

# The Nutritional Essentials

Livelt! Lifestyle Lesson 12

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## From the Pen of Dr. Royal Lee

(1895-1967) Inventor,  
Scientist, Genius, Founder of  
Standard Process, Inc.

*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

## A Partial List of Conditions Related to B-Complex Deficiencies

Mental problems  
Heart palpitations  
Heart beat irregularities  
Indigestion  
Chronic Fatigue  
Insomnia  
“ADD/ADHD”  
Abdominal pain  
Anemia  
Anorexia  
Atherosclerosis  
Burning extremities  
Chest pain  
Circulation, poor  
Clumsiness  
Confusion  
Constipation  
Dementia  
Depression  
Diarrhea  
Disorientation  
Dizziness  
Edema  
Fatigue  
Hair loss  
Irritability  
Memory loss  
Muscle cramps  
Muscle pain  
Myocardial infarction  
Nervousness  
Numbness and tingling in  
hands, fingers and toes  
Paranoia, vague fears,  
impending doom  
Poor concentration  
Rashes  
Restlessness  
Seizures  
Skin rashes  
Sleep disturbance  
Stroke  
Tachycardia  
Vomiting  
Weakness  
Chronic Exhaustion  
Crying spells, inability to  
cope

## 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.

**Take a look at the list of conditions to the left. This is only a partial list related to B-Complex deficiency!**

As you can clearly see, **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 B-Complex 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 awaking 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 TNE-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 TNE-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 TNE-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.

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

### 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!

**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.

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

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with a friend - Thank You!**

## What Did You Learn?

**B-Complex Deficiency** has widespread negative effects on human health and well-being. 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