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Episode 163 – Multi-Vitamins: Hype or Healthy?

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TeriAnn Trevenen:

GMOs.

Jonathan Hunsaker:

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Speaker 3:

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Jonathan Hunsaker:

Welcome everyone to another episode of Empowering you Organically. I'm your host, Jonathan Hunsaker, joined by my cohost TeriAnn Trevenen.

TeriAnn Trevenen:

Hey everyone.

Jonathan Hunsaker:

We are coming to you today from TeriAnn's kitchen. So we are on location at TeriAnn house. Today, we are doing an awesome podcast about multivitamins. There's a lot of conversations going on. Do you actually need a multivitamin? If you're going to take them on multivitamin, what kinds should you take? What should you look for? All of these other controversies going on. So we just wanted to have a simple podcast and a conversation to share our feelings about multivitamins.

TeriAnn Trevenen:

Yep. So let's talk a little bit about them. For a long time, people told us that we need vitamins, right? Especially a multivitamin. The question is, does everyone really need a multivitamin? Our answer to that is, yes. The statistics tell us that the standard American diet only provides 17 between 73 to 90 nutrients we need on a daily basis. We've talked about this in the past about the quality of our soil, the quality of the food we're eating. We've

spoken about this a lot and you're just not getting the nutrition that your body needs to be healthy with the standard American diet.

Jonathan Hunsaker:

Yeah, I mean, I want to clear it up once and for all, many people ask me, if I were to take only one supplement, what would that be? Hands down, it's a really good multivitamin. I mean there's just... Yes, there's all kinds of supplements like turmeric's for inflammation and other specifics for supplements out there. But for the general population, the one thing everybody should be taking is a good multivitamin.

TeriAnn Trevenen:

Absolutely. Even people who are whole food plant based diet eaters would still need to eat between 15 and 20 pounds of their servings of fruits and vegetables to. Get what they need and think about weighing 15 to 20 pounds of food. You can't even eat that much food. That speaks volumes about the nutrition that we're getting in our body, the nutrients in the food that we're eating, the plants, the fruits, the veggies, the soil, we just can't get it all. Even if we're eating as healthy as we possibly can, you still have to supplement in some way to get that nutritional value into your body that you need for overall health.

Jonathan Hunsaker:

So the big thing that a lot of people don't realize is broccoli 75 years ago was a lot more nutrient dense than it is now. It was a lot more nutritious food. One of the challenges is we've been doing a lot of over farming. Also, we're not cycling through the plants in our farmland. We're just doing one plant over and over and over again. So you're not getting the biodiversity that you would get if you were cycling through. We're also not taking time off, right? We should take a year off from farming certain farmlands so that it can replenish the nutrients. Because quite frankly if the nutrients are not in the soil, it cannot end up in your vegetable, your plant, whatever it is that you're growing.

TeriAnn Trevenen:

Yeah, absolutely. It even goes one step further, talking about getting the nutrition that we need, we used to be seasonal eaters in the sense that we would eat the fruits and the vegetables that came in season. Now we have our food shipped from all over the world. So, I'm not saying that different foods don't give you a nutritional value throughout the year, but we also have gone away from eating in a way that our body gets what it needs at that time of year. That's why there's these cycles of plants and when they grow and when they come and season.

TeriAnn Trevenen:

Now we just eat everything all year long that we can get our hands on. And so not to say that eating a strawberry is going to be worse than eating a hamburger out of season of what it would normally grow in your particular region or area or maybe they don't even grow there for you. I'm just saying, we just have gotten away from this environment and this culture of eating really nutritious food, having nutrient that's soil eating within the season. So our bodies are just trying to get as much nutrition as they can out of what we're feeding them and it's not a lot.

Jonathan Hunsaker:

Well, and that's what feeds into not having the biodiversity on the farmland. Right?

TeriAnn Trevenen:

Yes, absolutely.

Jonathan Hunsaker:

So if strawberries grow good in your area, now you're growing strawberries every season of the year that you can, rather than only growing the strawberries during the season that it's good locally and then switching out to the next fruit or vegetable, right? Here let's do strawberries in the spring. Then let's do something in the summer, let's do something in fall. That's what happens when you source locally. You're actually doing a lot more for the farmland and you're getting better fruits and vegetables and all of that because you have that biodiversity going on.

TeriAnn Trevenen:

Exactly what I'm speaking to. It's not only in the soil, but also in the way we're feeding our bodies. So let's talk a little bit about what you should see in a daily multivitamin. This is actually really funny because a friend was just teasing me on social media this morning about getting my vitamins segment a little bit under the weather. We were talking about the Flintstones vitamins. I don't know if you remember things like the Flintstones vitamin.

Jonathan Hunsaker:

They still make them.

TeriAnn Trevenen:

They're probably still a thing. I don't have them in my house, but more power to you, whatever. I don't have them in my house. I wouldn't take them. I know too much to want to have that be the multivitamin I'm giving to my kids. But I used to take those growing up.

Jonathan Hunsaker:

Not more power to you. If you had them in your house, throw them away and we'll tell you what to find to replace them with because they are junk.

TeriAnn Trevenen:

Yes, they absolutely are. But I remember growing up and I took my Flintstones. It was like candy. I wanted more, right? It was like, which one was I going to get? What little Flintstones was I going to get?. I look back now knowing what I know. I was literally getting no value out of those vitamins, but my mom was paying for them. So when you're looking at what your putting in your body with a multivitamin, first of all, think about what you're paying for those. Because most multivitamins are priced incredibly high for what it actually costs to create them. And then also what's actually in that multivitamin that you're taking and is it worth what you're paying for to get the benefit to your health?

Jonathan Hunsaker:

So let's talk about that. Here's why is it not good, because all of the vitamins in there are synthetic vitamins. Synthetic meaning they're made in a lab. A lot of times they are made from coal tar. So it's a byproduct of oil and we're extracting these vitamins and minerals out of it. Yes we can extract out of oil and coal tar and things like that. It's like, "Hey, now you have this vitamin." And then we put it into a yummy little chewable and you actually think that... On the label, right? So it can show that the daily value that you're getting might be 1000% of your vitamin C or 200% of your vitamin B. And the reality is it's a foreign material. Your body doesn't even recognize it because it's not coming from a food source. It's synthetic. It's made in a lab.

Jonathan Hunsaker:

So yes, while it looks good on the box and why it's a regular one a day. I'm talking about the Flintstones. I'm talking about Centrum. I'm talking about all of those one a days out there. Call those companies, ask them, is

there vitamin, a whole food vitamin or is it synthetic? They will tell you that it's a synthetic vitamin and what that means is your body is getting a fraction of 1% absorption of that vitamin or that mineral. That really matters, right? I've talked about this in other videos, but let me go ahead and just kind of lay out, in my opinion, the quality of multivitamins in most vitamins that are out there. So at the very bottom you have your synthetics and that's what we're talking about. Your body just can't even recognize it as food.

Jonathan Hunsaker:

It passes right through your body. It's why your urine glows yellow after you take one of those synthetic vitamins. The next higher quality is going to be a whole food multivitamin. Whole food is great. Your body recognizes it as a food. It's going to use it. It's a little bit more bioavailable. The challenge with just a whole food multivitamin is it's not organic, so it's still sprayed with pesticides, herbicides, insecticides, and what happens is if they've been sprayed with all of these poisons, when it's time to process that into a multivitamin, they're drying out the plant. They're not washing all of these pesticides off of there, so now you're getting high concentrations of pesticides, herbicides, insecticides, right along with your quote unquote "healthy vitamins and minerals" that you're trying to get to. So synthetic, whole food.

Jonathan Hunsaker:

Then you want a whole food that is organic ingredients that just ensures that it's clean. It also ensures that there's no GMOs in it. GMOs be genetically modified organisms. A lot of times plants are genetically modified to withstand an herbicide Roundup and glyphosates main ingredient in Roundup. They genetically modified so they can spray the daylight out of their plants with this herbicide to kill off all of the other weeds but not affect the plant. So organic also means you're getting a non GMO ingredient. Then the highest level is a whole food organic. It's also been fermented or sprouted. Fermenting or sprouting the ingredients just releases a whole extra level of nutrients. Especially fermentation, it starts to break down process of that food, that botanical, whatever it is. So those enzymes are already being released so that when it hits your body, it's already started the digestive process and it makes it a lot easier for your body to absorb it.

Jonathan Hunsaker:

So I know I'm going a little bit on a tangent because I want to bring this full circle back to when you talk about, what's you're paying for your multivitamins? So first understand those four different layers. The next thing to understand is well, okay, these whole food organic multivitamins are twice as much as these Flintstones or they're twice as much as these Centrum or whatever these other synthetics are. The reality is, let's say that the Centrum is \$30 and let's say that the whole food multivitamin at \$60 you'd be better off taking the whole food multivitamin every other day. Than taking the Centrum every single day.

TeriAnn Trevenen:

Every three days. There's no comparison there.

Jonathan Hunsaker:

I mean really you would get more absorption taking that multivitamin once a week. That whole food multivitamin versus taking a synthetic because you're not absorbing anything in that synthetic. I urge you, if you are taking synthetics, you think it's working, just donate that money to charity. You'll do a lot more good than what you're doing for your body because you're really putting foreign substances into your body that your body doesn't know what to do with it.

TeriAnn Trevenen:

Absolutely. Then there's a few other things that you want to be looking at when it comes to your multivitamin. So as we mentioned, the top of the top is organic plant source ingredients, vitamins, and minerals. Make sure it's a whole food supplement, well-balanced in nutrients. You want to see vitamin C, B complex vitamins in there and again, vitamins and minerals that are naturally occurring in food. We've talked about this in the past and I'm going to say it again. You really need to learn how to read labels for everything you're buying in your house, but especially when it comes to paying for something as expensive as a supplement or a vitamin, you really want to be able to understand and read your labels. So take some time being educated on what to look at in labels and understand what you're actually buying. I think that's really important

Jonathan Hunsaker:

Reading the labels goes lot deeper than looking at what is the percentage of the daily recommended value right? Because again, you can look at that, you could go buy a vitamin C supplement and I'm getting 1500% of the daily recommendation, but it's made from ascorbic acid, right? You're absorbing such a small percentage of that. You need to not just read what is the percentage of that vitamin you're getting, what you need to look at, what is the ingredient, what is it made from? You could buy a vitamin C and I was thinking about this last night, quite frankly, making a vitamin C product that's just made from camu camu. Camu camu is the most vitamin C, rich or dense fruit or vegetable in the world, right?

Jonathan Hunsaker:

So you have all these ascorbic acid that people are taking to try to prevent colds and try to get healthy, but their body isn't able to use but a fraction of the percentage of that. Whereas if you just took some camu camu and you had 100% of your daily value, you would absorb almost that whole 100% percent versus just 1% of the one that says 1500%. So hoping all of that makes sense that it's not the percentage that matters as much as what is the source and making sure that the source is whole food organic.

TeriAnn Trevenen:

Absolutely. Yeah. One other thing, let's talk about this for a minute. So, you asked do you need a multivitamin? What's the big deal about not having one and having this nutrition deficiency in our food and all those things. Well you start to see nutritional deficiency diseases come into play. So let's talk about that for a minute. We can actually test people now and see, oh they're deficient in this and this may be why they're experiencing this. So rickets, scurvy and there's other diseases that come into play that are tied to specific vitamins and being deficient there. But also there's more testing and more information coming out. We're getting more advanced and looking at health and how it's impacted and how different deficiencies tie into people's health. So at the very least when I get the question from people. You are working with a supplement company, you just want us to buy your supplements.

TeriAnn Trevenen:

You will frequently hear me say, and everyone will attest to this. I actually think that you need to be very careful with your own body listening to your own body, what your body needs. When you start taking supplements, you do not start taking 10 supplements at one time. You take one and see how it impacts your body and move to the next. However, what I do tell people is I do actually believe that everyone should be taking a good high quality organic whole food multivitamin every day. Because we are just simply not getting the nutrients that our body needs every day, even if we're eating as healthy as we possibly can.

Jonathan Hunsaker:

Yeah. I mean, so we talk about nutrient deficiencies, but it can show up in a lot of ways. So when you're nutrient deficient, you start getting cravings for different things. When we crave things and we go back to the pantry and we start eating things, right? So you could be nutrient deficient in certain vitamins and minerals and it shows up

as craving sugar or craving chocolate or craving fats or craving different things. And then we go and we eat, right? It's contributing to the obesity that's happening in Western countries and pretty much all over the world now, right? You go to McDonald's and you eat their big Mac meal, right? You've just now consumed whatever, 1200 calories, whatever it is dependent if you have a diet soda or not, right? So you have 1200 calories and then two hours later you're hungry, but you're full. Why is that?

Jonathan Hunsaker:

Well, because there was no nutrients in that big Mac meal. There's no nutrients in those French fries. But our body is saying, I need these nutrients. So what does your body do to get the nutrients it wants to eat? So it goes in and looks for more food to eat and where does it go to look at some more salty foods, some sugary foods, all of these other things. So consider that just having a good multivitamin can help with those cravings, can help with those deficiencies that are causing you to overeat. Now I'm not saying over eating doesn't come back to a lot of emotional and other things that they can tie into it as well. But there's absolutely biological, things that are going on in your body, chemical reactions to being deficient in nutrients. It's making you crave these other foods as well.

TeriAnn Trevenen:

Absolutely. It's interesting. Over the last several months I've been really hyper aware of my food intake because of a process that I'm taking on in the gym and building muscle and building strength. That is one of the things I've really noticed. I've been on this journey with food over the last several years and as I continue to go down this path and learn more and introduce more into in my regimens and how I'm doing things. Really become hyper aware of my body and what I'm putting into it. I notice more and more as time goes on when you're eating those foods that have a lot of nutritional value are very nutrient dense and very nutrient rich. They have all of these things that your body needs, protein, fruits, healthy proteins, fruits, veggies, healthy carbs and you eat a meal like that.

TeriAnn Trevenen:

There is a significant difference in the amount of time you can go between that meal that you ate and then the next meal that you eat. You feel so much more full and your body feels full and getting those nutrients that your body needs does it just feels a different way for your body and when you're eating things that have no nutritional value. Don't contribute to your body's overall health and I think if people were more aware of what they were putting in their mouth and what they're doing with their food, you actually paid attention to this and spent time on this. You would see that not having enough nutrients for your body, food with nutritional value really impacts your health in a significant way.

TeriAnn Trevenen:

I actually tell people one of the biggest things I would recommend to people when it comes to health is I would track my food over time and see how it truly impacts me and that's why I go back to this. The suggestion and recommendation of when it comes to supplements, what's your number one recommendation? That everyone's taking a daily multivitamin because even with all the healthy food I'm eating, I know I'm still not getting all of the nutrients that my body needs. I want to make sure I'm supplementing with that so I can be optimal health.

Jonathan Hunsaker:

Absolutely. I love the tracking food idea. People grossly underestimate the amount of food that they eat and they overestimate the amount of exercise that they get. So the best way to do it is just track it. And with apps now, MyFitnessPal, hands down, it's free. It is so easy to track. It's not like in the 90s when you had to go write every single thing down of everything that you ate and we're talking... This is an app that you can take a picture of the

barcode and it will fill in all of the carbs, the fats, the sugars that everything you can set your goals. I mean, I love the idea of tracking because it really makes a big difference.

TeriAnn Trevenen:

Yeah, and there's a huge difference between that I'm learning for my own personal journey, my own personal health between tracking foods that don't have a lot of nutritional value and foods that do. It's a huge, huge difference in our health.

Jonathan Hunsaker:

It is, and again, we're not saying that the multivitamin means go take that and continue eating McDonald's, right? That's not the conversation that's at hand here. We're just talking about the fact that even if you ate... Even if you're growing your own food in your backyard and you were eating constantly homegrown, you still may be nutrient deficient. You have to consider what are the seeds that you're getting and how much more depleted is the nutrient value of that seed from the plant that it came from because it's 70 years later than what it was. And then we could go down the conversation of heirloom seeds, seeds and all of that. But still, I would say-

TeriAnn Trevenen:

That's a rabbit hole [crosstalk 00:00:19:42].

Jonathan Hunsaker:

I would say 99.9% of people are nutrient deficient if they're not getting multivitamin.

TeriAnn Trevenen:

Yeah. You said the word maybe nutrient deficient, I would venture to guess that you could search far and wide and hardly find a person out there that if they tested their nutrient levels in their body, different levels in their body for health and just overall health, you would be hard pressed to find someone who was getting all of the nutrients-

Jonathan Hunsaker:

From just food.

TeriAnn Trevenen:

Absolutely.

Jonathan Hunsaker:

Exactly.

TeriAnn Trevenen:

That their body actually needs. So let's just go back really quickly and touch on the main points. So multivitamins, obviously we're big believers in that and then we feel everyone should be taking a multivitamin, whole food, organic, very, very good quality, clean multivitamins. Also, I'm just going to add the plug that you should always be using supplements that are tested. Stay away from multivitamins that are synthetic, that have fillers, that have mineral salts in them, oxides, chlorides, carbonates. You don't want any of those on your labels and learn how to read your labels. Understand what you're getting out of your multivitamin.

Jonathan Hunsaker:

Know the company that you're buying from, right? It doesn't need to be organics by all means. Say if you want to keep taking your Centrum, just call up and ask them and they'll tell you that it's made of synthetics. If you want to take... If you have other favorite brands, keep taking them. What I ask is call them and find out what's in it and if it's not organic, encourage them to make it organic. Like if you have some brand loyalty, awesome, stay with your brand but start pushing them to create organic ingredients. See, a lot of people have this misunderstanding in business that it's all cut throat, but really the highest level of business in my opinion is it's collaborative.

Jonathan Hunsaker:

I want more companies out there making the products that we make organic, clean multivitamins and supplements. Why? Because then we have more farmers that are growing those ingredients. It drives the prices down. Listen, I have to pay for the supplements. My family pays for the supplements, just like everybody else does. I want the price to go down. I want more of this world to be healthy. It makes it hard when there's a lot fewer organic farmers out there and when you have to get the ingredients and it cost that much more money. So quite frankly, I think the opposite. I would love for a lot more companies to come into this space making clean, organic supplements. Because then the price goes down and then it becomes more widely available to everybody around the world, not just those that can afford the "nicer supplements" quote unquote.

TeriAnn Trevenen:

Absolutely. Let me just say one last thing before we close out today. We're talking about multivitamins and the quality of multivitamins, but let me just say on all supplements across the board. This is not something we've been shy about, synthetics, fillers, a lot of different supplements have the same issues that a multivitamin would. You need to be looking at the very same things in your other supplements and really understand what you're putting into your body.

Jonathan Hunsaker:

Yep, and ask for the verification. I mean we spend extra money to get our products third party tested for heavy metals, for glyphosate, for pesticides, herbicides, insecticides for GMOs-

TeriAnn Trevenen:

GMOs.

Jonathan Hunsaker:

... for all of that. So a good company will pay to get it tested and they'll be happy to show you the results. A bad company will not pay to get it tested and we'll be scared to show you the results, right? So if you're not sure, just call and ask and let them send it to you and if they won't keep shopping.

TeriAnn Trevenen:

Absolutely.

Jonathan Hunsaker:

Awesome. Thank you everybody for tuning in. We have tons of show notes for you at empoweringyouorganically.com also like us on iTunes, give us a five star rating. Give us a review. I'd love it if you gave us a review. More reviews means that we show up in other people's feeds. Which means more people can listen to us and see our beautiful faces and be able to get all of this wonderful information that hopefully helps them live a longer, healthier, and happier life. Thank everybody for tuning in. We'll see on the next call.

TeriAnn Trevenen:

Thanks everyone.

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