

The Need for Nutrition

As sciences go, nutrition is a young one. To put its age in perspective, if the history of the human race were compressed into 24 hours, scientific discoveries began about 12 seconds ago, and nutrition, as an organized science, emerged only during the last three to six seconds.

While much has been discovered about nutrition in its short scientific history, the road ahead still holds many discoveries in our journey toward optimal health. Of the many vehicles on that road, USANA is the Mercedes Benz®, leading the way in quality and integrity.



Overworked and Undernourished

The human species has existed in something like its present form for hundreds of thousands of years. During that time, the immune system has played a vital role in our ability to weather exposure to parasites, bacteria, viruses, toxins, and other hazards that assert themselves daily by interacting with our bodies. Each of us has a personal responsibility for our own health. "Health is not just the absence of disease—it is the empowering of our bodies to perform at its optimal level." -Dr. Myron Wentz, Ph.D.

Our body's struggle against disease is ongoing, a person's immune system meets innumerable challenges, foiling countless opponents in a lifetime. A fatal infection often represents the only unqualified loss in a generally victorious campaign. For a time, it was widely assumed that infectious diseases had been brought under control, especially in the industrialized nations. The appearance of AIDS, and the recent resurgence of tuberculosis, including the evolution of organisms resistant to many drugs, illustrates that the monster was not slain—it was merely asleep. The study of immunology embraces more than just the nature and prevention of infections. Dr. Wentz' immunologic research points toward new approaches for protecting against certain diseases that result from lapses or malfunctions in the immune response. This work provides a scientific framework for examining the chemical organization of living systems and integrating that information into an understanding of how this amazing organism, the human body, functions as a whole.

"Infectious and chronic diseases are dual enemies that have to be fought simultaneously on a global scale. The battle for health in the 21st century must begin today." -Dr. Myron Wentz

What can you do to help ensure that your body has what it needs in order to maintain optimal health? The answer is very complex, but most research concludes that the answer depends strongly on your nutritional and lifestyle choices. A majority of the illnesses that afflict us are related to nutritional factors (a diet high in animal fat, protein, and cholesterol, and low in fiber), lifestyle (tobacco smoking, excessive alcohol consumption), and the environment (chemical carcinogens, ozone depletion, air pollution, and industrial toxins). When it comes to your well being, there are no guarantees. However, the daily decisions you make may have a tremendous effect on the outcome of your overall health. The better your nutritional status, the better all systems—including your immune system—will be. Commit today to take the necessary steps toward giving your body the best possible defenses against disease.

Your Health is Priceless...

Don't Turn it Over to the Lowest Bidder or Latest Fad

-By Myron Wentz, Ph.D.

Your daily diet must provide the essential nutrients for optimal health and proper cell function. However, research shows that because the foods we eat today are lacking many essential nutrients and most people simply don't eat right, we could be deficient in the nutrients needed to maintain good health.

But the concept of going to the store and pulling different supplements off the shelf—whatever seems to be the latest fad—is not the way to supply proper nutrition. Nutrition must be balanced.

Healthy Cells = Healthy Bodies

The first company I founded, Gull Laboratories, was successful in growing billions of cells for the purpose of diagnosing viral diseases. I developed the first commercially available test kit for the diagnosis of the Epstein-Barr virus. And now doctors and hospitals around the world use Gull products to accurately diagnose viral diseases.

Our ability to grow healthy and vibrant cells was the reason Gull set the "Gold Standard" for detecting viral diseases.

However, our diagnostic products did little to help people prevent disease. Realizing that nutrition plays a key role in cell health and disease prevention, I turned my attention to human nutrition. I founded USANA because it became increasingly apparent that the nutritional requirements of the human body were not being met in today's environment.

I knew that my knowledge and expertise in growing human cells could be used to design an advanced nutritional system that could help improve peoples' health and quality of life.

Why You Should Consider Nutritional Supplementation

Our bodies are constantly being assaulted by the damaging aspects of the environment, such as radiation, stress, and the toxic chemicals that pollute our air, water, and food. USANA nutritional products are designed to provide a complete and balanced spectrum of beneficial nutrients to help counteract poor nutrition and to prevent the damage caused by this environmental onslaught.

Give yourself the gift of nutrition—your cells will love you for it.

*"I dream of a world free from pain and suffering.
I dream of a world free from disease.
The USANA family will be the healthiest family on earth.
Share my vision.
Love life and live it to its fullest in happiness and health."*

-Dr. Myron Wentz, Founder and Chairman,
USANA Health Sciences