



HEALTH BENEFITS OF MICRONUTRIENTS IN CHILDREN DOCUMENTED



Although a balanced diet is one of the best ways to obtain nourishment for everyone, the majority of children are not getting enough micronutrients from the food they eat. Too few fresh fruits and vegetables and consumption of highly processed food results in chronic deficiency of essential micronutrients in children impairing their growth and health and making them prone to diseases. Malnutrition in children is a problem not only in developing countries. In their quest for massive food production, the developed countries have indiscriminately used pesticides and chemical fertilizers and other poor farming practices which has led to severe depletion of nutrients in the soil. In addition, micronutrient deficiencies are widespread due to the global promotion of highly processed food. A study published in 2004 in the Journal of American College of Nutrition confirms a significant decline in the nutritive value of food produced in the last 50 years.

Children are especially vulnerable to micronutrient deficiencies because vitamins, minerals, and other natural compounds are essential to support healthy development of the blood and bones and all organ systems, especially the nervous and immune systems. Inadequate nutrition impairs physical growth and development of the brain and nervous system, and reduces a child's immunity and learning ability. Therefore, providing appropriate nutrition is the obvious first step in supporting healthy development of a child at any age.

The Dr. Rath Research Institute, in association with the Academy of Medical Sciences of Ukraine, conducted a clinical evaluation of health effects of micronutrient supplementation in school-age children*. This evaluation included 69 children who were taking a micronutrient supplement for a period of seven months. Their health assessment was

conducted at the beginning and the end of the trial. Another group of 34 children were not taking the micronutrient supplement and they were monitored as the control group. All children consumed the same diet at school. After seven months, the children in the study group were found to be physically more fit than those in the control group. The study found that their heart rate and blood pressure decreased, their cardiovascular system function increased by 28% and muscle power increased by 16%. At the same time, the children in the control group experienced a 14% decrease in lung capacity and respiratory function. Moreover, the children taking micronutrients showed improved immunity and the number of illnesses decreased by 25%. In addition, children in the study group had better tests scores in several subjects compared to the control group. The general health, physical activity and emotional wellbeing of the children whose diet was supplemented with the micronutrients improved significantly over the seven months.

The study indicates that micronutrient supplementation should be an important part of a healthy diet in school age children. The vitamins, minerals and other micronutrients act as catalysts in the metabolic processing of carbohydrates, fats and proteins making the bioenergy generated from these components available for the body to utilize and stay healthy.

*Korzun V, et al., Journal of Cellular Medicine and Natural Health.2015

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The ground-breaking nature of this research poses a threat to the multi-billion dollar pharmaceutical "business with disease". It is no surprise that over the years the drug lobby has attacked Dr. Rath and his research team in an attempt to silence this message. To no avail. During this battle, Dr. Rath has become an internationally renowned advocate for natural health. Says he: "Never in the history of medicine have researchers been so ferociously attacked for their discoveries. It reminds us that health is not given to us voluntarily, but we need to fight for it."

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