

# The Science of wellness

Integrated health from Real Food Technology®

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**Overview:**

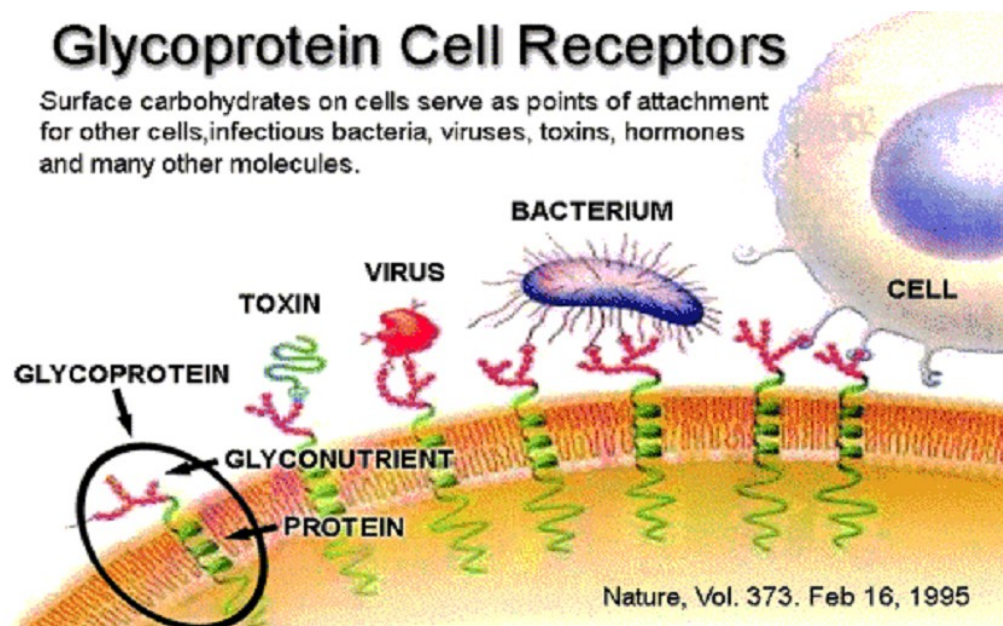
## **Pernicious anaemia**

**Pernicious anaemia** is the most common cause of vitamin B12 deficiency in the UK. **Pernicious anaemia** is an autoimmune condition that affects your stomach. An autoimmune condition means your immune system (the body's natural defence system that protects against illness and infection) attacks your body's healthy cells.

In your stomach, vitamin B12 is combined with a protein called intrinsic factor. This mix of vitamin B12 and intrinsic factor is then absorbed into the body in part of the gut called the distal ileum.

intrinsic factor

Intrinsic factor (IF), also known as gastric intrinsic factor (GIF), is a glycoprotein produced by the parietal cells of the stomach. It is necessary for the absorption of vitamin B12 later on in the ileum of the small intestine



## **Foundational understanding**

Every cell in your body is like a tiny car engine that needs fuel to perform with regular service and maintenance. Each moment of this life is generated by trillions of processes, occurring through trillions of nerve impulses and trillions of biochemical reactions such that every thought, emotion or action causes a universal change in the physiology of the human body - We call this innate intelligence.

Our bodies are constantly battling to keep in balance which is called homeostasis. The Constant threat to our health and long living can come from a number of toxicities: Cigarette smoke, Air pollution, water pollution, micro organisms , pesticides, herbicides, recreational drugs, pharmaceutical drugs, the list goes on..... and on. It is also my personal belief that our cells are also effected by emotions, feelings and life experiences such as emotional abuse, neglect and slander just as much as toxins and external forces.

The way nature ensures our constant ability to stay alive is to supply the food chain with all the necessary tools for the job - Carbohydrates for energy, and nutrition for maintenance. We mix these with air and water and life goes on.

The Important thing to understand is the life of our old cells is passed onto the life of our new cells and it is in this regeneration, that process things like, getting old and degenerative illness.

<b>LIFESPAN OF SOME CELLS OF THE HUMAN BODY</b>	
<b>CELL TYPE</b>	<b>LIFESPAN</b>
Granulocytes: eosinophils, basophils, neutrophils	10 hours - 3 days
Stomach lining cells	2 days
Sperm cells	2-3 days
Colon cells	3-4 days
Epithelia of small intestine	1 week or less
Platelets	10 days
Skin epidermal cells	2-4 weeks
Lymphocytes	2 months – more than a year (highly variable)
Red blood cells	4 months
Macrophages	Months-years
Endothelial cells	Months-years
Pancreas cells	1 year or more
Bone cells	25-30 years

### Daily intake of essential nutrients

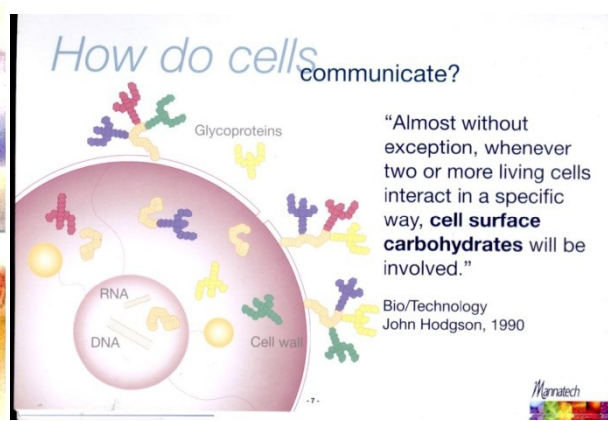
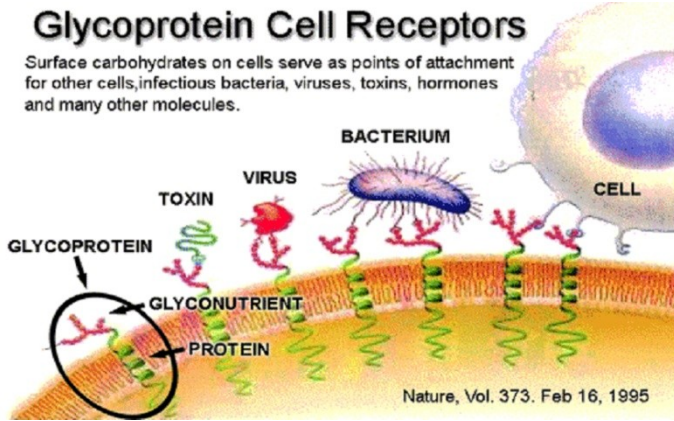
Cells must work together as a team, communicating with other cells to achieve optimal organ, immune and brain function. we have recently understood the complexity of the nutrients required per day in order to function properly.



- 26 Vitamins
- 72 trace minerals
- 3 fatty acids
- 16 amino acids
- **8 Glyconutrients**



IF we can make all this communication from 4 shapes, imagine the extent of the communication with the 8 glyconutrients at cellular level.



Glyconutrients provide a unique set of nutritional building blocks for supporting the body’s normal recovery processes. Research has shown that glyconutrients can support the various functions of the immune system to help achieve the best outcomes.

### Pharmacy & the side effects of medicines

We are grateful for the advances of medical sciences and the doctors who do the best they can with the information they are given. Modern pharmacology have provided an arsenal of treatments specific to certain sicknesses and diseases.

What we must be aware of is how the absorbing of the pharmaceutical solutions effects the innate systems of our body.

By its very nature, all pharmaceutical drugs can kill you if taken in high enough dosage. The process of how they work results in depletion of natural nutrients.

### Depletion of essential nutrients from pharmaceutical products

A sampling of drugs that can affect nutrient levels in the body	
Drug	Nutrient
Aspirin	Folate Vitamin C Zinc
Antacids	Folate
Antibiotics (long-term)	Folate Vitamin B <sub>2</sub> Vitamin K
Anticonvulsants	Biotin Folate Vitamin C Vitamin D
Corticosteroids	Calcium Magnesium Vitamin A Vitamin B <sub>6</sub> Vitamin C Vitamin D Vitamin K Zinc
Glucophage	Vitamin B <sub>12</sub>
Oral contraceptives	Folate Vitamin B <sub>6</sub>