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LIA Lifestyle Instruction Aid

a1.The Nutrition Essential Essentials
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When referring to foods, the term essential, is used within the nutrition industry to imply that people need to eat them every day because the human body cannot manufacture them on its own. Three categories of foods are essential to eat every day. They are proteins, carbohydrates and fats. Contained within these three food types are five essential groups of nutrients.

- Vitamins (Carbohydrate)
- Minerals (Carbohydrate)
- Three Essential fatty acids (Fat)
- Eight Essential Amino acids (Protein)
- Water

Vitamins

There is a large group of vitamins that are necessary to prevent specific diseases. Vitamin A prevents eye problems like night blindness. Vitamin B compound prevents Pellagra, Berri berri and other neurological problems. Vitamin C prevents Scurvy, and vitamin D prevents rickets. Many more vitamins are essential than the ones listed here. The minimum amount of each vitamin that prevents disease has been calculated scientifically using several methods.

Nutrition for optimal health is another story. There is no universally accepted agreement on what optimal means. For optimal health, higher doses of vitamins have been recommended by many chiropractors as well as medical specialists and nutritionists. Some vitamins, notably the fat soluble ones, like Vitamins A, and D, are toxic in high doses. In the past some people have died from consuming large quantities of vitamin A for long periods of time.

Consuming a little more than the amount that prevents disease though, seems to confer better health. Recommendations when a person is sick are increased from recommendations when a person is healthy. This is the concept of optimal health. The scientific argument revolves around how much more.

Minerals

Minerals are elements that are used in many enzymatic reactions in the body as parts of catalysts and as parts of structural elements. Iron, for instance, is used in the haemoglobin in the blood which carries oxygen from the lungs to tissue cells. Virtually all minerals are toxic in high quantities. Finding the right mix of minerals for good nutrition has been part of the scientific community's quest for some time.

Essential Fatty Acids

Fatty acids are part of the fat family of foods. The reason you are supposed to eat a little fat every day is to get the essential fatty acids in your diet. The two essential fatty acids are Linoleic Acid, Linolenic Acid. Some nutritionists consider Arachidonic Acid to be essential, as well, even, though it can be created in the body from Linoleic Acid.

Oils are sometimes called Omega 6 or Omega 3. This terminology refers to the first carbon that has a double bond on it. There are two ends of the fatty acid molecule. If you count from one end to get to the double bond, the oil would be called an Omega oil, and if you count from the other end it would be called a Delta oil. The Omega terminology is used in the commercial literature while Delta is used in the scientific literature.

These fatty acids (oils) are used as precursors to make several different hormones that govern inflammation. The problem in North America is that we eat way too much of the Omega 6 oils, which make inflammation worse.

Water

This substance is not usually considered a nutrient because it has no nutrition in it. However, we cannot live very long, only a few days, without water. Also, our bodies can manufacture water from various processes so technically it would not be essential. We classify it here, with the other essentials, to emphasize its importance.

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