

# HERB STOP

## June 09 Highlight



## Perfect Nutrients Found in Herbs Part Two

Vitamins were originally spelled *vitamine*, from *vita* “life” + *amine*, from amino acids, because they were thought to contain amino acids. The letter “e” was stripped off when scientist learned the true nature of the substance: *-in* was acceptable because it was used for neutral substances of undefined composition.\*

Vitamins are considered micronutrients because the body needs them in relatively small amounts, compared with other nutrients such as carbohydrates, proteins, fats and water. Vitamin expert Dr. Earl Mindell says in his book “The Vitamin Bible” that vitamins are the spark plug to an engine, energizing and regulating our metabolism. They assist the processes that release energy from digested food, essential to good health. Vitamins from food and herb sources are the perfect sources, because there is more to each of those substances in nature. For example, synthetic vitamin C is just ascorbic acid. Natural vitamin C from rosehips contains bioflavonoid, the entire C complex, which makes vitamin C more effective.

\* Taken from [www.etymonline.com](http://www.etymonline.com)

### Vitamin A – (Retinol, carotene)

Vitamin A is essential for normal vision, growth, cellular activity, liver, reproductive system and a healthy immune system. Vitamin A is good for all infections in the body. It protects mucous membranes of mouth, nose, throat, and lungs. The best herbal sources of vitamin A can be found in parsley, carrots, lemongrass, cayenne, dandelion leaf (contains 7,000 units of vitamin A per ounce), fennel seeds and marshmallow. Whenever someone has cancer, there usually is a vitamin A deficiency in the body.

### Vitamin B Complex

Vitamin B is the best vitamin for the nervous system. It improves absorption of food and normalizes the brain and nervous system by increasing metabolic processes. A lack of B-vitamins can cause nervous exhaustion, lack of digestive juices, impaired insulin secretion, intestinal gas, indigestion and loss of will power. The best herbal sources of vitamin B can be found in spirulina, nutritional or brewer’s yeast and barely powder.

Being synergistic, B-vitamins are more effective together than when used separately.

- ⊗ B1 (thiamine) helps the digestion, especially carbohydrates, improves mental attitude.
- ⊗ B2 (riboflavin) promotes healthy skin, nails and hair. Can help eliminate sore mouth, lips, and tongue. Alleviates tired eyes.
- ⊗ B3 (niacin, niacinamide) promotes healthy digestion, circulation and energy levels. It can give you beautiful skin.
- ⊗ B5 (pantothenic acid) aids in wound healing, fights infections, and can reduce adverse and toxic effects of many antibiotics.
- ⊗ B6 (pyridoxine) helps with the assimilation of protein and fats.
- ⊗ B12 (cobalamin, cyanocobalamin) is known as the red vitamin as it increases red blood cells to prevent anemia. Helps with utilization of fats, carbs and protein. Relieves irritability, improves concentration and memory.
- ⊗ Bc (folic acid) is essential in the formation of red blood cells, as well as for division of cells. Prevents anemia.
- ⊗ Choline is known to emulsify cholesterol to prevent a build up in the arteries and gall bladder. Helps memory loss in the elderly.
- ⊗ Inositol metabolizes fats and cholesterol, nourishes brain cells, helps redistribute body fat. It has an overall soothing effect.

## Vitamin C – (Ascorbic acid)

Vitamin C takes a lot of toxic wastes from the body and throws them out through the kidneys. Any condition that exists in the body due to toxins can be helped with vitamin C. Vitamin C is important in the formation of collagen, absorption of iron, decreasing blood cholesterol, preventing all kinds of viral and bacterial infections, healing wounds, burns and bleeding gums. It reduces the effects of allergy producing substances. The best herbal sources of vitamin C can be found in rosehip, amalaki, watercress, pine tips and parsley.

## Vitamin D – (calciferol, viosterol, ergosterol)

Vitamin D controls the calcium in the body. Sunshine gives vitamin D. Ultraviolet sunrays act on the oils of the skin to produce the vitamin, which is then absorbed into the body. Wearing glasses cuts out 85 % of the sun's ultraviolet rays, and thus cannot control the calcium well in the body. If you have joint problems, get plastic glasses, as they only cut 15 % of the ultra violet rays. The best herbal sources of vitamin D can be found in alfalfa and nettles; and, of course, sunshine!

## Vitamin E – (tocopherol)

Vitamin E keeps you young, by retarding cellular aging due to oxidation. It is good for people with flabby tissue, varicose veins, or lack of oxygen in the brain. Vitamin E protects vitamins B and C from oxidation. It acts as an anti-pollutant for the lungs. Vitamin E is found in the life-giving germs of such grains as wheat, rice, and corn. But, it is removed when they are processed. Vitamin E makes a wonderful remedy for all the glands and for the whole body. The herb dong quai enhances the absorption of vitamin E. The best herbal sources of Vitamin E can be found in flaxseed, nettles, raspberry leaf, watercress, rosehips dandelion, cayenne, burdock, carrots, wheat germ oil and olive oil.

## Vitamin F – (fatty acids)

Vitamin F is a wonderful vitamin for healing the tissues that line the intestinal tract and other mucous membranes. Flaxseed tea is high in Vitamin F, especially when the seeds are soaked in warm water overnight rather than boiled. The best herbal sources of vitamin F can be found in flaxseeds,

## Vitamin K (menadione)

Vitamin K is essential for blood clotting, to prevent internal and hemorrhages. If you have nose bleeds increase you vitamin K through a natural source, such as alfalfa, nettles, spirulina and kelp.

## Herb Stop Herbal Vitamins

Vitamins are important, but they cannot be assimilated without minerals. Though the body can synthesize some vitamins, it cannot manufacture a single mineral. It is necessary to obtain vitamins from natural foods or herbs in order to sustain life. The Herb Stop Herbal Vitamins contains carefully selected herbs and natural whole ingredients, which contain high amounts of vitamins, as well as minerals, for easy digestion and absorption. Our Herbal Vitamins are made with foods and herbs, available in capsule form or glycerite, and contain hundreds of nutrients, among those are:

- ☼ Spirulina – beta-carotene, vitamins B complex, B-1, B-2, B-3, B-6, B-12, K, chlorophyll, ferrous oxide, a broken down version of iron, chromium, zinc, manganese, cadmium, lithium, copper. Spirulina is also a good protein source.
- ☼ Chlorella – vitamins A, B-1, B-2, B-6, B-12, C, E, 60-70% digestible protein, niacin, iron, copper and zinc.
- ☼ Wheat grass – vitamins A, B, C, E, K, and B-17 (laetrile).
- ☼ Alfalfa - good protein source, vitamins A, B, B-12, C, Biotin, D, E, K, chlorophyll, lots of iron, copper, zinc, niacin, chromium, cadmium, bismuth (not found in other things). Alfalfa is known as a plant that has all the nutrients one needs to survive.
- ☼ Barley grass – vitamins A, E, K, B 12 and iron.
- ☼ Beet root – vitamins A, B, C, folic acid, boron, magnesium, iron, copper, phosphate, potassium. (Research published in the American Heart Association journal *Hypertension* showed drinking 500 ml of beetroot juice led to a reduction in blood pressure within one hour, and the reduction was more pronounced after three hours).
- ☼ Carrot - beta-carotene, vitamin B, C, D, E, and K, calcium, phosphorous, potassium, sodium, and traces of other minerals.
- ☼ Spinach – vitamins A, B-2, B-6 and K, mineral rich.
- ☼ Dulse – vitamin A, B-6, B-12 iron, fluoride, potassium, and protein.
- ☼ Rosehip – vitamins A, B-1, B-2, B-3, non-acidic vitamin C and bioflavonoid, E, calcium, iron, potassium, magnesium, manganese, selenium, zinc.
- ☼ Amalaki -non-acidic Vitamin C and bioflavonoid.
- ☼ Brewer's Yeast – vitamin B-complex, choline, inositol, chromium.
- ☼ Whey powder - vitamins B, B-2, C, sodium.

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