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Vital substance deficiency – why?

In the last article, you learned what vital substances are and that nothing can function smoothly in the body without these miracle workers. But the fact is that increasing numbers of people today are suffering from various deficiency symptoms and hence also from damage to their health. There are many different reasons for the widespread deficiencies today. A great many people have to take medicines for health problems. But most constituents of medicines increase the requirement for vital substances further. This type of substance is therefore also known as a depleter of vital substances. The same applies to the contraceptive pill, which is often taken for many years, and to products containing cortisone.

The way in which foodstuffs are produced, very few of them organically and mostly involving the use of enormous amounts of agrochemicals, such as herbicides and pesticides, also affects the levels of vital substances in our food. But the more the plants are forced into rapid, artificial growth, the greater the stress they experience and, just like humans, plants will then take up fewer vital substances. Studies have clearly shown that up to 50% more bio-active substances are contained in organic products.

Another problem encouraging vital substance deficiency is the desire to be slim. As a result, every spring people tend to try out a variety of unbalanced diets. But the less food you eat, the greater the consequent reduction in the supply of micronutrients, such as vitamins and minerals. Another reason for the common lack of vital substances is the current excessive consumption of refined sugar, because this supplies the body with nothing other than calories. But various B vitamins and chromium are required to break it down, substances that are lost in the refining process. If poor eating habits, such as frequently eating fast food or re-heated canteen meals, are combined with smoking, a lot of sugar, taking medicines and not eating enough fruit and vegetables, it is not surprising that there are deficiencies of essential vital substances. In such cases, taking Strath products, in combination with a reduction in the habits mentioned above, can contribute to an improvement in the supply of vital substances and thus help prevent the various consequences of vital substance deficiency.