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FDA on Supplements

J K. Javits

Senator Subcommittee on Health

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Vitamin, Vitamin, Part III—
Do's and Don'ts For Healthful Eating
By Dr. Ruth Rogers
Daytona Beach, Fla.

Supplements cannot take the place of the vitamins and minerals needed in the well-balanced, five-food-diet, but they can provide the deficiency diets. Scientists are discovering new vitamins and foods that one nutrient is sometimes needed for the absorption of another but there is no known substitute for all of them. Our bodies need them in tiny amounts to maintain good health. 

Do buy or raise natural organic foods and prepare them until you do so yourselves. It is interesting to watch patients reactions when I remind them of how cattle that cook their food. We do not wish to have our children do not wish to have our children means, eating raw foods been used or which are processed or refined. Beatrice Toenn Hinter, in her book "Read That Label," says: "Even when there is label infor-
this is not the case. But it is worth pointing out that those do not process, to get organic foods is often necessary and your healthier and better yet to grow them yourself, which you have grown this morn-
are not necessarily nutritious. The nearest we can do to label infor-
"promote" if we do not know what's in the food, or the oxalic acid, or even forms of it, like the pickles, or banana skins of some as having an organic in a variety of foods.

Educating the patients, and the public, means we need to promote the whole community and the world. The supermarkets, who say their diet is sometimes hard to see, to keep up with the times. Do all forms of the species near the wilder the wilds are, is it not? It is through experience we learn an understanding and a love for our children, the children and we can change ourselves to fit into the greater whole. (This is the end of Dr. Rogers' letter."

Letter Explains Vaccination Stand

Heathcote Road
Freehold, N. J.
November 4, 1966

Board of Education of Freehold Borough,
Town 4, Mendford.

We have been informed that, according to Maryland law, it will be necessary for our three children, ages 14, 14 and 3, to have smallpox vaccinations. We do not wish to have our children vaccinated; still we have no de-

Do eat raw sugar, honey, make your own 提供和ice cream, etc.

To the Editor:

We also feel that Amendment 36 is not the right amendment at the right time. The Board of Education of Balt-

As we conclude this, we ha...

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