



Empowering you Organically - Season 1 - Episode 1

Title: History of Supplements

Guest: Dr. Daniel (“Doc”) Nuzum

History of Supplements

Historically, if we go back, as far as written records, the first group on the planet to actually manufacture herbal remedies, where they actually had a standardized formula, picked the herbs, dried the herbs, prepared the herbs to make a specific remedy, and then distributed it, were the Chinese. That’s about 4,000 years ago!

Tea Balls Pack a Punch

The Chinese practice was to make kind of like a porridge out of their herbal concoction, and then they would take and mix that with honey, and they’d take and make little dots on paper with the honey and then roll those dots, and they would call them tea balls. They were tiny little tea balls.

Originally, these were made for the Emperor of China and his family, and then, later on, they started doing the same thing for the dignitaries of China. It’s still a practice today in the Orient. You can even get them here in the states, where you find Chinese herbal remedies that come in little tea balls.

Trade Routes Open the Possibilities

In 1271, Marco Polo went on his epic journey to China and to Japan. He went there via spice trade routes. The spices they were trading were also herbal medicines. They would bring these spices and herbal remedies back into Europe, or they would take things from Europe and send it over to China.

Trade Routes opened the use of medicinal herbs to areas where these plants were not native. For example, German thyme has been used in China for 2000 years even though it isn’t a native plant.

Here’s an interesting historical note — there’s an herb called Rhodiola. It’s an adaptogen, and one of Doc’s favorite herbs. It’s native to Russia, but the Emperor of

China would send an envoy to the czar of Russia every year with millions of dollars' worth of gold to get his year's supply of Rhodiola from the czar of Russia!

Fast Forward 500 Years to the Eclectics

The late 1700s, in the United States, there was a medical group called the Eclectics. They were similar to modern-day naturopaths. Even though they used what would be considered pharmaceuticals in their day, their main remedies were herbal. This medical group survived until the 1950s.

First People's Remedy

The Eclectics drew from Native American herbal remedies. One of those remedies still used today is the essiac formula. It's a Canadian Native American remedy, First People's remedy. The tribes in the Manitoba area have consumed the tea forever. None of them ever had cancer, heart disease, diabetes or anything similar.

An Eclectic doctor preserved the formula. His nurse, Caisse, made sure the formula was available to people. It came under fire from FDA and AMA in the 1930s. She changed the name to the Essiac Formula. Her last name spelled backward.

The Medical Landscape Changes

What we know today emerged out of the pharmaceutical industries in the late 1800s, early 1900s. At that time 70% of US Pharmacopeia in all the drug stores across the country was cannabis. The other 20% was mercury, iodine, etc. Iodine was the most prescribed 'drug' until the 1950s, orally and topically. Maybe 10% or a mere 50-60, products were actual pharmaceuticals as we know it today.

The turn of the 20th century brought 20% of old herbal remedies with it. The idea of building your health was still taught. It was a holistic approach to health. This lasted up to the first World War and the Flexner Report - it stopped any government funding to medical schools that weren't focused primarily on surgery and pharmaceutical drugs.

As a result of the Flexner Report, between 1910 and 1935, more than half of all American medical schools merged or closed.

There were 17 Naturopathic schools at the time and within 5 years only two remained. Similarly, Osteopathic and Chiropractic schools were closed.

Interestingly, Cleveland Clinic was originally a homeopathic facility.

Government funding for those not focused on pharmaceutical research was dramatically cut and they began demonizing the natural remedies like cannabis. The pharmaceutical companies only funded the Universities studying pharmaceuticals. There was no funding for natural remedies. The campaign to demonize the natural remedies as cannabis began.

Fast Forward to Today

The pendulum had swung so far away from natural healing. What brought it back?

Founding father of supplementation, Dr. Royal Lee was a Chiropractor who started a company called Standard Process. He was the first to do nutritional supplements from whole foods back in the 1930s. Some of his processes and remedies are still used today.

Health Food Stores helped bring nutritional products to the masses by staying up on the new science and options available. It's a huge movement.

People are regaining their power and taking responsibility for their own health.

Capsules and Tablets

Didn't come into play until the 1970s and 1980s. Technology has improved and allows amazing formulas to be created.

Why Whole Food Based Supplementation?

Whole foods are very effective and can be different based on the growing cycle of the species.

Typically over 300 phytochemicals in a plant species. These can change during the growing cycle. Coriander / Cilantro - same plant but the leaves (Cilantro) and seeds (Coriander) have different chemistry and are used for different remedies.

Watching Nature

Dr. Hoxsey Discovered a remedy by watching what his horses ate. Family members had similar maladies and he fed them the same plants the horses ate and showed signs of improvements.

Why do people take supplements?

#1 Soil Depletion - In the United States, our topsoil has gone from 3-4 feet of topsoil 100 years ago to 4-8 inches today. Our nutritional bank account from 100 years ago had 3-4 feet of "cash" and now it's down to 4-8 inches.

Elements are either present in the soil or they are not. It doesn't matter how clean you grow the vegetable if the nutrients are not in the soil. This is why food concentrates are so important. At Organixx we've concentrated the organic fruits and vegetables to help refill the nutritional bank.

Bio-Individuality

Identical twins were tested and their response to food allergies could be the opposite. Even identical twins are bio-individuals. 7.5 billion individuals in the world that are not the same.

#2 S.A.D. (*Standard American Diet*) - Only supplies 17 trace amounts of the between 73 - 90 nutrients you need on a daily basis. Minimally there are 73 minerals and vitamins we need as humans to function properly. People who eat a Standard American Diet only receive 20% of what they need to be healthy. Currently, 1 in 5 kids in the US suffers from an auto-immune disorder.

Analogy

If you had a car and we randomly removed 80% of your nuts and bolts from your car would it start? How would it run or function?

Not all Supplements are Created Equally....Synthetic vs Whole Foods

Synthetic has multiple levels. On the bottom end, you can synthesize vitamins and minerals from petroleum byproducts.

Example: Vitamin C (ascorbic acid)

The synthetic variation it is extracted from GMO corn and it looks similar to what you'd expect to see under the microscope. However, it is an empty box or it isn't filled with the flavonoids as you find in ascorbic acid extracted from a lemon. You'd have to take massive amounts to get the same effect as a Vitamin C extracted from an orange because the 'box' of ascorbic acid from an orange is filled with flavonoids. There's stuff in it, there's substance in it. Taking 20 milligrams of ascorbic acid from whole foods, it will give you the same effect as 5,000 milligrams of the synthetic ascorbic acid.

Your body knows the difference. It differentiates between synthetics and food. Synthetic vitamins will be used by the body as an inferior option if you haven't given the body the whole food option.

These can become an anti-nutrient eventually. We are designed to eat food and our body knows what to do with food-based supplements.

How do we know?

A reliable resource is the Environmental Working Group (EWG). They are a toxicology watchdog group. They break down an ingredient list and rate each ingredient for toxicity.

Why it matters?

Exposure. Exposure over a long period of time can be toxic to the human body because it accumulates.

Take-Away - "How did you get here?"

Doc's first question to a patient is "How did you get here?". There had to be a procession of things that brought a patient to their current state. From there he helps them plot a course back to health.

Deeper Dive Resources

Dr. (“Doc”) Nuzum:

<https://www.youtube.com/watch?v=2qK9ujZRZfA>

Marco Polo:

<http://www.silkroadfoundation.org/artl/marcopolo.shtml>

<https://www.history.com/topics/exploration/marco-polo>

Eclectic Medicine:

https://en.wikipedia.org/wiki/Eclectic_medicine

Essiac Tea

<http://www.essiacinfo.org/>

Flexner Report:

http://archive.carnegiefoundation.org/pdfs/elibrary/Carnegie_Flexner_Report.pdf

https://en.wikipedia.org/wiki/Flexner_Report

Dr. Hoxsey:

<http://www.hoxseybiomedical.com/clinic-history/>

Petroleum Byproducts:

<https://oilprice.com/Energy/Energy-General/10-Unexpected-Uses-of-Oil.html>

Environmental Working Group (EWG):

<https://www.ewg.org/>