

VITAMINS

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The medical dictionary defines vitamins as "factors necessary for the normal growth and functioning of the body ; organic substances occurring in small amounts in fresh native foods, such as plants and the flesh of animals".

It was not so very long ago that one never heard of vitamins, and but for the fact that it was suddenly realised that many diseases were due to a lack of certain substances in the daily diet that investigation disclosed the presence of these nutritional accessories, even as in previous investigations the importance of the various mineral salts had been disclosed. The fact is that when we feed on natural foods as supplied by nature we do not have to worry about calories, minerals or vitamins ; but, as stressed in previous articles, our modern foods are so commercialised, faked and poisoned that we have to seek additional sources for our supply of the essential life-promoting elements.

In 1888 it was discovered that in addition to protein, fat, carbohydrate and minerals small amounts of other substances were essential to life ; but it was not until 1912 that these unknown substances were accepted as an essential part of the diet, and they were termed "accessory food factors". Actually the discovery of vitamins simply proved that natural, unfaked food supplied to the body all the nutritional and activating elements necessary.

Most modern processed foods are sadly lacking in vitamins as well as in mineral salts. Wrongly fertilised and chemicalised soil also produces mineral and vitamin deficient crops. Another reason for vitamin loss is cooking, for excessive heat destroys these accessory food factors. The orthodox method of supplying minerals and vitamins is to give the former in a form too crude for the body to utilise, and the latter in a synthetic form which is vastly inferior to vitamins from natural sources. Indeed, too much synthetic vitamin feeding can be harmful—as harm-

ful as the taking of crude mineral matter. The large chemical firms grow fat on the sales of modern drug-foods, and the unfortunate and ignorant public becomes more and more dependent on doctors who prescribe more and still more remedies which are out of harmony with natural law.

We will discuss the purpose of various vitamins and the natural sources from which they may be obtained.

Vitamin A. There are two of these vitamins. A deficiency results in malnutrition, debility, colds, catarrh, loss of weight, respiratory disorders, tuberculosis etc. This vitamin raises the resistance to infectious diseases and delays senility. Backward children who are always getting colds and coughs, and who lack vitality need more vitamin A. Foods richest in the vitamins have been written in italics.

The natural sources of vitamin A are : *fish liver oils, fish liver, animal liver, animal kidneys and heart, egg yolk, butter, green vegetables, carrots, tomatoes, animal flesh, milk, cheese, fresh fruits, whole cereals.* Vitaminised margarines may be included, but the vitamin source may be doubtful.

Vitamin D. Vitamin D is given next to the A vitamin as they both belong to the fat group. This vitamin encourages the absorption of calcium in the organism and the conversion of inorganic phosphorus to organic compounds in the bone. Vitamin D is required to keep the boney parts of the body healthy and plays a large part in the growth of healthy teeth in the young. Cases of rickets indicate a vitamin D deficiency.

The natural sources of vitamin D are : *fish liver oils, fish liver, fish fat, fish roes, egg yolk, animal liver, milk, butter, cheese, vitaminised margarine (?)*. Traces are present in some vegetables. Both vitamins A and D are present in vegetable and nut oils, but details are lacking.

Readers may be surprised to see that milk is not very high in vitamin content, and as milk is the ideal food standard it is obvious that, except in cases of ill health, only very small quantities of the vitamins are required ; indeed, the amounts normally found in properly grown vegetation. It is also interesting to observe that vitamins without minerals are of little value, and that the rich animal sources of vitamins are poor in mineral

content. Hence, when a case calls for more of any vitamin it is essential that plenty of mineral-rich food be taken at the same time.

Vitamin B. This is a very complex vitamin and consists of various constituents essential to the normal functioning of the body. The whole is known as the vitamin B complex. Twelve separate substances enter into the compound, and are known as B.1., B.2. and so on up to B.12. It is probable that even more will be discovered. Vitamin B aids liver function, increases the appetite, increases energy and encourages healthy nerves. It is indicated in all cases of debility and anaemia, neurasthenia and nervous troubles. The natural sources of vitamin B complex are : *dried yeast, yeast food-spreads* such as "Marmite", "Yeastrel" etc., *germ of cereals* such as "Bemax", "Froment" etc., *bran, buckwheat, peanuts, peas, beans, lentils, nuts (not coconuts), whole cereals, lean meats, hard fish roe, egg yolk, fruits, vegetables.*

Vitamin C. Keeps the system clean. The vitamin that helps to prevent autotoxaemia. Enables the system to resist and throw off colds, fevers and infectious disease.

The natural sources of this vitamin are : *rose hips, black currants, parsley, kale, brussels sprouts, cauliflower, broccoli, spinach, watercress, asparagus (tips), cabbage, peas, new potatoes, liver, red currants, lemon juice, orange juice, grapefruit, gooseberry, longanberry, rhubarb, tomatoes, raspberries, lettuce, beans, swedes, milk, beetroot, carrots, parsnips, onions, bananas, apples, plums, dandelions, and herbs in general.*

Vitamin E. Has a marked effect on the female generative organs and enables women subject to miscarriage to produce normal full-term infants. Also adds to sexual vitality in both sexes, and in addition strengthens the heart and circulation.

The main sources are wheat germ oil and green vegetables. Also whole wheat and whole grain generally.

Vitamin K. The vitamin helps those who have a tendency to haemorrhagic disorders and anaemia. All people who bleed easily will be benefitted by taking more vitamin K foods.

The main sources are liver, green vegetables and animal fats.

Vitamin P. People with weak blood vessels, especially fragile capillaries, require more vitamin P. Hence it is called for in cases for which vitamin K is also advisable. Sufferers from high blood pressure, and in cases where there is a danger of thrombosis, should take vitamin P daily.

The vitamin is found mainly in the peels of lemons and oranges. Also in the juices of lemons, oranges, grapes, plums, prunes, grapefruit and rose hips.

I advise all my high blood pressure sufferers to chew some lemon or orange peel daily, ejecting the chewed substance and swallowing the juice.

Several other vitamins have been isolated, but only the more important have been listed. Of this one may be certain : if natural, unfaked, unadulterated foods are taken daily, and they are of good variety, all the necessary accessory food substances will be taken into the system.

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AT FOUR O'CLOCK IN MORNING

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medies which show the symptom "at 4 a.m." are the ones which have a direct claim to be liver remedies ; but in its action every one of them belongs to the rhythmic play of the liver-physiology, to the periodicity of blood displacement, to the phasic changes in the water household.

In this way the remedy and the pathological physiology meet. "At 4 a.m." is a symptom which has its point of origin in the liver metabolism. The asthenic patient reacts to this with diarrhœa and asthma, the pyknic develops a stenocardiac attack, the athletic an epileptic fit.

All these syndromes are the result and effect of the achemtypal image which now is obvious. It consists of the interplay between the liver periodicity and the respiration of the earth. Thus perception of the disease leads directly to the finding of the remedy, and there is truth in Paracelsus' saying : "It is the physician's task to be led through Nature's examination."

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