

# LiveIt!

## Nutritional Lessons



### B-Complex Deficiency Disorders Plague Humanity

### LiveIt! Lifestyle Lesson 12

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*“ Vitamins are complexes, they are parts of enzyme systems – Like a watch which is a timekeeping mechanism – it is functional, organic, interactive – a watch is not a hunk of brass – a vitamin complex is not ascorbic acid – it is more – it is complex – organic – functional.” Dr. Royal Lee 1957*

*From the Pen of Dr. Royal Lee (1895-1967)  
Inventor, Scientist, Genius, Founder of Standard Process, Inc.*

### B-COMPLEX DEFICIENCY NEGATIVELY IMPACTS THE QUALITY OF LIFE OF MILLIONS!

**D**o you suffer B-Complex Vitamin deficiency? The answer is likely YES! That's because vitamin B-Complex may be THE ONE vitamin complex most commonly affected by modern lifestyle and refined food consumption.

**Stress – tension – anxieties**, chemicals in our environment and refined “junk foods” leech our body of healthful nutrients – All leading to B-Complex Deficiency Disorders. B-Complex is truly a nutritional essential.

**B-Complex Deficiency** has widespread negative effects on human health and well-being. Let's take a look at a few of the main categories of conditions related to B-Complex Deficiency and consider how the lack of B-Complex may be impacting your daily life.

**FACT: B-Complex Deficiency is known to be involved in serious psychological disorders such as depression, fears, confusion, anxiety, paranoia and anger.**<sup>1,2</sup>

**WHY?** The refining of grains removes the BComplex that is necessary for many metabolic processes. Metabolism of the sugars and starches in refined foods consumes thiamine and our bodies rapidly become deficient, leading to memory loss. Niacin deficiency leads to mood disorders. B-12 and folic acid deficiencies are associated with a decline in thinking ability. The American diet of highly

refined foods can lead to deficiency-induced memory loss, depression, anxiety, delusions, frustrations and a feeling of being out of control.

**FACT: B-Complex Deficiency is known to create symptoms of numbness, tingling, heart beat irregularities, restless legs, insomnia, sleep disturbances and awakening unrefreshed.**<sup>1,2</sup>

**WHY?** Folic acid and B-12 deficiencies have long been known to contribute to disturbances of sensation and coordination of the legs and feet. Thiamine deficiency contributes to irregular heartbeat, peripheral neuropathy and heart failure. B-6 deficiencies cause burning sensations of the feet and contribute to nerve disorders such as carpal tunnel syndrome.

**FACT: B-Complex Deficiency is known to be linked with heart diseases, vascular diseases and strokes.**<sup>1,2</sup>

**WHY?** For many years doctors have recommended a low fat diet to lower cholesterol and prevent heart disease. If lower cholesterol could improve heart disease, then why does the rate of heart disease remain high? Recent research has given us a much better way to predict and prevent heart disease – that is called Homocysteine. Homocysteine levels are a much better predictor of heart disease than cholesterol,



**and their levels are improved with adequate B-Complex**, especially the pyridoxine (B-6), cobalamin (B-12) and folic acid within it.

One example of why cholesterol is not the major factor in heart disease is seen in vegans who have low blood fats but have vascular disease due to B-12 deficiency. Any one of the missing parts of the B-complex can contribute to disease processes taking hold in your body.

#### What is the B-Complex?

B-Complex is more than just a list of vitamins on a bottle. Whole food sources of B-Complex contain **the known and the unknown** HealthBuilding factors.

B-Complex is a true synergy of vitamins, minerals, enzymes, coenzymes and trace minerals. True B-Complex can only be found in whole foods.

#### What is NOT B-Complex?

Synthetic sources of B as found in “High potency vitamin B” products are NOT B-Complex. In fact, these synthetic “vitamins” are known to cause, in some cases, the EXACT symptoms and conditions as a deficiency of the B-Complex!

## Cataplex B - Simple Solution to a Complex Problem

### B-Complex Deficiency Disorder. What causes it?

- **Refined foods** leech wholesome nutrients from your body: This is the beginning of B-Complex Deficiency Disorders. Refined foods remove the full compliment of B-Complex synergists. Refined foods do have vitamins added but they are synthetic vitamins and not the naturally-found complete complex, thus they actually cause a drain on the B-Complex needs of the body.
- **Sugar and refined carbohydrate** consumption depletes the body of B-Complex health factors. (See LiveIt! Lesson 11)
- **Stomach lining** must be healthy to absorb some parts of the B-Complex. For example, B-12 requires a particular "intrinsic factor" to be present in the stomach for absorption.
- **Digestive enzymes** must be present in appropriate proportions to absorb B-Complex. (See LiveIt! Lesson 3) If your body does not break down food to its essential elements, your body cannot assimilate it.
- **Liver function** challenged by a toxic environment contributes to B-Complex Deficiency Disorders. (See LiveIt! Lesson 6) Household cleaning chemicals, air and water pollution, personal hygiene supplies (perfumes, deodorants, etc.) and medications can produce a toxic load on the body known to challenge B-Complex needs of the body.

### What Can I do to help B-Complex Deficiency?

What we eat and what we don't eat is the reason why so many people suffer from B-Complex Deficiency Disorders.

- Reduce or eliminate refined, sugar-laden "junk foods."
- Eat meals high in unrefined grains (brown rice, oats, barley, wheat, bran, rice bran), liver, nutritional yeast, green veggies, carrots, beets, meat, fish, poultry, nuts, and eggs.

### Reduce Stresses:

- Get regular exercise, relax your mind, meditate, thereby reducing your stress.
- Reduce toxic stresses on your body. Check your household cleaning products to see if they might be replaced with more environmentally safe products.
- Eliminate all synthetic forms of B "vitamins." One cannot obtain all the essential health factors in synthetic "vitamin" products, they are only available in whole foods and whole food concentrates! And Standard Process concentrates that whole food goodness for your benefit!

1. Cotran, RS, et al, *Pathologic Basis of Disease*, WB Saunders Co, 2004  
2. Mahan, LK, Stump, ES, *Food, Nutrition and Diet Therapy*, WB Saunders Co, 2003

**Cataplex B** – Introduced in 1934 this whole food source of the B-Complex of vitamins and their synergists contains the HealthBuilding goodness of: Liver, nutritional yeast, duodenum, beet (root), carrot (root), dried beet (root) juice, choline bitartrate, rice (bran) extract, defatted wheat (germ), adrenal, oat flour, soy bean lecithin, mixed tocopherols, ascorbic acid, manganese lactate, inositol, and riboflavin. These whole foods contain the known and the as yet unknown B-Complex synergists which can only be found in whole foods. Cataplex B increases nerve motor conductivity, vasoconstriction, carbohydrate metabolism, oxidation of lactic and pyruvic acids.†

† These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. They are to support your health.

### Patients Speak

*"I have suffered uncontrolled blood sugar for years. I was cranky, disoriented and frankly (emotionally) dysfunctional if I missed a meal. Sometimes I would get impulses to eat as much sugar as I could get my hands on. Once I started taking Cataplex B and Inositol my sugar craving went away! I feel better physically and mentally."* L.C.

"Patients Speak" are actual testimonials of people who have benefited from the HealthBuilding qualities of whole food nutrition and whole food concentrates.

### What Did You Learn?

B-Complex Deficiency has widespread negative effects on human health and wellbeing. **True False**

B-Complex Deficiency is known to be involved in serious psychological disorders such as depression, fears, confusion, anxiety, paranoia and anger and with heart diseases, vascular diseases and strokes. **True False**

B-Complex Deficiency is known to be linked with a stressful environment. **True False**

One cannot obtain all the essential health factors in synthetic "vitamin" products, they are only available in whole foods and whole food concentrates! **True False**

**This LiveIt! Lifestyle Lesson is brought to you by:**

**Duben Holistic Chiropractic & Kinesiology**

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