



# **Whole Food Nutrition: The Missing Link in Vitamin Therapy: The Difference Between Nutrients WITHIN Foods vs. Isolated Vitamins & how they affect your health**

*Vic Shayne Ph.D.*

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## **Whole Food Nutrition: The Missing Link in Vitamin Therapy: The Difference Between Nutrients WITHIN Foods vs. Isolated Vitamins & how they affect your health** Vic Shayne Ph.D.

Dr. Vic Shayne's new book is based on years of research to prove that vitamins fail to act as nutrients unless still contained in nature's original whole foods. For the millions of us who see the importance of taking supplements, this book offers secrets that vitamin companies would rather not be published. Nature's wondrous healing and life-sustaining power resides within whole foods, not vitamins alone. With every disease and symptom is associated a nutritional deficiency, and we need much more than isolated vitamins to make us well. In this age of refined, altered and chemicalized diets and exposure to environmental toxins, our cells demand whole food supplementation for real nutrients that vitamin pills alone cannot begin to offer us. Vitamins need synergists to function. The difference between illness and health is often just a few nutrients away. The more we know, the more control we have over our own health.

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