

# The Dirt on Depleted Nutrients

Discover why you may need a supplement survival pack.

**T**here has been buzz lately about whether or not you need to take supplements. The common belief is that if you eat a healthy diet, you don't need supplements. But when you compare the quality of foods our grandparents ate to the industrialized foods we eat today, you'll probably stop wondering.

## DEPLETED SOURCES OF NUTRIENTS

Our ancestors' crops were fertilized with manure and compost, and then rotated, which built up soil, making it fertile, producing more nutrient-dense food. The U.S. Department of Agriculture revealed that over the past 70 years, the mineral

composition of our soil decreased, with top soil—containing a majority of nutrients we need—eroding at a rate 10 times faster than the rate at which it is being replenished. In essence, no matter how many fruits and vegetables you eat, you could still be "starving" for nutrients.

Further eroding nutritional quality are synthetic pesticides and fertilizers loaded with nitrates. The largest study of nutrient content of organic versus non-organic, published in 2014, shows organic food has up to 69 percent more antioxidants than conventionally grown, non-organic crops. Eating organic provides additional antioxidants and that increase equals an additional one to two servings of fruits or vegetables daily.

Furthermore, genetically-modified foods (GMOs), initially designed to reduce the need for pesticides, have caused an increase in pesticide use. A small fraction of vegetables and fruits are genetically modified, but the ones that are—particularly corn and soybeans—permeate the processed-food aisles.

An alarming 75 percent of processed foods contain genetically-engineered ingredients, according to the Center for Food Safety. Additionally, nutrients are compromised due to food traveling long hauls, people waiting days before consumption or veggies overcooked.

## FORAGING FOR HEALTHFUL FOODS

For the average woman, food nutrient depletion plays out with insufficient B vitamins and vitamin C. And with women's demanding lifestyles, they tend to consume excess caffeine, sugar and alcohol, making them even more deficient.

According to the American Cancer society, at least 30 percent of cancers are due to diet, even in women eating healthy diets. Women taking birth control pills, high blood pressure medications and other prescriptions are further



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affected by low nutritional intake. When added to genetics and environmental toxins, this translates into increased risk for not only cancer, but also illnesses like heart disease and osteoporosis.

To boost nutrition, eat local organic produce. If you can't, avoid the ones higher in pesticides, also known as the "Dirty Dozen Plus." Another list is the "Clean Dozen Plus," which lists produce with the least levels of pesticides. Consume as many

clean vegetables and fruits as possible, with the goal of making vegetables at least 50 percent of your diet. Finally, create a supplement survival pack of basic vitamins, minerals and antioxidants that balance what we can't control from our food. ❁

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## Dirty Dozen Plus: Foods You Should Buy Organic

Different pesticide residues and high concentrations of pesticides relative to other produce items, ordered from best to worst:

Apples, Strawberries, Grapes, Celery, Peaches, Spinach, Sweet Bell Peppers, Nectarines (imported), Cucumbers, Cherry Tomatoes, Snap Peas (imported), Potatoes, Kale, Collard Greens, Hot Peppers

## Clean Dozen Plus: Foods With Lower Pesticide Exposure

Relatively few pesticides and low concentrations of pesticides are found on these fruits and vegetables, ordered from best to worst:

Avocados, Sweet Corn, Pineapples, Cabbage, Frozen Sweet Peas, Onions, Asparagus, Mangoes, Papayas, Kiwi, Eggplant, Grapefruit, Cantaloupe, Cauliflower, Sweet Potatoes

Source: Environmental Working Groups 2014 Shoppers Guide to Pesticides in Produce

## Supplement Survival Kit

**B-Complex:** Produces the feel-good hormones serotonin and dopamine

**D3:** Helps everything from bone to heart health (deficiency in most people)

**Multivitamin:** Quality multivitamins and minerals cover basic deficiencies

**Magnesium glycinate:** Needed for more than 300 bodily functions; can act as a muscle relaxant and improves blood sugar

**Coenzyme Q10:** An antioxidant that helps the body produce energy

**Alpha lipoic acid:** An antioxidant that improves blood sugar

**Diindolymethane (DIM):** An antioxidant and phytonutrient that helps improve estrogen metabolism, prevents excess estrogen stimulation and fights chronic inflammation

**EPA/DHA:** The omega-3 fatty acids found in oily fish, shellfish, walnuts and flaxseed have positive effects on inflammation, mental health and cognitive function

**Probiotic:** Improves bowel function and also prevents excess estrogen accumulation in the body

  
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