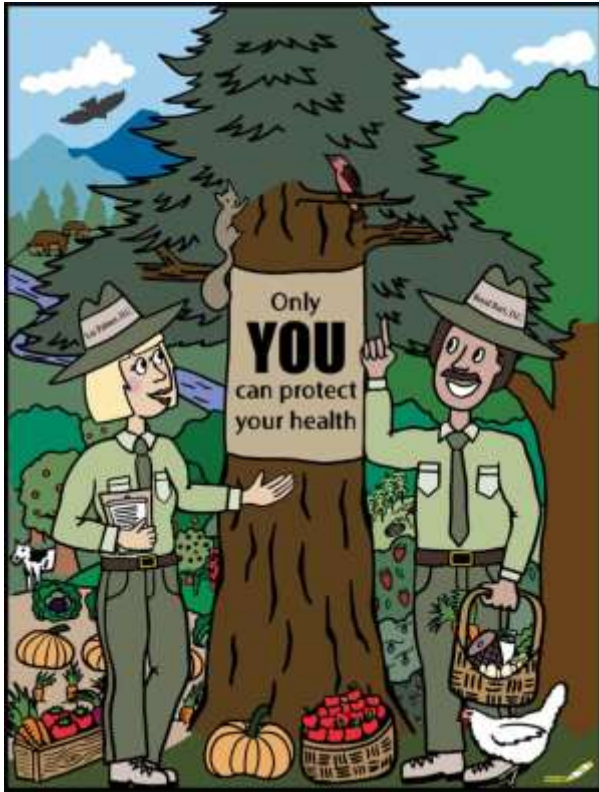


Health Rangers #6: Remember the Little Ones



Every cell in a beautiful growing fetus has a specialized design and function. From the very start of fetal growth, as these cells develop and mature, they express an all-powerful Innate Intelligence that is the miracle of life.

Hello again. This is Lee Palmer, DC, and I cannot emphasize enough how essential the fundamental building blocks are in creating a healthy baby. From the beginning, vitamin A directs the development of embryonic stem cells into heart cells. (Wow—heart health begins in the womb!) When it comes to fetal development, vitamin A is the essential controller of all cells, tissues, and organs, and it helps construct the future communication network between the sense organs and the baby's brain. If a mother to be is deficient in vitamin A at the time of conception, the baby's heart may fail to develop and form properly.

Yet it takes two to complete the dance of life, so fathers and mothers both bear the responsibility of creation by ensuring they have healthy eggs and sperm. A naturally high concentration of vitamin A is found in nutrient dense organic butter, cream, eggs, meats (especially organ meats like liver), and fresh fruits and vegetables. Animal foods provide fat-soluble vitamin A, D and K, which means that fathers and mothers who consume them will have healthier sperm and eggs.

Research over the years has shown a link between vitamin A deficiency and spontaneous abortion, prolonged labor, and maternal/infant death during labor. It can also be a factor in birth defects of the eyes, nose, dental arch, and lips—and in fact is critical for proper facial, nasal, and dental development. Lack of vitamin A has been blamed for the displacement of the ovaries, testes, and internal organs such as the kidneys, as well as impaired hearing due to defective development of the nervous system. Furthermore, vitamin A is critical throughout life to maintain healthy cells in the lungs (a factor in preventing asthma), and for wound healing, infection resistance, and blood platelet cell formation.

So, what do moms and dads need to do to ensure they have healthy babies? Eat real food! With today's over-processed and devitalized foods it is also essential to supplement the diet with whole food vitamins and concentrates.

Standard Process can provide this extra support. The following protocol (first outlined in “[Health Rangers #1: Only You Can Protect Your Health](#)”) offers a straight-forward path to proper supplantation before, during, and after pregnancy.

For fathers: Enhance nerve and reproductive health with [Orchic PMG](#), [Cal-Ma Plus](#), and [Catalyn](#).

For mothers: Support your eggs with [Ovex-P](#). Get an important prenatal vitamin boost with [Catalyn](#) and [Cal-Ma Plus](#). And utilize [Folic Acid B12](#) and [Neuroplex](#) to enhance your baby’s nervous system development and coordination.

And remember to set a time to see your doctor of chiropractic to maintain spinal and nerve communication with the nervous system. Put all of these elements in place to enhance the development of the beautiful life you are creating.