Chapter 10

VITAMINS

What is a vitamin? We have all heard of vitamins. There is much controversy about whether we need to add them to our diet, or is it enough that we get all from the foods we eat? Many experts say "no." Vitamins are food. That is the reason I only take vitamins made naturally and not those made synthetically.

There was a program on vitamins and septic tanks on one of the major networks on television many years ago. And I have read stories elsewhere about septic tanks and vitamins.

People who clean septic tanks were starting to talk among themselves at the strange things they were finding when they emptied these tanks. At the bottom of the tanks were mounds of vitamin capsules...unopened and intact. After how many years and in what conditions? Proof that the people taking them had wasted their money buying them. The vitamins had passed right through their bodies.

The following lists just some of the sources for these vitamins. Remember, this is your journey and it is up to you to study more...if you want more knowledge. What I am presenting is just a guide. A place to start.

VITAMIN A

Vitamin a is fat-soluble. It is found in green and yellow fruits and vegetables, milk, milk products, fish liver oil, apricots (dried), liver, spinach and carrots. The bones, eyes, hair, skin, soft tissue, and teeth are all affected by the lack of this vitamin.

It aids body tissue reparation and maintenance (resists infection), visual purple production (necessary for night vision). The symptoms, if you are deficient, are allergies, appetite loss, blemishes, dry hair, fatigue, itching burning eyes, loss of smell, night blindness, rough dry skin, sinus trouble, soft tooth enamel, susceptibility to infections.
Vitamin A will help acne, alcoholism, allergies, arthritis, asthma, athlete's foot, bronchitis, colds, cystitis, diabetes, heart disease, hepatitis, migraine headaches, psoriasis, sinusitis, stress, tooth and gum disorders.

**VITAMIN BI**

Vitamin BI is water-soluble. It is found in black strap, brewer's yeast, brown rice, fish, meat, nuts, organ meats, poultry, and wheat germ. Also in peanuts, sunflower seeds and Brazil nuts.

Our appetites, blood building, carbohydrate metabolism, circulation, digestion (hydrochloric acid production), energy, growth, learning capacity, muscle tone, maintenance of intestines, stomach and heart, are all affected by this vitamin.

The symptoms, if you are deficient, are lose of appetite, digestive disturbances, fatigue, irritability, nervousness, numbness of hands and feet, pain and noise sensitivity, pains around your heart and shortness of breath.

**VITAMIN B2**

Vitamin B2 is water-soluble. It is found in black strap molasses, brewer's yeast, nuts, organ meats, whole grains, almonds, Brussels sprouts and liver.

It affects our eyes, hair, nails, skin, soft body tissue. It aids in antibody and red blood cell formation, cell respiration, metabolism (carbohydrate, fat and protein).

The symptoms, if you are deficient, are cataracts, corner of mouth cracks and sores, dizziness, itching, burning eyes, poor digestion, retarded growth, red, sore tongue.

Vitamin B2 will help if you have acne, alcoholism, arthritis, baldness, cataracts, diabetes, diarrhea, indigestion and stress.

**VITAMIN B6**

Vitamin B6 is water-soluble. It is found in black strap molasses, brewer's yeast, green, leafy vegetables, meat, organ meats, wheat germ, whole grains, desiccated liver, prunes, brown rice and peas.
It aids in antibody formation, digestion (hydrochloric acid production), fat and protein utilization (weight control), maintains sodium/potassium balance (nerves).

The symptoms, if you are deficient, are acne, anemia, arthritis, convulsions in babies, depression, dizziness, hair loss, irritability, learning disabilities, and weakness.

Vitamin B6 will help atherosclerosis, baldness, cholesterol (high), cystitis, facial oiliness, hypoglycemia, mental retardation, muscular disorders, nervous disorders, nausea in pregnancy, overweight, post-operative nausea, stress and sun sensitivity.

**VITAMIN B12**

Vitamin B12 is water-soluble. It is found in cheese, fish, milk, milk products, organ meats, cottage cheese, liver, tuna fish, and eggs.

It aids in appetite, blood cell longevity, healthy nervous system, metabolism (carbohydrate, fat and protein).

The symptoms, if you are deficient, weakness, nervousness, pernicious anemia, walking and speaking difficulties.

Vitamin B12 will help alcoholism, allergies, anemia, arthritis, bronchial asthma, bursitis, epilepsy, fatigue, hypoglycemia, insomnia, overweight, shingles, and stress.

**BIOTIN**

Biotin is water soluble. It is found in legumes, whole grains, organ meats, brewer’s yeast, lentils, mungbeans, sprouts, egg yolk and liver.

It aids cell growth, fatty acid production, metabolism (carbohydrate, fat, protein), and vitamin B utilization.

The symptoms, if you are deficient, are depression, dry skin, and poor appetite. Biotin will help baldness, dermatitis, eczema and leg cramps.
**CHOLINE**

Choline is water-soluble. It is found in brewer's yeast, fish, legume, organ meats, soybeans, wheat germ, lecithin, liver, egg yolks and peanuts.

It aids in lecithin formation, liver and gall bladder regulation, metabolism, (fats, cholesterol) and nerve transmission.

The symptoms, if you are deficient, are bleeding stomach ulcers, growth problems, heart problems, heart trouble, high blood pressure, impaired liver and kidney function and intolerance to fats.

Choline will help alcoholism, atherosclerosis, baldness, cholesterol (high), constipation, dizziness, ear noises, hardening of the arteries, headaches, heart trouble, high blood pressure, hypoglycemia and insomnia.

**FOLIC ACID**

Folic acid is water-soluble. It is found in green, leaf vegetables, mild, milk products, organ meats, oysters, salmon, whole grains, brewer's yeast, dates, spinach and tuna fish.

It aids in appetite, body growth, and reproduction, hydrochloric acid, protein metabolism, and red blood cell formation.

The symptoms, if you are deficient, are anemia, digestive disturbances, graying hair, and growth problems. Folic acid will help alcoholism, anemia, atherosclerosis, baldness, diarrhea, fatigue, menstrual problems, mental illness, stomach ulcers, and stress.

**INOSITOL**

Inositol is water-soluble. It is found in black strap molasses, citrus fruits, brewer's yeast, meat, milk, nuts, vegetables, whole grains, lecithin, oranges, and peanuts.

It aids in artery hardening retardation, cholesterol reduction, hair growth, lecithin formation, and metabolism (fat and cholesterol).
The symptoms, if you are deficient, are cholesterol (high), constipation, eczema, eye abnormalities, and hair loss.

Inositol will help atherosclerosis, baldness, cholesterol (high), constipation, heart disease, and overweight.

**NIACIN**

Niacin is water-soluble. It is found in brewer's yeast, seafood, lean meats, milk, milk products, poultry, desiccated liver, rhubarb, and peanuts.

It aids in circulation, cholesterol level reduction, growth, hydrochloric acid production, metabolism (protein, fat, carbohydrates), and sex hormone production.

The symptoms, if you are deficient, are appetite loss, canker sores, depression, fatigue, halitosis, headaches, indigestion, insomnia, muscular weakness, nausea, nervous disorders, and skin eruptions.

Niacin will help acne, baldness, diarrhea, halitosis, high blood pressure, leg cramps, migraine headaches, poor circulation, stress, and tooth decay.

**PANTOTHENIC ACID**

Pantothenic acid is water-soluble. It is found in brewer's yeast, legumes, organ meats, salmon, wheat germ, whole grains, mushrooms, elderberries, and orange juice.

It aids in antibody formation, carbohydrate, fat, protein conversion (energy), growth stimulation, and vitamin utilization.

The symptoms, if you are deficient, are diarrhea, duodenal ulcers, eczema, hypoglycemia, intestinal disorders, kidney trouble, loss of hair, muscle cramps, premature aging, respiratory infections, restlessness, nerve problems, sore feet, and vomiting.

Pantothenic acid will help allergies, arthritis, baldness, cystitis, digestive disorders, hypoglycemia, tooth decay, and stress.
PARA AMINOBENZOIC ACID - PABA

PABA is water-soluble. It is found in black strap molasses, brewer's yeast, liver, organ meats and wheat germ.

It aids in antibody formation, carbohydrate, fat, protein conversion (energy), intestinal bacteria activity, and protein metabolism.

The symptoms, if you are deficient, are constipation, depression, digestive disorders, fatigue, gray hair, headaches, and irritability.

PABA will help baldness, graying hair, overactive thyroid gland, parasitic diseases, rheumatic fever, stress, and infertility. It shows externally by burns, dark skin spots, dry skin, sunburn, and wrinkles.

PANGRAMIC ACID - B15

Pangramic acid is water-soluble. It is found in brewer's yeast, brown rice, meat (rare), seeds (sunflower, sesame, pumpkin), whole grains, and organ meats.

The symptoms, if you are deficient, are heart disease, nervous and glandular disorders.

Pangramic acid helps alcoholism, asthma, artherosclerosis, cholesterol (high), emphysema, heart disease, headaches, insomnia, poor circulation, premature aging, rheumatism, and shortness of breath.

VITAMIN C - ASCORBIC ACID

Vitamin C is water-soluble. It is found in citrus fruits, cantaloupes, green peppers, and strawberries.

The symptoms, if you are deficient, are anemia, bleeding gums, capillary wall ruptures, bruise easily, dental cavities, low infection resistance (colds), nosebleeds, and poor digestion.

Vitamin C helps alcoholism, allergies, artheroscienrosis, arthritis, baldness, cholesterol (high), colds, insect bites, overweight, prickly heat, sinusitis, stress, and tooth
VITAMIN D

Vitamin D is fat-soluble. It is found in egg yolks, organ meats, bone meal, sunlight, milk, salmon, and tuna.

The symptoms, if you are deficient, are burning sensation (mouth and throat), diarrhea, myopia, nervousness, poor metabolism, softening bones and teeth.

Vitamin D helps acne, alcoholism, allergies, arthritis, cystitis, eczema, psoriasis, and stress.

VITAMIN E

Vitamin E is fat-soluble. It is found in vegetables, eggs, liver, organ meats, vegetable oils, desiccated liver, oatmeal, peanuts, tomatoes, and wheat germ oil.

The symptoms, if you are deficient, falling hair, enlarged prostate gland, disease, heart disease, Impotency, muscular wasting, and sterility.

Vitamin E helps allergies, arthritis, atherosclerosis, baldness, cholesterol (high), crossed eyes, cystitis, diabetes, heart disease (coronary thrombosis, angina pectoris, rheumatic heart disease), menstrual problems, overweight, phlebitis, sinusitis, stress, thrombosis, and varicose veins. Externally, helps burns, scars, warts, wrinkles and wounds.

VITAMIN F

Vitamin F is found in vegetable oils, safflower, soy, corn, wheat germ and sunflower seeds.

The symptoms, if you are deficient, are acne, allergies, diarrhea, dry skin, dry brittle hair, eczema, gallstones, nail problems, under weight, and varicose veins.

Vitamin F helps allergies, baldness, bronchial asthma, cholesterol (high), eczema, gallbladder problems or removal, heart disease, leg ulcers, psoriasis, rheumatoid arthritis, overweight and underweight.
**Vitamin P - BIOFLAVONOIDS**

Vitamin P is water-soluble. It is found in fruits (skin and pulp), apricots, cherries, grapes, grapefruit, lemons, and plums.

The symptoms, if you are deficient, are anemia, bleeding gums, capillary wall ruptures, bruise easily, dental cavities, low infection resistance (colds), nosebleeds, and poor digestion.

Vitamin P helps asthma, bleeding gums, colds, eczema, dizziness (caused by inner ear), hemorrhoids, high blood pressure, miscarriages, rheumatic fever, rheumatism, and ulcers.

**MINERALS**

**CALCIUM**

Calcium is found in milk, cheese, molasses, yogurt, bone meal, dolomite, almonds, and beef liver.

The symptoms, if you are deficient, are heart palpitations, insomnia, muscle cramps, nervousness, arm and leg numbness, and tooth decay.

Calcium helps arthritis, aging symptoms (backache, bone pain, finger tremors), foot and leg cramps, insomnia, menstrual cramps, menopause problems, nervousness, overweight, premenstrual tension, and rheumatism.

**CHROMIUM**

Chromium is found in brewers yeast corn oil, whole grain cereals.

The symptoms, if you are deficient, are atherosclerosis, and glucose intolerance in diabetics.

Chromium helps diabetes and hypoglycemia.
**COPPER**

Copper is found in seafood, kelp tablets, and iodized salt.

The symptoms, if you are deficient, are general weakness, impaired respiration, and skin sores.

Copper helps anemia and baldness.

**IODINE**

Iodine is found in seafood, kelp tablets and iodized salt.

The symptoms, if you are deficient, are cold hands and feet, dry hair, irritability, nervousness, and obesity. Iodine helps atherosclerosis, hair problems, goiter, and hyperthyroidism.

**IRON**

Iron is found in black strap molasses, eggs, fish, organ meats, poultry, wheat germ, desiccated liver, and shredded wheat.

The symptoms, if you are deficient, are breathing difficulties, brittle nails iron deficiency anemia (pale skin, fatigue), and constipation,

Iron will help alcoholism, anemia, colitis, and menstrual problems.

**MAGNESIUM**

Magnesium is found in bran, honey green leafy vegetables, nuts, seafood, spinach, bone meal, kelp tablets, peanuts and tuna.

The symptoms, if you are deficient, are confusion, easily aroused anger, nervousness, rapid pulse, and tremors.

Magnesium helps alcoholism, cholesterol, depression, heart conditions, kidney stones, nervousness, prostate troubles, sensitivity to noise, stomach acidity, tooth decay and overweight.
PHOSPHORUS

Phosphorus is found in eggs, fish, grains, glandular meats, yellow cheese, and milk.

The symptoms, if you are deficient, are appetite loss, fatigue, irregular breathing, nervous disorders, overweight, and weight loss.

Phosphorus will help arthritis, stunted growth in children, stress, tooth and gum disorders.

MANGANESE

Manganese is found in bran cereals, celery, bananas, egg yolks, green, leafy vegetables, legumes, liver, nuts, pineapples, and whole grains.

The symptoms, if you are deficient, are ataxia (muscle coordination failure), dizziness, ear noises, and loss of hearing.

Manganese will help allergies, asthma, diabetes, and fatigue.

POTASSIUM

Potassium is found in dates, figs, peaches, tomato juice, black strap molasses, peanuts, raisins, seafood, apricots, bananas, flounder, potatoes and sunflower seeds.

The symptoms, if you are deficient, are acne, continuous thirst, dry skin, constipation, general weakness, insomnia, muscle damage, nervousness, slow irregular heartbeat, and weak reflexes.

Potassium helps acne, alcoholism, allergies, burns, colic in infants, diabetes, high blood, heart disease (angina pectoris, congestive myocardial infarction).

SODIUM

Sodium is found in salt, milk, cheese, and seafood.

The symptoms, if you are deficient, are appetite loss, intestinal gas, muscle shrinkage, vomiting, and weight loss.
Sodium helps dehydration, fever, and heat stroke.

**SULPHUR**

Sulphur is found in bran, cheese, clams, eggs, nuts, fish, and wheat germ.

The symptoms, if you are deficient, are not known.

Sulphur helps arthritis. Externally, helps skin disorders (eczema, dermatitis, psoriasis).

**ZINC**

Zinc is found in brewer's yeast, liver, seafood, soybeans, spinach, sunflower seeds, and mushrooms.

The symptoms, if you are deficient, are delayed sexual maturity, fatigue, loss of taste, poor appetite, prolonged wound healing, retarded growth, and sterility.

Zinc helps alcoholism, atherosclerosis, baldness, cirrhosis, diabetes, internal and external wounds, and injury healing, high cholesterol (eliminates deposits), and infertility.

Ever since I cured my own arthritis I have been looking for a company with that special product. It took some doing but I believe I have the very best in the nutrition world. It is a product called Alka Green. It is a natural body alkalizer recommended as the best overall body alkalizer.

One of the reasons we have disease is that our bodies are more acid than alkaline and we need to have a balance. It takes a genius to provide the proper foods to do this, along with a lot of time and dedication.

Now you can accomplish the same thing with this product call Alka Green. It comes in powder or tablets. I prefer the tablets...for me it is easier. The 100% barley green juice concentrate is recommended as the best for overall boyg alkaling. It is grown under organic conditions...no chemical fertilizers, insecticides or pesticides. It is not diluted, so it provides the maximum concentration of the chelated colloidal alkaline minerals so vital to health.
Don't be fooled by those that have brown rice for filler. The Bible mentions barley over 60 times. It was the first live food available in the spring and it revitalized people after the long, hard winters. It far easier than eating four to five helpings of green vegetables a day.

NOTE: For any treatment or diagnosis of illness, see your physician. The use of certain dietary supplements may result in allergic reactions in some individuals. This chapter is not intended to be diagnostic or prescriptive, and I accept no responsibility. Remember, it is your body you are trying to get into shape...I am here to show you what I did and to guide you.