

## Vitamins

Vitamins: what's their point?

This is part two on the topic of vitamins and their story.

Here are a few facts, but remember, the facts are only pertinent to the time frame in which they exist. We will be speaking to the human density body and the progression to the light body.

Vitamins: are they necessary? They are necessary to allow the chemical processes in the body to work, they are the co factors and the enzymatic essential parts of the puzzle. Without vitamins, we would have lots of misfiring machines with no place go, in other words, random chaos.

Vitamins: how do I know what to take? You can test, you can question your body symptoms and research what affects the symptom you are currently experiencing, or you can explore with using vitamins in small doses to see if body changes occur.

Vitamins: how do I decide where to purchase them? Be sure to read my previous post on fraudulent products, and yes, I too, was taken in by the companies online and received one of these. Bottom line on purchasing is to purchase from a physician or health practitioner who gets items directly from the source or have a referral link to a wholesaler who provides access to these companies. Otherwise, by directly from the source but only from their own website, not from a page appearing to be their store on someone else's place, such as Amazon does.

Vitamins: can I take too much or too little? Yes, you can take too much and upset the balance of working vitamins in the body. Excess vitamins in the body tend to push the reactions in the body and may potentially cause an organ or system to overwork. Excess may also deposit the residue of unused material in other places in the body, such as the dance with excess calcium, which can appear as taking in too much, but many times it is an ineffective inside process of utilizing what is coming in and what is already in the body. Calcium can deposit in bones, blood vessels, muscles, and other organs but not really be doing what it should be doing per your age and physical makeup.

Vitamins: what is good for the goose is good for the gander type of process does not work. When we are in our 20's, we need to have certain vitamins at a level that is in accordance with the physical demands of our body. We may expend all of our stores by being very active or heating up each day. As elders, we do not need to keep spilling in such items because they will end up either peeing out, depositing where you do not want them to, or just become a great reference of upset in the gut. What is great for one person is not great for another. Perhaps the concept to review is 'we are all unique' and we are NOT all the same. In the past, that sameness has gotten us into a soup that is hard to break as a belief and trust of the powers to be that send that message. Think of a time when someone said, 'try this' and it just didn't work. Perhaps it was not for you, not the right dosage, not the right company, or just not the message you wanted to send to your body at this moment in time. It doesn't mean things are wrong, it just means they are necessary when they call out to you.

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Vitamins: what are some vitamins to explore and research right now? Magnesium has been deficient across the board in many people, especially those with illness or symptoms of disease. However, I do not, nor ever have, recommend or use, magnesium oxide. Love magnesium chloride for baths and magnesium glycinate is generally well tolerated by many regardless of health concerns. Vitamin C is getting crazy in the world today with all kinds of off brands and adulterated products. Elders need a great deal of C and I use only one product, ask for reference. Vitamin D is a tough one. Many people are out in the sun daily and D is converted in the skin for use by the body. Note, sunscreen, age, illness, and fear around the sun are limiting factors of why people do not get enough vitamin D. Explore the issues you have around it. Calcium is needed for heart, blood vessels, and bones. Too much and it gets deposited in the blood vessels pushing heart disease. Not enough and it pulls from the bones. Wrong kind and it deposits in urine as stones. So, be careful with this one.

Vitamins: there are many other vitamins, how do I get them? Vitamins come in food. We like to believe that the food we eat has the levels of vitamins it says on the label or what the research says, not so. Vitamins are an energy molecule; they are usually unstable and constantly morphing in their potential to do good. When we purchase food, it has been sitting somewhere, processed by many factors, picked unripe, and gassed to appear as ripening. A tomato sitting on the counter to 'ripen' is not ripening but deteriorating. Ripening only occurs when it is attached to the source of the energy, the tree or bush. If you are eating fresh farm, can I come to your house? Where I am located, there are farmers markets, and I refuse to purchase their items. The air, water, and distance from a chemical plant is not what I want in my food. So how can you get vitamins if sources are sketchy? Frozen is best, produce and canned are not. This is a really hard one to swallow as we have believed so many stories over the years and held them as truth. Take what you will for your experience and do what you can with the information available. Make your own beliefs and allow them to be tested and challenged at time marches on.

Vitamins: how much? If anything is sitting on a shelf, leave it. The RDA is for healthy people, and it was established by an antiquated system in the mid 1900's. Let that information go out of your brain, it does not compute. When you purchase an item, it says, 'recommended dosage' and that is what many follow as the gospel truth. When I purchase an item, I do one, wait, and then do one, and wait. I observe what effect comes about. Then I may increase or delete my usage of the item. Purchase from a company that has manufactured the product within the last six or eight months and is reputable, we have a list of resources by request. Do not purchase in bulk of anything, you may like it or hate it, but sitting is aging everything in your products. Remember that what one person may need to feel well may not be what will take you out of the deficit you are in, and it may takes many times more. Test, symptoms, age, illness, prescriptions, awareness of purchase, and evaluation are the steps you need to take in choosing your vitamin intake.

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With all this information, it can seem like a daunting task to make a decision, and you may well decide to just forgo making that decision and give the power up to another to make it for you. Only you can decide what is best for you.

Remember, vitamins are not to fix anything. They are to support the functioning and health of the body composition that is inside the skin of your being. They are communicating, dancing, metabolizing, pushing and pulling all the while they are inside you. Choose wisely.

Part three will be my experience with a vegan diet and Vitamin B 12, stay tuned.

Be well and have a great day.

Dr. Jeanette