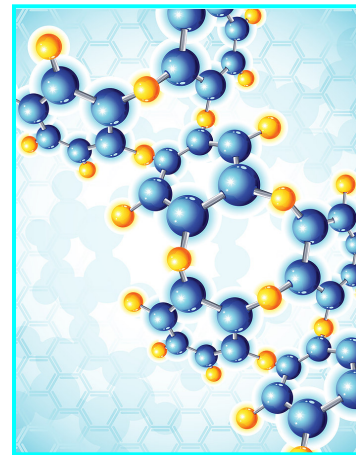


## Orthomolecular Nutrition

The Key to good health is **Orthomolecular Nutrition**. It's giving the body what it needs to heal itself and to stay healthy. There are formulas that have been scientifically created that are based on this science **Orthomolecular Nutrition**. The term "orthomolecular" was developed by Nobel laureate and chemist **Linus C. Pauling** to mean "the right molecules in the right amounts". He is but one of many scientist over the past 2,500 years who realized that proper food, vitamins and minerals are of senior importance to maintaining people's overall health.



Here is list of what we should eating to maintain good health.

- **Proteins**
- **Carbohydrates**
- **Fats and Oils**
- **Minerals**
- **Vitamins**
- **Water**



Does everyone follow the above? Probably not, we all could work on cutting back on process foods and our intake of sugars. We eat too many sugars foods... Sugar is everywhere – sometimes difficult to avoid.

The way to stay health is to apply good **orthomolecular nutrition**. You give the body what it needs in the way of good organic food, vitamins, & minerals, you also live a happy long life. **Orthomolecular Nutrition** is what everyone should be doing.

Orthomolecular Nutrition/Medicine has helped thousands of people around the world prevent and treat many of today's severe illnesses and conditions including:

Give the body what it needs, as basic building blocks, and it will rebuild and heal itself. We do not need to suffer from Autism. Schizophrenia, Multiple Sclerosis, Cancer, Shingles, Diabetes, Arthritis and the list goes on and on and on. These are signs of a body's orthomolecular lacking. Proper **Orthomolecular Nutrition** can make things right again.

To find out more go to <http://www.thenaturalroad.com/2011/02/what-is-the-key-to-good-health-is-orthomolecular-nutrition/>