

THE VITAMIN CONNECTION **B**

Part 2 BY SIMONA STEPANCIC



VITAMIN B1 (THIAMINE) What Is It?

Thiamine was first discovered in 1910 by Umetaro Suzuki in Japan when researching how rice bran cured patients of Beriberi. Thiamine is required for many different bodily functions and responsible for many chemical reactions in the body.

BENEFITS:

- Aids carbohydrate utilization for energy
- Enhances circulation
- Has beneficial effects on the nerves and brain
- Helps control motion sickness
- Enhances immune response
- Manufactures hydrochloric acid in the stomach, therefore it enhances digestion
- Helps with depression
- Promotes proper growth in children

FOOD SOURCES:

Brown Rice, Black Beans, Wheat Germ, Nuts and Seeds, Organ Meats, Brewers Yeast
Lean pork is one of the best sources of Thiamine

DEFICIENCIES MAY RESULT IN:

Beri Beri (severe Deficiency), Extreme Fatigue, Constipation, Enlarged Liver, Nervousness, Pain, Insomnia, Poor Memory, Irritability

WHAT INCREASES YOUR NEED FOR B1?

Smoking, Eating Too Much Sugar, Birth Control Pills, Hormone Replacement Therapy, Alcohol Consumption, Depression & Anxiety and Eating Junk Food

VITAMIN B2 (RIBOFLAVIN) What is it?

Riboflavin is manufactured in the body by the intestinal flora. It is necessary for energy production and fat and carbohydrate metabolism.

BENEFITS:

- Required for metabolism of amino acids
- Helps prevent cataracts
- Required for mucous membranes
- Promotes healthy skin
- Good for mucous membranes in the digestive tract
- Helps with absorption of iron and vitamin B6
- Protects against toxicity and environmental chemicals

FOOD SOURCES:

Almonds, Cheese, Eggs, Fish, Lean Meat, Green Leafy Vegetables, Legumes, Brewer's Yeast, Broccoli

DEFICIENCIES MAY RESULT IN:

Alcohol Abuse, Anaemia, Eye Disorders, Hair Loss, Dermatitis, Poor Digestion, Skin Lesions, Cracks and Sores at the corners of the mouth

WHAT INCREASES YOUR NEED FOR B-2?

Pregnancy and Lactation, Red Meat Consumption, Prolonged Stress, Consuming Alcohol, Antibiotics, Birth Control Pills.



VITAMIN B3 (NIACIN)

What Is It?

Niacin is also called nicotinic acid or niacinamide and it can be manufactured by the body. It is involved in energy production, sex hormone synthesis and digestion.

BENEFITS:

- Helps in the release of energy
- Metabolizes carbohydrates, protein and fats
- Good for proper circulation
- Builds healthy skin
- Important for the nervous system functioning
- Treating schizophrenia and other mental illnesses
- Memory enhancer

VITAMIN B5 (PANTOTHENIC ACID)

What Is It?

Pantothenic acid is known as anti-stress vitamin. It is required by all cells and it can be manufactured in the body by the intestinal bacteria.

BENEFITS:

- Secretion of hormones
- Formation of antibodies
- Aids in vitamin utilization
- Supports the adrenal glands
- Helps with the production of neurotransmitters
- Treats depression and anxiety
- Builds haemoglobin
- Fights allergies
- Maintains healthy skin
- Reverse greying of hair

VITAMIN B6 (PYRIDOXINE)

What Is It?

Pyridoxine is required for mental and physical health.

BENEFITS:

- Balances hormones
- Prevents water retention
- Produces Hydrochloric acid in the stomach
- Controls moods
- Helps children with learning difficulties
- Promotes red blood cell formation
- Prevents eczema and psoriasis
- Prevents arteriosclerosis
- Reduces PMS

FOOD SOURCES:

Fish, nuts, asparagus, legumes, beef liver, brewers yeast, broccoli, carrots, cheese, dandelion greens, wheat germ, dates, tomatoes, eggs

DEFICIENCIES MAY RESULT IN:

Pellagra, Canker sores, Depression, Dizziness, Fatigue, Headaches, Indigestion, Insomnia, Muscular Weakness, Skin Eruption and Inflammation.

WHAT INCREASES YOUR NEED FOR B-3?

Alcohol consumption and not having enough protein

- Helps convert fat, carbohydrates and protein into energy.

FOOD SOURCES:

Beef, Brewer's Yeast, Vegetables, Legumes, Royal Jelly, Whole Wheat, Eggs, Nuts and Liver

DEFICIENCIES MAY RESULT IN:

Fatigue, Headaches, Depression, Frequent Infections, Muscle Weakness

WHAT INCREASES YOUR NEED FOR B-5:

Stress, Proneness to allergies, eating refined foods.

P.S. Pantothenic acid can be lost in cooking and destroyed when exposed to acid and canning

FOOD SOURCES:

Brewer's yeast, carrots, chicken, eggs, fish, spinach, sunflower seeds, wheat germ, avocado, bananas, brown rice, broccoli, cabbage, dulse

DEFICIENCIES MAY RESULT IN:

Anemia, Irritability, Insomnia, Nervousness, Flaky Skin, Acne, Depression, Memory Problems

WHAT INCREASES YOUR NEED FOR B-6:

Antidepressants, Birth Control Pills, Hormone Replacement Therapy, Alcohol Consumption

