

Earth's Nutrition

VITAMIN and MINERAL Food Concentrate

For Energy, Weight Loss, Emotional Balance, Healthy Blood, and Rapid Healing of Injuries

CAPSULES

Earth's Nutrition Caps Directions:

The Product Label for Earth's Nutrition Caps says to take 3 caps per dose, but we have had people take far more - up to 18 capsules if needed for energy, to build healthy blood (if you are anemic), to increase athletic performance, endurance and stamina, etc. Since we have people taking up to 6 TBS of Earth's Nutrition Powder, and the capsules are the exact same formula as the powder, it's safe to take the capsules in the equivalent of up to 6 TBS of powder. You can increase the dose during any period of stress, or as extra support before or after strenuous exercise/ training regimens.

Some people such as young children and the elderly can have difficulty swallowing capsules. If you have difficulty swallowing capsules, try taking them with bread, applesauce or other soft food. You can also open up the capsules and mix with water, applesauce or other soft food.

Mixing With Other Formulas/ Medication Interactions:

Earth's Nutrition Caps can be mixed with any Dr. Foster's Essentials Extracts. Do not mix in the same dose as Colon Soothe or Colon Detox Caps – allow ½ hour after taking Colon Soothe or Colon Detox Caps before consuming Earth's Nutrition. There are no known medication reactions except for warfarin/ Coumadin – because this formula contains naturally-occurring vitamin K in the greens (like all green veggies do). Vitamin K is used to reverse the effects of warfarin/ Coumadin

Dr. Foster's "Earth's Nutrition" Can Help All Types of Health Issues:

Alzheimer's disease, Anemia, Attention Deficit Disorder, Autoimmune disorder, Burns, Cancer (all types), Cancer chemotherapy – Speed up recovery, Cirrhosis, Concentration difficulties, Depression, Fatigue, Diabetes, Hepatitis, Hypoglycemia, Immune weakness, Injuries, Intestinal disease, Manic Depression, Menopause, Mood Swings, Osteoarthritis, Obesity (use as meal replacement for 1-3 meals daily), Multiple sclerosis, Myasthenia gravis, Nerve weakness, Neuralgia, Surgery - Speed up recovery, Ulcers, or for anyone who wishes to maintain their good health.

Spirulina, chlorella, wheatgrass and barley grass are the most nutritious greens on the planet. They contain many more times chlorophyll, beta carotene, vitamins and minerals than leafy greens. Their protein content and utilization factors are much higher than beef, eggs, milk and other animal proteins.

The can make an enormous difference in your energy level, ability to concentrate and brain food. Some research suggests these green "superfoods" can stimulate metabolism and help people lose weight. This formula can be used as a meal replacement as part of a natural weight loss program.

Are Your Vitamins Natural or Not?

The Earth's Nutrition Formula is completely natural and derived from **nutrient-dense foods only**. Unfortunately, most commercial grade vitamin and mineral concentrates are synthesized by the big pharmaceutical and chemical industries from the same starting material that prescription drugs are made from (coal tar, petroleum products, animal by-products/animal waste, ground rocks, stones, shells and metal). They are then wholesaled out to the various "natural" nutrient manufacturers. The manufacturers simply mix these ingredients together into formulas and label them. Most of them have no idea how these various vitamins and minerals are made. **Everyone simply assumes a vitamin is a vitamin, regardless of where it comes from. Many people don't realize the horrifying materials from which common supplements are made.**

For example, melatonin is a hormone produced by the pineal gland in the brain. The supplement is often obtained from **cow brains** (extremely high risk for mad cow disease). Chondroitin sulfate (chondro = cartilage) is obtained from **chicken cartilage**. Animals produce vitamin B-12 in their intestines, and their **fecal material** is often used to make vitamin B-12 supplements. Enzymes may come from **ox bile** (full of cholesterol, pesticides and other fat-soluble wastes) or pancreas tissue of animals. Vitamin E is obtained from **photo chemical** processing plants, while B vitamins have a **coal tar** base and commonly contain petrochemicals - substances known to cause cancer. Vitamin C is produced by only one or two labs in the country. This vitamin is completely synthetic and acidic, and can irritate the intestinal and bladder lining as well as the prostate. Most calcium pills are made from ground up **oyster shells** or even **limestone** (calcium carbonate), substances that would never be eaten, much less absorbed. They can worsen joint pain in arthritics, cause calcium to deposit in the tissues, causing pain & fibromyalgia symptoms, and also contributing to kidney stones. Vitamin A comes from **fish juices** toxic with mercury, arsenic and industrial waste chemicals such as polychlorobiphenyls (PCB's), which can cause cancer. Fish oil is also loaded with the same toxins, can make the blood too thin, and has been linked to hemorrhagic stroke. And the so-called natural vitamin niacin is commonly made by **boiling sulfur in the presence of asbestos**. **Isn't it time we get back to consuming foods instead of chemicals?**

Two level tablespoons of Earth's Nutrition, added to your favorite fruit or vegetable juice or power blender drink, gives you 2 to 5 times the vitamins you need for the entire day. When used as a meal replacement one to three times daily, a significant amount of healthy weight loss can occur. Because these foods are so easily absorbed and used by the body, their effects can be felt in as little as 15 minutes. This one formula can easily replace commercially available multivitamin/mineral tablets, antioxidants, and protein powders.

Earth's Nutrition Ingredients:

Earth's Nutrition is high in potassium, plant-iron (non constipating), silica, vitamin E, vitamin B complex essential fatty acids, antioxidants, & numerous trace minerals. This food-based formula does not interfere with medications.

Spirulina Blue Green Algae

Spirulina is the most concentrated, nutritious food available. It supplies as much calcium, gram for gram, as milk (135 mg/kg). Of all foods, it contains the highest amount of complete protein (75%), making it a much better protein source than beef (only 22% protein). It is also a rich source vitamin B-12. It also contains high concentrations of vitamins A (as beta-carotene), B-1, B-2, B-6, D, E and K. It also contains high amounts of chlorophyll, ferredoxins and other pigments. It has a soft cell wall, so it is absorbed, digested and utilized very rapidly. Food cravings are often just cravings for minerals. This may explain spirulina's appetite suppressant effects. Research also shows a positive effect on blood sugar regulation, anemia, and ulcers. Many people believe algae is the perfect food.

Chlorella Algae

An extremely concentrated source of nutrition, Chlorella algae is second only to spirulina in nutritional content. It is rich in vitamins, minerals, calcium and chlorophyll. Japanese research proves its effectiveness for anemia, hepatitis, and accelerating healing of wounds and burns. The cell wall has been cracked to make the nutrients more available and increase its digestibility. More Japanese research shows its ability to remove environmental toxins (such as hydrocarbons, dioxins, PCB's, cadmium and lead) from the body through the urine.

Alfalfa, Barley and Wheat Grasses

These cereal grasses are the highest source of vitamins and minerals grown on land. All are rich sources of chlorophyll. Harvested before they sprout into grains, these are the tender green shoots that are much higher in nutrients than the grains themselves. Very high in chlorophyll, they have mild cleansing effects on the body. Barley grass is very high in the antioxidant superoxide dismutase (SOD), which magnifies its healing abilities.

Purple Dulse Seaweed

Seaweeds are among the richest source of minerals in the world. They contain all the minerals and trace minerals that are found in the oceans and the earth's crust. Rich in iodine, dulse supports proper thyroid function. Many seaweeds taste fishy, therefore, we chose Purple Scandinavian Dulse because it is the blandest-tasting of all the seaweeds.

Astragalus

Stimulates the immune system, spleen, liver, circulatory and urinary systems. Lowers blood pressure. Calms the immune reaction in allergies. It aids adrenal gland function, relieving stress. Astragalus increases metabolism, promotes healing and energy to combat fatigue while increasing stamina.

Nettle Leaf

Nettle contains vital vitamins and minerals such as Vitamins A & C and iron (plant-based, nontoxic, nonconstipating iron). Nettles are potent blood builders and have been traditionally used for hayfever, allergic disorders, and arthritis. Clears toxins and controls bleeding. Nutritive, builds blood. Nettles also improve lung function and many inflammatory conditions.

Beet Root

Dissolves and eliminated acid crystals from the kidneys, reduces blood toxemia that can cause varicose veins and builds strong blood by enriching the red corpuscles. Cleanses the liver and is a rich source of nitric oxide.

Spinach Leaf

One of nature's best antidotes for lower bowel stagnation, detoxifying the digestive tract and restoring pH balance, soothing intestinal inflammation and providing minerals to repair and maintain a healthy colon. Spinach is also a potent blood builder. High in vitamin A, it is valuable for the eyes. Spinach is a rich source of calcium, nontoxic, plant-based, nonconstipating iron and vitamin K.

Rose Hip

Help control infections, promotes healing. Used for colds, especially at the first sign of a cold or flu.. One of the best sources of natural Vitamin C complex.

Lemon Peel

Anti inflammatory and diuretic. Improves peripheral circulation. Contains a balanced Vitamin C complex. Lemon Peels contain bioflavonoids, rutin, hesperidin, calcium and all of the trace minerals necessary to assimilate Vitamin C. Ascorbic Acid is simply the outer protective shell of the vitamin C complex, and while it can be beneficial to the body, our bodies were designed to benefit from the whole vitamin C complex with its attendant co-factors, buffers and synergistic phytochemicals. Also high in pectin, which assists in removing heavy metals from the body.

Orange Peel

Revered as one of the best sources of Vitamin C. These fruits also contain a balanced C-complex. They contain bioflavonoids, rutin, hesperidin, calcium and all of the trace minerals necessary to assimilate vitamin C. Citrus peels are also one of the highest sources of pectin, which has been proven to remove heavy metals from the body.

Non-Active Saccharomyces Cerevisiae Nutritional Yeast

One of the most valuable antidotes against acid or toxic bile. Contains vitamins that unclog the liver and helps to oxidize fats properly. This yeast is also beneficial for the skin. It is the second highest source of complete protein in nature (50%), and the richest source of the B Vitamins. The B vitamins are essential for a healthy nervous system. This source of B Vitamins will help to balance and stabilize the nervous system, having both calming or stimulating effects depending on what is needed. It is completely non active and considered safe for patients with candida albicans overgrowth or on yeast-free diets.

Absorbability/ Bioavailability

To make a tablet requires a great deal of heat to compress as many ingredients as possible into a single pill. These compressed pills are so tightly packed that they are very difficult to break down in the stomach and intestines. Because of this, most vitamin/mineral tablets pass through the digestive system without being absorbed at all. Unlike tablets, which cannot be broken down by elderly people and those with weak digestion, foods are very easily absorbed and utilized by the body. This formula is in powdered form, which, when mixed with liquid, makes it more easy to absorb than tablets, caplets, capsules and pills.

Low Heat Processing to Preserve Enzymes

With the exception of the *Saccharomyces cerevisiae* yeast, all foods in this formula are processed with low heat (below 112 degrees Fahrenheit) in order to preserve vital enzymes.

1. **[Studies on the constituents of green juice from young barley leaves. Antiulcer activity of fractions from barley juice]**, Ohtake H, Yuasa H, Komura C, Miyauchi T, Hagiwara Y, Kubota K. *Yakugaku Zasshi*. 1985 Nov;105(11):1046-51. Japanese.
2. **A review of recent clinical trials of the nutritional supplement *Chlorella pyrenoidosa* in the treatment of fibromyalgia, hypertension, and ulcerative colitis.** *Altern Ther Health Med*. 2001, May-Jun;7(3):79-91. Review. Merchant RE, Andre CA.
3. **Nutritional supplementation with *Chlorella pyrenoidosa* for patients with fibromyalgia syndrome: a pilot study.** *Phytother Res*. 2000 May;14(3):167-73. Merchant RE, Carmack CA, Wise CM.
4. **Effects of stabilized rice bran, its soluble and fiber fractions on blood glucose levels and serum lipid parameters in humans with diabetes mellitus Types I and II.** *J Nutr Biochem*. 2002 Mar;13(3):175-187. Qureshi AA, Sami SA, Khan FA.

Earth's Nutrition Recipes:

Please see [Earth's Nutrition Smoothie and Juice Recipes Flyer](#).

Good Luck and Good Health To You!

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