.2%

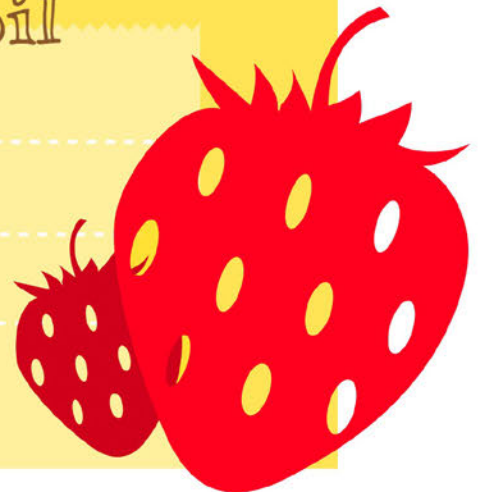
more nitrogen

159.4%

more microbial biomass



Soil structure



Ref 12



And it's not just food. Diverse phytonutrients in food-based supplements can reduce inflammation and even modulate gene expression just like food!

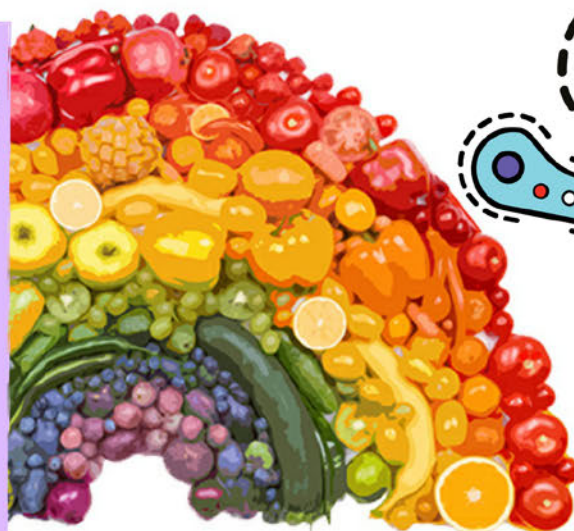


Ref 13

THE MORE VEGETABLES AND FRUIT, THE MORE BACTERIAL DIVERSITY!

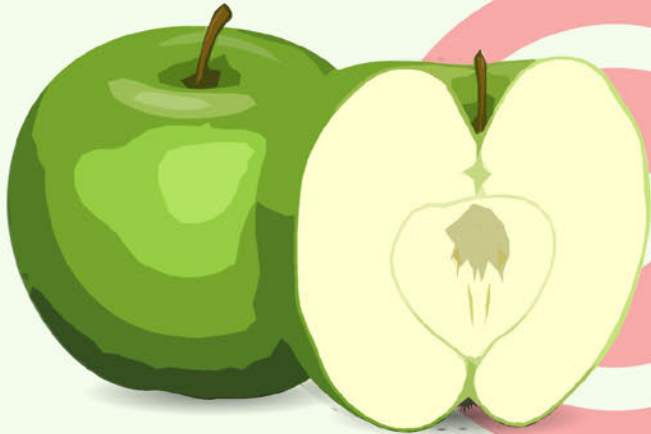
Love your bugs and they'll love you back!

Our microbes are our partners in health, we can't be healthy and happy without them being healthy and happy...



IT'S ALL ABOUT THE SUM OF THE PARTS!

Ref 14, 15



Whole fruit = synergistic antioxidant and anticancer effects (the different phytochemicals in plants work together and compliment each other, enhancing their effects)

Microbes are part of the ecosystem within our bodies that we've evolved with. They are integral to our health. Fewer microbes and poor diversity directly translates to poorer health.

Ref 16



References:
anhinternational.org/wp-content/uploads/2017/06/170628-Diversity-References-1.pdf

anhinternational.org
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