

by Judi Burton

Meet Dr. Winferd Holt, who is 74 years young. During his nearly three-quarters of a century on this Earth, he has lived in Loris, SC, except when he attended Wake Forest University in North Carolina and the College of Virginia, where he received the highest honor bestowed to students at that time. His grade point average was "off the charts." Holt went on to become a dentist; a career he always knew he would pursue.

Both Holt's father and grandfather died young. His father at 59 and his grandfather at 49. His uncles also all passed away early. The common culprit was massive heart failure. Holt was 30 years old when he was told he would likely not be enjoying his golden years because he shared the same heart and blood pressure problems that his older male family members did. Not ready to fulfill his "family tradition," he began

researching possible causes for his family curse of an early grave. With his proven academic skills and enthusiasm, and the motivation of survival, he discovered interesting circumstances involving health and nutrition.

"I grew up on a farm," Holt said. "We ate veggies, dairy and meat that we had grown ourselves. We thought we were doing the best for our bodies, but we weren't. You see, years and years ago, we used fertilizer straight from the chicken coop or horse barn. The soil had all the essential minerals and nutrients in it that could help sustain our bodies. Then, later on, mass agriculture took off and we were introduced to artificial chemical fertilizers. Now, the soil that is used to grow plants only has a very low percentage of nutrients. We are deficient no matter how well we eat. The plants just don't have it in them anymore." Holt said that even organic plants do not have

the correct amount of nutrients in them because the animals that made the fertilizer fed on the nutrient-deficient grass or corn feed grown from artificial fertilizer.

Holt started experimenting with a product from a sea mine that contains 72 minerals key to health, along with several other trace minerals that he found to be the exact ratio of minerals the human body needs to function at its best. Then he studied enzymes and how they are critically necessary to break down and digest different types of foods. "When you cook food, all of the live plant enzymes are lost. That is why it is important to eat raw foods." Holt did warn that if you are eating cooked food it is important to slowly transition to a totally raw diet, otherwise you might have serious digestive problems. Since it is very hard for people in this day and age to eat only raw food, Holt turned to a good

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enzyme alternative source, honey bee pollen. Evidently, natural honey bee pollen has more than 5000 enzymes and 96 nutrients essential to health. In fact, Holt said that bee pollen contains every known nutrient needed to sustain human life. Hippocrates, the “father of medicine,” called bee pollen “the secret to longevity.”

Holt was so impressed with the supplements he was taking that he decided to quit dentistry to start his own line of nutritional supplements, and his new company, For You Inc., was born.

In the beginning, people would not listen to him and his uncommon enthusiasm for natural nutrition, and many physicians would tell his clients they were wasting their money on his crazy ideas and prod-



ucts. In that era, it was very hard to convince people that food was the key to good health. He was called a “quack” and a “snake oil peddler.” “We live in a society of instantaneous results,” Holt explained. “People need to see to believe.” As such, Holt and his wife began working on a product in their lab that would function in such a fashion that people would be able to see the effects immediately. They came up with a skin-care line they dubbed “The Non-Surgical Face Lift.” The idea was to treat only half of a woman’s face and within 15 to 30 minutes, a dramatic difference would be seen. It worked so well that soon they had believers of not only their skin-care products, but their nutritional supplements as well. Today, these products are shipped throughout the United States, Mexico, the Bahamas, Bermuda, the Virgin Islands and Europe, right from their “international headquarters” on Main Street in Loris.

“The skin is the largest organ of the body,” Holt said. “I would never ingest or put something on myself that I thought would be harmful to me. Many skin-care products say they have a certain ingredient like aloe vera in it, but it usually does not have a large amount. Where do they get the aloe? We get ours from a hydroponic garden, where all of the nutrients are controlled. Our goal is to have quality and proper quantity.” As for the bee pollen, it is taken from hives way out

in the desert, where the soil has not been tampered with and the plants and bees are not exposed to pollutants, such as pesticides and herbicides, Holt explained. The bee pollen is then “cold pressed” so that the enzymes are not killed in the process of manufacturing the bee pollen tablets. Holt did caution that when you introduce bee pollen into your body, it is important to follow the instructions on the bottle. Some people are allergic and it is necessary to take very small amounts at first as a test. The upside is that those who cannot tolerate bee pollen only experience minor, temporary side effects, such as hives or upset stomach.

Holt is always striving to help people young and old with their nutritional deficiencies. A mother of a 3 month old called him recently and told him her child was diagnosed with acid reflux disease. “Those doctors are going to put that baby on medication when they should have told her not to use formula,” Holt said. “The baby doesn’t need anything but what the mother could have given her in her own breast milk. So, now we have to put the baby on colostrum, which is what the mother would have produced in her breast milk. Many of the new diseases we are seeing now with children have everything to do with poor nutrition. If you understand what the body needs, you can give yourself the proper building blocks to heal itself.”

For 43 years, Holt has been defying death with his knowledge of the human body and the things it needs to survive. He has broken a ghastly family tradition of early deaths and helped thousands of others do the same. His goal is to be 120 years old before he passes on, which would mean another 46 years of teaching people how to stay healthy for as long as possible. For You Inc. is a family-run business. His wife, son and daughter are all by his side helping him spread the message about nutritional deficiencies in the body.

For more info, visit ForYouInc.com or call 877-866-8446. See ad page 24.

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