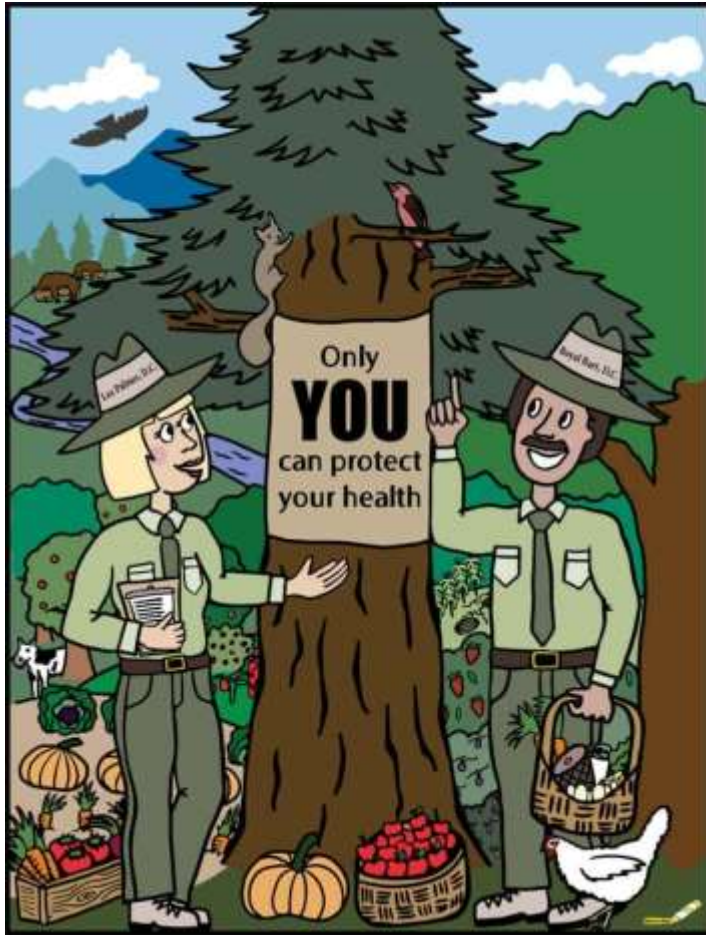


## Health Rangers #8: It's All in the DNA



This is Dr. Royal Bart, and we are going to get down and dirty with the building blocks of health: DNA. But what I mean may surprise you. DNA for the purposes of this article, is this: Dirt's Natural Anatomy.

- **Dirt:** Soil is where food gets its nutrients. If the soil is sterilized and force-fed toxic chemicals, the food has little nutrient value and lots of toxicity.
- **Natural:** Natural soil, on the other hand, is teeming with beneficial life forms that produce nutrient-dense food.
- **Anatomy:** This soil, in its natural form, is directly connected to the structure and formation of our bodies when we consume food containing its nutrients.

Elements, compounds, and structures from micro to macro—known and unknown—make up the earth we live in and upon. It's mind boggling that *dirt* formed *naturally* provides the basis for the *anatomy* of the human race and,

consequently, an endless number of combinations in our gene expression that form who we are.

What is even more mind boggling is that you have an inherent ability to control and regulate the expression of your health in your very own body—and the bodies of your developing offspring—by your choices. The nervous system is the judge: *Do I eat healthy foods or junk foods to feed my sperm and eggs and the developing child?* You choose, and your nervous system goes into action to make do with what you decide. Do you exercise, physically, mentally, and emotionally, to release the effects of negative influences in your life that can also affect the life of your offspring? You can decide: a yes or a no!

Food in its most natural form created in, by, and with the dirt's natural anatomy influences the expression of DNA. This is the basic foundation of health. Free will through the nervous system gives us the power to choose that health-giving food. But the fetal nervous system must make do with what we as parents provide. Build greatness into your anatomy and your future generations with the provisions of real, healthy, organic foods grown in natural soil. Supplement with whole food nutritional concentrates from Standard Process. Ask your doctor of chiropractic or holistic practitioner for guidance and knowledge about pre- and post-natal nutrition. Along with choosing

the right foods, the maintenance of your spine and nervous system is paramount to your health and the health of your future children.

Standard Process supplement recommendations:

[Catalyn](#), [Folic Acid B12](#), [Nutrimere](#), and [Calcium Lactate](#).

Recommended Reading: [\*Prenatal Nutrition and Birth Defects\*](#) by Mark R. Anderson. This is an illustrated booklet with a detailed nutrition chart.