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The Modern Era of Nutrient Depletion/Poor Health

The effects of this modern day life are cumulative, even when individuals are quite different, and circumstances are

very individual on their own account. However at the end of the day, our mere human existence requires a sufficient resource of nutrients that will supply our body with the ingredients to perform to maximum 'oomph'!

Whatever it is we do in life 'it' requires a significant bio-chemical response, which itself requires a 'chemical cascade' of events to occur. This process continuously and consistently requires nutrients from our resource supply.

So, if it doesn't rain, where do you get water from? YES! You buy it because it is NECESSARY! Our supply of nutrients once all came from food and water, however these days, whether you like it or not, our food supply is nutrient depleted and our water is both nutrient depleted *and* toxic.

Add to this the FACT that our bodies now contain various amounts of heavy metals, which just by their presence are 'bullies' which hinder the absorption of necessary nutrients by blocking them. We are living in an age where we expect our health to be normal, yet the human body has less resources than ever to work with.

Strange isn't it? We don't expect our houses/cars/financial institutions to do 'more with less'... AND NEITHER CAN WE! You can start to see the human body is working under stressful

circumstances and it is failing. Modern medicine describes this failing as an 'epidemic' of chronic diseases and an alarming increase in the number of people succumbing to cancer and cardiovascular disease.

It's not hard these days to get the tanks of nutrient supply nearly empty. Many nutrient depleted people are those suffering from 'modern day living' and stress overload. I would humbly suggest, that is ALL people today.

On its own, a lack of nutrients like Magnesium, Zinc and Protein means that we have a poor biochemical response to stressors of modern life, and the stressors of modern life require large amount of nutrients. So you get the picture: We are in a 'needy' state! Guess what? CHOCOLATE CRAVINGS can sometimes actually be your body's craving for Magnesium, since chocolate contains large amounts of Magnesium.

MAGNESIUM is VITAL for your body to deal in its biochemical fashion with all stressors and also to complete the energy production individually by each and every cell in your body to maximise well being. It stands to reason therefore that 'STRESS depletes our Magnesium resources and consequently depletes our body's ability to maintain cellular energy which equals HEALTH!

Consider your life style, your associated stressors, your nutrient depleted diet, and the heavy metal toxicity of all human beings on the planet today and ask yourself, "Do I need help?" "Do I need advice?" "Do I need to supplement my nutrient supply?" Remember that the DOMINO EFFECT of nutrient depletion is poor cellular health, which amounts to POOR HEALTH.

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