



Purium Health Products™

The Original Pure Whole Food Supplements Company

When Sandoval sought out natural supplements, the additives, the synthetic ingredients, or the lack of quality always disappointed him.

But it was a hard sell. How could a low-dose food concentrate be better than a high-dose vitamin? "If some is good, then more must be better," was the common attitude.

"When I started out, I knew I wanted to warn people that the supplements they were taking were incomplete and that whole food nutrition was the best path to health," Sandoval told DPHL. "I wanted to warn them that if they didn't change, the results could be disastrous. I realized that some people would think I was Chicken Little, but I thought I was Paul Revere. And only time would tell."

Well, fast-forward 15 years to today, and Americans find themselves in health crises of malnutrition, obesity, and diabetes that no vitamin is going to help. Finally, after years of fighting the "system" of nutritional information came the advent of phytochemistry and the discovery of powerful healing parts of food that weren't vitamins or minerals, but that were integral to the proven beneficial effects on the body. Suddenly, science realized that isolating, concentrating or synthesizing individual vitamins from food does not have the same disease-preventive benefits as a plant-based, nutrient-dense diet. And those (like David Sandoval) who put their faith in God and Mother Nature were proven right.

The "expensive urine" mentality where highly concentrated isolated nutrients can be detected exiting through the urine has given way to the science of superfoods that heal with high concentrations of naturally occurring and scientifically proven "phytochemicals."

All of those synthetic nutrients found in high dose vitamin pills age your liver, kidneys, and cells anyway! Recent research into free radicals has revealed that loading up the body with one or two high-dose antioxidants (such as vitamins C and E) doesn't have much benefit, because isolated antioxidants become free radicals themselves when their antioxidant effect becomes prooxidative (in essence, this is what a free radical is). Nutrients are designed by nature to work synergistically with your body when found in super whole foods. Having never wavered from their original purpose of offering pure, organic, concentrated, 100 percent whole food nutritional supplements Purium Health Products remains the original. Today, the family-owned company continues to develop innovative ways to keep their supplements whole and pure: no fillers, binders, tableting agents, additives, or GMOs. They make their products in-house and have an on-site GMP quality control lab, in addition to an on-staff naturopath who is always available to answer questions about nutrition and health.

In addition to his passionate pursuit of nutritional excellence, Sandoval continues to do all he can to spread his message across the globe. Whether through writing (his new book, The Green Foods Bible, is available from Freedom Press, and he is a frequent contributor of articles here and elsewhere), appearing on television shows, hosting his own radio program, or giving talks, Dave Sandoval and Purium Health Products remain fervently committed to improving the health of people around the world and bringing the benefits of pure whole food nutrition into the lives of all who need it.

52 The Doctors' Prescription for Healthy Living

RESOURCES

Purium Health products are available nationwide from health food stores & natural health centers. To learn more, visit www.phporder.com or call (888) 747 6733 & use

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“ Fifteen years ago, isolated, high-dose "vitamins" were all the rage, and by comparison, whole food nutrition was very unappealing and even dismissed as being useless. At the time, Dave Sandoval had been warning consumers that synthetic, high-dose vitamins were based on a false pretense and could be potentially dangerous. ”



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