



Wellbeing

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Nutrients, Micronutrients, and Beyond

Nutrients sustain all aspects of the body and mind, but they come in many forms. Many people have heard of macronutrients and micronutrients. Simply put, macronutrients are the fats, proteins, and carbohydrates we get through our diet, while micronutrients are the minerals and vitamins that we obtain through our diet and drinking water.

What we thought we knew about nutrients had to be modified with the prefix 'micro' when we discovered that these smaller building blocks of life called minerals and vitamins were independently required for certain, bodily functions to occur.

Everything we've discovered about the role of nutrients and micro-nutrients ultimately leads us to the practice that we already know from tradition; i.e. eating whole foods in variety! Today this added knowledge of nutrition is more important than ever because it allows us to adjust to the modern world which has drifted further and further away from tradition. Today, eating a balanced diet may not be enough to fully nourish our bodies due to modern farming practices and depleted soils that produce sub-optimal foods.

Up until now we have spoken of a way toward well-being that begins with the gathering of information and the practice of eating many more vegetables as part of an improved nutritional lifestyle.

Yet there is another type of nutrition that exists outside of macronutrients and micronutrients. We can think of this as another, but much more powerful, stream of nutrients that are even more micro than micro-nutrients but that enter the body and mind every moment of every day.



Photo Courtesy of Luckybusiness

One form exists as the oxygen, nitrogen, and other gasses of the atmosphere that we breathe. There is also the electrons pouring into our nervous system from external stimulus, and the electronic frequencies generated by other living beings and by the earth itself which we sense and feel using the magnetic field of the heart.

Ashley Montagu wrote a book called "Touching: The Human Significance of the Skin" which draws us closer to this principle of higher nutrition. The body is more boundless than we can comprehend and it's forms of nutrition are equally boundless. One of the keys to the fullness of life lies in this higher form of nutrition. And just like the nutrients in food and water, this higher nutrient class of the air we breathe and the feelings we feel can be easily neglected.

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The Navajo Indians of North America say to, "think and speak in a positive way." Encompassed in the Navajo phrase "**hoshooji** nitsihakees," and, "**hoshooji** saad," we find the heart of their message: 'Think in the **Beauty Way**. Talk in the **Beauty Way**.' Thought and language have the power to shape reality and control events—this is the Navajo understanding.

We may agree that we are what we eat. But can we understand also that, in just the same way, we are what we breathe and we are what we feel? Can we extend the concept of nutrition to these micro substances in the air and in the frequencies that connect us to the world at large? I think so. And I think that working along the lines of improvement in any form of nutrition will simultaneously and harmoniously improve them all.

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