



# YOUR VITAMINS ARE OBSOLETE

## THE VITAMER REVOLUTION:

A Program For Healthy Living And Longevity

“Your Vitamins Are Obsolete” is about the disparity between what we expect of our vitamin supplements and what they actually provide. Over the past fifty years, increasingly processed food has had its natural bioactive vitamins stripped out while having the synthetic forms substituted back in through fortification and supplementation. These artificial vitamins are poorly made, poorly absorbed, and poorly utilized, eventually being just flushed away unused. This deficiency manifests as chronic inflammation leading to nine out of ten causes of illness and death.

*“Dr. Zablow unifies anthropology, genetics, and nutrition into a comprehensive guide for healthy aging. The information in this book had an immediate impact on my use of nutritional supplements. This should be required reading for all medical students and nutritionist specialists.”*

—DR. ALLEN C. KARP

*“This is an important book both for laypeople and healthcare providers. Our current healthcare system is doing the public a great injustice. Dr. Zablow describes a helpful adjunct or even a cure for some.”*

—SALLY PACHOLOK, R.N., B.S.N.

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Sheldon Zablow, MD is a Nutritional Psychiatrist and has published a nutrition/health and wellness book. The book describes the connection between the deficiency of bioactive forms of B vitamins called *vitamers* and the universal illness of chronic inflammation which can lead to major medical disorders. Dr. Zablow was a voluntary professor at UCSD Medical School where he supervised Child Psychiatry Fellows and was presented with two teaching awards.

### BOOK SPECS

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