

NUTRITION KIT CONTENTS

CELL SALTS

Salt-1 Calc Fluor
Salt-2 Calc Phos
Salt-3 Calc Sulph
Salt-4 Ferrum Phos
Salt-5 Kali Mur
Salt-6 Kali Phos
Salt-7 Kali Sulph
Salt-8 Mag Phos
Salt-9 Nat Mur
Salt-10 Nat Phos
Salt-11 Nat Sulph
Salt-12 Silicea

AMINO ACIDS

AA-1 Alanine
AA-2 Arginine
AA-3 Asparagine
AA-4 Aspartic Acid
AA-5 Carnitine
AA-6 Citroline
AA-7 Cysteine
AA-8 Glutamic Acid
AA-9 Glutamine
AA-10 Glycine
AA-11 Histidine
AA-12 Hydroxyproline
AA-13 Isoleucine
AA-14 Leucine
AA-15 Lysine
AA-16 Methionine
AA-17 Ornithine
AA-18 Phenylalanine
AA-19 Proline
AA-20 Serine
AA-21 Taurine
AA-22 Threonine
AA-23 Tryptophane
AA-24 Tyrosine
AA-25 Valine

DIGESTIVE ENZYMES

Enz-0 General
Enz-1 Protease
Enz-2 Cellulase
Enz-3 Lipase
Enz-4 Amylase

FATTY ACIDS

Fat-1 Omega 3
Fat-2 Omega 6
Fat-3 Omega 9

ACIDOPHILUS

Adoph-1 Mix #1
Adoph-2 Mix #2

MINERALS

Min-1 Aluminum
Min-2 Arsenic
Min-3 Beryllium
Min-4 Boron
Min-5 Bromide
Min-6 Cadmium
Min-7 Calcium
Min-8 Carbon
Min-9 Chlorine
Min-10 Chromium
Min-11 Cobalt
Min-12 Copper
Min-13 Fluorine
Min-14 Germanium
Min-15 Hydrogen
Min-16 Iodine
Min-17 Lead
Min-18 Lithium
Min-19 Magnesium
Min-20 Manganese
Min-21 Mercury
Min-22 Molybdenum
Min-23 Nickel
Min-24 Nitrogen
Min-25 Oxygen
Min-26 Phosphorus
Min-27 Potassium
Min-28 Selenium
Min-29 Silicon
Min-30 Sodium
Min-31 Sulphur
Min-32 Tin
Min-33 Vanadium
Min-34 Zinc
Min-35 Iron

VITAMIN

Vit-1 Vitamin A
Vit-2 Beta Carotene
Vit-3 "B" (complex)
Vit-4 "B1" (thiamin)
Vit-5 "B2" (G;riboflavin)
Vit-6 "B3" (niacin)
Vit-7 "B3" (niacinamide)
Vit-8 "B3" (nicotenamide)
Vit-9 "B4"
Vit-10 "B5" (pantothenic acid)
Vit-11 "B6" (pyridoxine)
Vit-12 "B12" (cobalamin)
Vit-13 "B13" (oratic acid)
Vit-14 "B15" (pangamic)
Vit-15 "B17" (laetrile)
Vit-16 "C" (ester)
Vit-17 "C" (ascorbate)
Vit-18 Choline
Vit-19 "D"
Vit-20 "E" (liquid)
Vit-21 "E" (tecopherol)
Vit-22 "F" (fatty acids)
Vit-23 "H" (Biotin)
Vit-24 Inositol
Vit-25 "K1" (meniodine)
Vit-26 "K2" (meniodine)
Vit-27 "M" (Folic Acid)
Vit-28 PABA
Vit-29 "P" (bioflavanoid)
Vit-30 "T"

ALL1-dairy.cow
ALL2-casein
ALL3-cheese
ALL4-fruit
ALL5-rye
ALL6-soy
ALL7-wheat
ALL8-glutamic acid
ALL9-fish
ALL10-legume
ALL11-chicken
ALL12-tofu
ALL13-nut
ALL14-seed
ALL15-beef
ALL16-seafood
ALL17-sugar.white
ALL18-caffeine
ALL19-spice
ALL20-alcohol
ALL21-corn
ALL22-peanut
ALL23-vegetable
ALL24-barley
ALL25-egg
ALL26-nightshade
ALL27-aspartic acid
ALL28-rice
ALL29-epidermal
ALL30-inhaled.animal
ALL31-inhaled.dust
ALL32-inhaled mold
ALL33 -inhaled.misc

CELL SALTS

When dealing with nutrition, remember that people are unable to digest, absorb or assimilate nutrients because pathogens (bacteria, virus, parasite, fungus- found in Master kit) tend to interfere. Pathogen interference is involved more often than there is actual deficiency of the nutrient. This is why supplementation is often of little or no benefit. If the nutrient TL high on the scale, you may need it; if it TL to any other nutrient in the Nutrition kit, that nutrient is probably an intrinsic factor (required for metabolism); if the nutrient TL to any vials in the Master kit, the pathogen or vial that comes up is interfering with normal absorption and metabolism. The words found in bold are those that might be used to describe the action or benefit of each salt very briefly. Note that I have only included a summarized description. The 12 *major* cell salts are:

SALT-1 Calcarea Fluorica <i>calcium fluoride</i>	Elasticity. Its main function is to preserve the contractile power of elastic tissue. Elastic tissue is present in the walls of blood vessels, muscular tissue, connective tissue, surface of bones and enamel of teeth.
SALT-2 Calcarea Phosphorica <i>calcium phosphate</i>	Blood coagulation, bone health. It is responsible for blood coagulation; it helps to boost the speed of healing. It helps form strong bones and teeth and assists in the digestion and assimilation process (which tends to be essential to calcium uptake for bones).
SALT-3 Calcarea Sulphurica <i>calcium sulphate</i>	Removes waste from blood. It is a blood purifier and healer because it cleans accumulated waste so it does not lie dormant, causing decay and harm to surrounding tissues. It also helps with abscesses and wounds that do not heal readily.
SALT-4 Ferrum Phosphoricum <i>iron phosphate</i>	Oxygen carrier. It gives strength and toughness to the circular walls of the blood vessels. It takes the oxygen from the lungs and carries it into the blood. It is not harmful or toxic, unlike pharmaceutical grade iron.
SALT-5 Kali Muriaticum <i>potassium chloride</i>	Relieves infection. It is for sluggish conditions, especially having to do with soft swelling like mumps or croup. It helps with coughs, sore throats, tonsillitis and anything effecting the skin and mucous. It can help to relieve burns.
SALT-6 Kali Phosphoricum <i>potassium phosphate</i>	Nerves and Energy. Anything related to nerve weakness can be helped with this remedy. It can maintain happy, contented dispositions and also work wonders as a “pick-me-up”.
SALT-7 Kali Sulphuricum <i>potassium sulphate</i>	Removes waste from cells. It does this primarily by assuring that oxygen is exchanged in the tissues. It works as a lubricant in the body and promotes perspiration.
SALT-8 Magnesia Phosphorica <i>magnesium phosphate</i>	Anti-spasmodic. Relieves pain, especially cramping, shooting, darting or spasmodic pain. Twitching, hiccups, convulsive fits of coughing or anything that seems related to spasms can be relieved with this remedy.
SALT-9 Natrum Muriaticum <i>sodium chloride</i>	Water distributor. It works to maintain a proper degree of moisture throughout the body. Excessive moisture or excessive dryness can be balanced with this remedy. Encourages production of Hydrochloric acid as well.
SALT-10 Natrum Phosphoricum <i>sodium phosphate</i>	Acid neutralizer. This is the remedy of choice for any ailment that might be the result of excess acid. Stiffness and swelling, rheumatic symptoms, indigestion, etc.
SALT-11 Natrum Sulphuricum <i>sodium sulphate</i>	Intracellular fluid. This is the fluid that bathes the tissue cells. It eliminates excess water from around the cells which can lead to autointoxication. It controls healthy liver function as well, primarily by promoting free flowing, healthy bile.
SALT-12 Silicea <i>silicon, quartz</i>	Cleanser and Eliminator. Breaks up pathological accumulations (abscesses, boils, styes, etc.), insulates nerves, and is one of the main components of hair, skin and nails.

There are additional cell salts, but I like the original 12 believing that if the body does not correct the problem with one of these, there is a toxin interfering with the absorption or metabolism of the cell salt. See the Master Kit for a list of toxins.

SUGGESTED READING

1. *The Ultimate Healing System*, by Doland Lepore

AMINO ACIDS

When dealing with nutrition, remember that people are unable to digest, absorb or assimilate nutrients because pathogens (bacteria, virus, parasite, fungus- found in Master kit) tend to interfere. Pathogen interference is involved more often than there is actual deficiency of the nutrient. This is why supplementation is often of little or no effect in achieving results. If the nutrient in question TL's high on the challenge scale, you may need it; if it TL's to any other nutrient in the Nutrition kit, that nutrient is probably an intrinsic factor (required for metabolism); if the nutrient TL's to any vials in the Master kit, the pathogen or vial that comes up is interfering with normal absorption and metabolism. It is very wise to take a whole food supplement like Super as long as it is made from the entire plant. It is not recommended that anyone take single form vitamins. If you suspect need of a nutrient, find the herb high in that nutrient.

Any protein that is not broken down into amino acids becomes toxic. There are 25 amino acids recognized at this time. Nine of these are called essential amino acids because they must be supplied in the diet while the rest can be manufactured by the body (chiefly the liver) if the essential ones are in supply. The body breaks protein down into amino acids in the intestine and sends them to body cells where they are used for growth, repair, muscles, red blood cells, body tissues, and general maintenance. Amino acids compete with each other meaning they must all be available for the body to use them. Thus it is not best to use amino acids in their single form unless there are no other options. Any food high in protein is going to have a high amino acid count, but then it is essential that the body is breaking the protein down into amino acid form. When looking at an amino acid product on the shelf at your health food store, you will find that amino acids have an "L" or a "D" in front of them. The L stands for Laevorotational (bends light to the left) and basically means it comes from a natural source while D stands for Dextrorotational (bends light to the right) and comes from a synthetic source. DL-Phenylalanine would indicate that the source of the Phenylalanine is from both synthetic and natural sources. If nothing is found before the name of the amino acid, it generally means it is "L", from a natural source.

Herbs high in protein (meat is a less desirable choice) include: Spirulina, Peppermint leaf, Senna Leaf, Barley grass, Asparagus, Broccoli, Horesradish, Eyebright. An "*" has been placed in front of each of the essential Amino Acids.

AA-1 Alanine	Lack of Alanine could create a feeling of burn-out, convulsions, mental deterioration, spastic movements, hyper-muscular contractions, sweats at night, a tic, twitches.
AA-2 Arginine	Able to block the formation of tumors, increases immune response to bacteria, virus and tumor cells, helps to regenerate wounds and the liver, increases muscle mass while depleting fat, promotes detoxification of ammonia, sterility, inflammation in the veins, cellulite.
AA-3 Asparagine	Used to control functions in the brain and nervous system, it helps detoxify toxic ammonia and Gallbladder and Liver function.
AA-4 Aspartic Acid	Increases resistance to fatigue, helps to detoxify ammonia, helps to protect the liver, transport minerals and is a precursor to RNA/DNA.
AA-5 Carnitine	Regulates fat in the heart and skeletal muscles, increases fat metabolism around mitochondria. Symptoms of deficiency include sore throat, heaviness over thyroid and possibly pain over heart area. Methionine and Lysine make Carnitine.
AA-6 Citroline	Required for the absorption of iron and for removing toxic ammonia.
AA-7 Cystine	Also known as Cysteine because they are interchangeable, they are antioxidants, help to stabilize cellular membranes, promote healing in the skin and stimulate white blood cell activity.
AA-8 Glutamic Acid	Transports ammonia to the liver where it is converted to urea and excreted by the kidneys, half of the amino acid composition of the brain is Glutamic Acid making it good for the brain and functions of the brain.
AA-9 Glutamine	Picks up ammonia molecules from the central nervous system and delivers it to the kidneys for elimination. It can improve intelligence (I.Q.), it helps ulcers heal faster, flu symptoms and cardiac dyspnea.
AA-10 Glycine	It acts as a nitrogen pool for the synthesis of the other non-essential amino acids in the body by animation or transamination. It has been used for muscular dystrophy, oxygen/carbon dioxide disturbances, heart/pulmonary disorders and convulsions from over-excitability.
AA-11 Histidine*	Needed for red and white blood cells, bones and the gastrointestinal tract. Histamine is derived from Histidine, it helps relieve problems of the right ear, it can treat hallucinations and paranoia, it improves sexual orgasm. It is also said to help detox aluminum.

AA-12 Hydroxyproline	Used to manufacture collagen in the body. Imbalance can cause decaying teeth, dizziness, hyperthyroid, overtaxed nerves, rickets, sciatica, glandular hardening, pain in the hips from vitamin D malabsorption and it can cause deterioration of the spine creating low electrical transmissions.
AA-13 Isoleucine*	Needed for hemoglobin formation, hydrophobic interaction, cellular respiration (Krebs Cycle), it helps to relieve flu symptoms and gravel in the urine.
AA-14 Leucine*	Reported to lower blood sugar, helps wound healing of the skin and bones. It can help relieve digestive problems, colon spasms and the ability to gain or loose weight. Has been known to help correct a congested liver or damaged kidney.
AA-15 Lycine*	Helps to relieve feelings of helplessness, fatigue, nausea, dizziness, anemia and depression. It helps to form collagen, helps with absorption of calcium and helps relieve the symptoms of Herpes. It can help with hypoglycemia and restoration of the electric current in the fibers of the body. Excessive feelings of homesickness are often the result of Lycine deficiency.
AA-16 Methionine*	This is a sulfur containing amino acid. It helps to prevent accumulation of fat in the liver, it functions as an antioxidant and neutralizer of toxins.
AA-17 Ornithine	Ornithine raises polymines which are associated with tissue growth and is converted into other amino acids.
AA-18 Phenylalaline*	Aids in the communication of neurons (primarily by being a precursor to Tyrosine) making it very effective for depression.
AA-19 Proline	21 % of Collagen is proline. Imbalance can cause joint and tendon dysfunction and swelling as well as cardiac dysfunctions and a ringing in the left ear.
AA-20 Serine	It is very important to the catalytic function of enzymes and is used as a skin moisturizer. Nerve gases and insecticides combine with Serine to inhibit enzyme activity.
AA-21 Taurine	Important for bile composition and keeping cholesterol soluble, it helps prevent calcium and potassium wasting in the heart, helps with epilepsy and blindness.
AA-22 Threonine*	Prevents fatty build-up in the liver and is important for collagen, elastin, and enamel protein. It can help with indigestion, intestinal malfunction, sore throat, ovarian cysts, female dysmenorrhea and inflamed uterus.
AA-23 Tryptophane*	This amino is very important for serotonin production which induces sleep, controls emotions, perception of pain, promotes calmness and lifts depression and anxiety as well as migraine headaches. It reduces blood pressure by reducing dilation of blood vessels, and reduces blood fat and cholesterol as well as raises histamine levels.
AA-24 Tyrosine	Helps to suppress the appetite. It is an anti-depressant and helps to control anxiety, promotes muscle growth, is a precursor to epinephrine, norepinephrine, thyroxine and melanin and works as an antioxidant.
AA-25 Valine*	Must be available in proportion with Isoleucine and Leucine because it does much the same tasks as these other two. It can be helpful with inflammation in the lower throat and rectum, cell deterioration, reddening of skin, mental and emotional upsets.

ENZYMES & ESSENTIAL FATS

When dealing with nutrition, remember that people are unable to digest, absorb or assimilate nutrients because pathogens (bacteria, virus, parasite, fungus- found in Master kit) tend to interfere. Pathogen interference is involved more often than there is actual deficiency of the nutrient. This is why supplementation is often of little or no benefit. If the nutrient TL high on the scale, you may need it; if it TL to any other nutrient in the Nutrition kit, that nutrient is probably an intrinsic factor (required for metabolism); if the nutrient TL to any vials in the Master kit, the pathogen or vial that comes up is interfering with normal absorption and metabolism. I have only included the primary digestive enzymes at this point because other enzymes (metabolic) are listed under the A&P 1 section and additional enzymes (not found in Nutrition kit) require the enzymes listed below to do their job.

ENZ-0 Metabolic Enzymes	This vial contains the frequencies and energy needed to activate metabolic enzymes in the body. You may want to track this vial to the “Metabolic” section and add any vials that come up.
ENZ-1 Protease	Enzymes that digest protein (digestive enzyme).
ENZ-2 Cellulase	Enzymes that digest fiber (digestive enzyme specifically for fruits and vegetables)
ENZ-3 Lipase	Enzymes that digest fat (digestive enzyme).
ENZ-4 Amylase	Enzymes that digest carbohydrates (digestive enzyme).

SUGGESTED READING

1. *Enzymes, the key to health*, by Howard F. Loomis; 2. *Food Enzymes*, by Humbart Santillo; 3. *Enzyme Nutrition* by Dr. Edward Howell

Keep in mind that many of the metabolic actions of fats require light rays so lack of light may be the cause of fat imbalance more than the actual deficiency. Go out in the sun for a while each day or use full spectrum lighting on your body.

Fat-1 Omega 3's	Often referred to as CLA (conjugated linoleic acid), Lipoic Acid, Thioctic Acid, and ALA. The principal proposed use for CLA is to help improve your body composition. Omega-3 fatty acids play an important role as structural membrane lipids, particularly in nerve tissue and the retina and are precursors to eicosanoids - highly reactive substances such as prostaglandins and leukotrienes that act locally to influence a wide range of functions in cells and tissues. CLA is also an aid in Cancer prevention, it is used in conjunction with Diabetes and persons suffering from high cholesterol. In recent studies, CLA has been proven to help in weight loss. CLA helps prevent muscle loss while simultaneously aiding in fat loss. Some studies have even gone as far as mentioning fat loss specifically in the abdominal region. The typical dosage of CLA ranges from 3 to 5 g daily. Oil-rich fish and supplements such as fish oil and cod liver oil, are the richest and most readily available sources. Other sources such as krill and fortified everyday foods like bread and fruit juices are in production in a minor way in various parts of the world. Omega 3's are also found in coldwater fish & flaxseed and Sunflower oil.
Fat-2 Omega 6's	Found in grains, certain seeds and corn oil. Often referred to as GLA (gamma linolenic acid). Sources of GLA include Black Currant Seed Oil, Borage Oil, Evening Primrose Oil. The most significant benefits include: treat diabetic neuropathy and eczema in Europe. Gamma Linolenic Acid (GLA) is also used to mastalgia, a condition marked by breast pain associated with the menstrual cycle and may also be useful for other PMS symptoms. Rheumatoid arthritis may also be treated with very large dosages of Gamma Linolenic Acid (GLA).
Fat-3 Omega 9's	Often called Oleic Acid, Red Oil, (Z)-9-Octadecenoic acid, Omega 9 is reported to help reduce joint pain and inflammation, be the natural enemy of cold and flu viruses, boost the immune system, thus helping with all pain and autoimmune diseases. Found in almost all natural fats. Found in avocado fruit (50%), Macadamia nuts (45%), apricot seeds (35%), almonds (33%), olive oil (28%). Commercial sources include animal tallow and/or vegetable oils (olive oil).

MINERALS

When dealing with nutrition, remember that people are unable to digest, absorb or assimilate nutrients because pathogens (bacteria, virus, parasite, fungus- found in Master kit) tend to interfere. Pathogen interference is involved more often than there is actual deficiency of the nutrient. This is why supplementation is often of little or no effect in achieving results. If the nutrient in question TL's high on the challenge scale, you may need it; if it TL's to any other nutrient in the Nutrition kit, that nutrient is probably an intrinsic factor (required for metabolism); if the nutrient TL's to any vials in the Master kit, the pathogen or vial that comes up is interfering with normal absorption and metabolism. It is very wise to take a whole food supplement like Super Nutrient (Blue Green Algae, Spirulina, Alfalfa, etc) as long as it is made from the entire plant. It is not recommended that anyone take single form vitamins. If you suspect need of a nutrient, find the herb high in that nutrient.

Minerals are the basic particles of which all matter, including our bodies, is composed. The major elements of the human body are oxygen, carbon, hydrogen and nitrogen. The human body is made of 65% oxygen, 18% carbon, 10% hydrogen and 3% nitrogen. The other 4% is made of calcium, phosphorus, potassium, sulfur, sodium, chlorine, magnesium and silicon. Calcium, Magnesium, Sodium, Potassium and Sulfur are considered the "bulk" minerals because they compose the majority of content. All the others are considered trace minerals. Even though the trace minerals make up .01 percent of the total body weight, they should not be considered less important than the bulk minerals. Remember that toxic accumulations of any nutrient (minerals are classified as heavy metals) require a homeopathic or organic plant form to detoxify it.

MIN-1 Aluminum	There is no documented nutritional value for aluminum. It is naturally found in the soil, meaning plants use it and convert it into trace amounts for the body to use in an organic form. If the body is exposed to inorganic forms of this mineral, it can be very toxic. It is unwise to use cookware that is aluminum as it slowly decomposes into the food being cooked in it and eventually accumulates in your system. SOURCES: Homeopathic form from the Nutrition Kit, Gotu Kola Leaf, Pennyroyal, Butchers Broom Root.
MIN-2 Arsenic	Considered a poison, but in minute doses it is needed in the body to fight infection, microbes and generally increase the immune system. I have known some homeopathic veterinarians to use small doses of homeopathic arsenic on animals who were so near death with disease that there was little chance left. The arsenic either boosted the body into healing or slowly helped it fade away with less pain. SOURCES: Homeopathic form from the Nutrition Kit, the seeds of fruit contain trace amounts of arsenic which is generally enough to kill microbes that should not be in the body (like worms). Apricot seeds (laetrile) can be effective.
MIN-3 Beryllium	There is no documented nutritional value. It is considered a toxic metal, but needed in the body as a trace mineral. SOURCES: Homeopathic form from the Nutrition Kit.
MIN-4 Boron	There is no documented nutritional value. It is considered a toxic metal, but needed in the body as a trace mineral. SOURCES: Homeopathic form from the Nutrition Kit.
MIN-5 Bromide	There is no documented nutritional value. It is considered a toxic metal, but needed in the body as a trace mineral. SOURCES: Homeopathic form from the Nutrition Kit.
MIN-6 Cadmium	There is no documented nutritional value. It is considered a toxic metal, but needed in the body as a trace mineral. SOURCES: Homeopathic form from the Nutrition Kit.
MIN-7 Calcium	Needed for tone, power, strength and longevity; stored in the bones and teeth (1% in nerves). It takes 6 years to completely renew the calcium levels in the body. SOURCES: Valarian root, Buchu Leaf, White Oak bark. You can place eggs in fresh squeezed lemon juice for 24 – 48 hours and then use a couple of teaspoons of the lemon juice for a rich, home-made source of calcium. The lemon juice will extract the calcium from the shell and the acid makes it absorbable to the body. The more organic the egg is (from farm raised chickens) the harder the shell will be and the more calcium will be available for extraction. Be careful of most calcium products as they are made from substances that are either not assimilable to the body or they become toxic if used for extended periods of time (most coral calcium).
MIN-8 Carbon	There is no documented nutritional value. It is considered a toxic metal, but needed in the body as a trace mineral. SOURCES: Homeopathic form from the Nutrition Kit, or any live plant.
MIN-9 Chlorine	Greatest of all elements for purity and cleanliness; it is a digestive aid (especially for protein); it is stored in the stomach wall and digestive tract. Don't mistake organic and inorganic chlorine. The chlorine found in the body is not the same as the found in most drinking water and swimming pools. As a matter of fact, the chlorine in most city water depletes the natural, organic chlorine from the body. SOURCES: Tomatoes, Celery, Spinach, Parsnips, Radish.

MIN-10 Chromium	This is more of an enzyme than a mineral in its actions because it works as a co-factor with insulin to move glucose from the blood into the cells; it is needed for sugar metabolism. White sugar depletes chromium from the body. If you feel like you need sweets after your meals, it may be a chromium imbalance. SOURCES: Habiscus flower, Spirulina, Gymnema, raw sugar, cane sugar.
MIN-11 Cobalt	There is no documented nutritional value. It is considered a toxic metal, but needed in the body as a trace mineral. SOURCES: Homeopathic form from the Nutrition Kit, Golden Seal, Capsicum, Dong Quai, Pau d'Arco, Dulse.
MIN-12 Copper	Necessary for the central nervous system. It contributes to hair and skin color. Copper must be present with iron to form hemoglobin. It also promotes red blood cell production in bone marrow, helps to form the cover which surrounds elastin and increases tissue respiration. SOURCE: Scullcap herb, Sage leaf, Leek, Garlic, Artichoke.
MIN-13 Fluorine	For resisting germs, especially acid forming bacteria that cause tooth decay. Don't mistake the fluorine in drinking water and tooth paste as organic fluorine the body needs. The fluorine that is helpful in fighting tooth decay is organic, plant origin fluorine. The fluorine used in water and dental products comes as a waste by-product of aluminum manufacturing. This form is extremely toxic to the body. Fluorine is also required for hardening of teeth and bones. SOURCES: Sunflower seeds, Almonds, Green Vegetables.
MIN-14 Germanium	Has wonderful influence on bone marrow. It enables the blood's malignant cells to attract oxygen and so normalize themselves. SOURCES: Korean Ginseng, Garlic, Barley, Kashi.
MIN-15 Hydrogen	A trace element in the body used for natural detoxification. Hydrogen molecules are taken from water particles in the body. If one does not drink enough water, not enough hydrogen is supplied.
MIN-16 Iodine	Controls oxygen, combines with tyrosine to make thyroid hormones which are responsible for metabolism, essential in the production of energy, temperature control, growth and ovary functions, general hair loss, goiter, interest in sex, slow pulse, low blood pressure and antidepressant. SOURCES: Seaweed (kelp, dulse), Black Walnut, Irish Moss. Bernard Jensen's liquid dulse is a favorite of mine as it will taste sweet when you need it and more bitter when you have had enough.
MIN-17 Lead	There is no documented nutritional value. It is considered a toxic metal, but needed in the body as a trace mineral. SOURCES: Homeopathic form from the Nutrition Kit.
MIN-18 Lithium	There is no documented nutritional value. It is considered a toxic metal, but needed in the body as a trace mineral. Small doses are used to help regulate chemical imbalances in the brain, but this generally does not correct the cause of the problem. SOURCES: Homeopathic form from the Nutrition Kit.
MIN-19 Magnesium	For relaxing nerves and muscles (especially the colon), it is a catalyst to enzymes responsible for energy and is required to keep calcium in solution or keep it from calcifying (hardening). It also helps to keep the ligaments healthy and relieve ringing in the ears. SOURCES: Irish Moss, Cashews, Figs, Sesame, Red Raspberry leaves.
MIN-20 Manganese	For memory and other brain and nerve faculties, involved in metabolism of carbohydrates, fats and proteins, improves eyesight, assists iron in transport of oxygen, strengthens connective tissue and relieves problems with the right ear. It is stored in brain and nerve fat. It is said to counteract the effects of opium/drug addiction or effects. SOURCES: Whole Grains, Wheat Germ, Chives, Red Raspberry leaf, Peppermint, Wintergreen.
MIN-21 Mercury	There is no documented nutritional value. It is considered a toxic metal, but needed in the body as a trace mineral. This toxin is primarily accumulated from the silver fillings in the teeth. SOURCES: Homeopathic form from the Nutrition Kit.
MIN-22 Molybdenum	Good for the esophagus and metabolism of aldehydes, purines, carbohydrates and also helps to counteract toxic copper. SOURCES: Brown Rice, Millet, Buckwheat, Brewers Yeast.
MIN-23 Nickle	There is no documented nutritional value. It is considered a toxic metal, but needed in the body as a trace mineral. SOURCES: Homeopathic form from the Nutrition Kit.
MIN-24 Nitrogen	For building muscle and for balancing protein values; stored throughout the body. SOURCES: Homeopathic form from the Nutrition Kit.
MIN-25 Oxygen	The most abundant element in the human body. Required for energy, life, detoxification, pathogen immunity. It is discussed in detail in Book 01. SOURCES: Deep breathing of clean, crisp air and a homeopathic form from the Nutrition Kit to help the body metabolize oxygen.

MIN-26 Phosphorus	Controlled mostly by the Parathyroid gland, it is necessary for synthesis of RNA and DNA, important for bone and teeth construction, very important for brain functions and nerves, it is what makes the outer layer of teeth and bones strong, promotes hair growth, regulates pH of blood and counteracts excess sugar in blood. It is very connected to the left eye. SOURCES: Rice Bran, Pumpkin Seeds, Brazil Nuts, cabbage, Blue Cohosh.
MIN-27 Potassium	Controls the right side of the body; essential for carrying chi (life force energy) throughout the body, it works with sodium to regulate fluid balance within body cells (potassium regulates intracellular fluid, sodium regulates extracellular fluid), regulates heart muscle and arterial blood pressure, regulates diastolic pressure (lower number), regulates blood pH and is needed for glycogen formation, important to the right side of the body, especially the right side of the brain, it is very important for heart function and in aiding the glandular system and is responsible to carry carbon from the tissues to the lungs to be secreted as carbon dioxide. SOURCES: Thick skinned, Idaho potatoes (especially the peeling), Bananas (only if ripe), Celery, Cabbage, Kelp.
MIN-28 Selenium	Essential anti-oxidant which protects the red blood cells from oxidizing, protects against mercury toxicity, it is required for semen production in men, it helps with dandruff, hot flashes and menopause symptoms. It can be extremely toxic if taken or exposed to a non-organic source. SOURCES: Onion, Garlic, Mushroom, Habiscus.
MIN-29 Silicon	Essential for building strong bones, normal hair growth of hair, nails and teeth, it helps the body remove pus and break up hardened glands (boils, pustules) it is found in the brain, connective tissue and nerves. SOURCES: Young, Green Plants, Horsetail, Eyebright, Echinacea, Golden Seal.
MIN-30 Sodium	Controls the left side of the body, regulates extracellular fluid, meaning it is a fluid balancer, it is essential for muscle contraction, its levels are controlled by aldosterone (adrenal hormone), it is very important to the heart and kidneys, it is required with potassium, may cause a loss of appetite when hot and sweating. If levels get too low, the body will sweat easily and dehydrate causing dry lips and constipation, may cause rise in systolic pressure. NOTE: The source of sodium is very important. Sodium Chloride, the common table salt is not good for the body and actually depletes natural sodium. Use only organically grown salt, which is commonly found as Celtic Sea Salt and will have a grey color. SOURCES: Grapefruit, Kelp, Irish Moss, Olives, Dulse, Celery.
MIN-31 Sulfur	Known as the beauty mineral. Aids in dissolving acids, improved circulation and heart action, is essential to production of several amino acids, it is burned up by excess fat, increases bile production, needed for collagen synthesis, maintains youthful elastin of skin and helps tonsil health. A lot of phlegm in the throat, especially in the morning is a sign of imbalance. SOURCES: Garlic, Onions, Radishes, Turnip.
MIN-32 Tin	There is no documented nutritional value. It is considered a toxic metal, but needed in the body as a trace mineral. SOURCES: Homeopathic form from the Nutrition Kit., Doggrass, Juniper.
MIN-33 Vanadium	There is no documented nutritional value. It is considered a toxic metal, but needed in the body as a trace mineral. SOURCES: Homeopathic form from the Nutrition Kit.
MIN-34 Zinc	Influential to all glands, especially the prostate, it helps to metabolize sugar (when sugar is not metabolized, white spots form on the fingernails), essential in RNA/DNA production, for the synthesis of protein, it affects cellular respiration (removing carbon dioxide), helps maintain immune functions. SOURCES: Pumpkin Seeds, Tuna, Brazil Nuts, Saw Palmetto.
MIN-35 Iron	The energy giver; attracts oxygen, builds blood (hemoglobin). It is responsible for the red color of blood and for transporting oxygen from the lungs to the tissues of the body, headaches on the right side of the head and lack of color in the skin may be related to iron imbalance. SOURCES: Chlorophyll, Molasses, Beets, Yellow Dock, Burdock, Blessed Thistle.

VITAMINS

When dealing with nutrition, remember that people are unable to digest, absorb or assimilate nutrients because pathogens (bacteria, virus, parasite, fungus- found in Master kit) tend to interfere. Pathogen interference is involved more often than there is actual deficiency of the nutrient. This is why supplementation is often of little or no effect in achieving results. If the nutrient in question TL's high on the challenge scale, you may need it; if it TL's to any other nutrient in the Nutrition kit, that nutrient is probably an intrinsic factor (required for metabolism); if the nutrient TL's to any vials in the Master kit, the pathogen or vial that comes up is interfering with normal absorption and metabolism. It is very wise to take a whole food supplement like Super Nutrient (Blue Green Algae, Spirulina, Alfalfa, etc) as long as it is made from the entire plant. It is not recommended that anyone take single form vitamins. If you suspect need of a nutrient, find the herb high in that nutrient. Remember that vitamins are useless unless the body has the minerals needed to metabolize them.

<p>VIT-1 Vitamin A</p>	<p>Eyes, immune and tissue healing. In a nutshell, vitamin A is necessary to promote growth, prevent blindness, build new tissues and protect against infection. Vitamin A can be obtained from plant sources or animal sources. The kind obtained from plant sources is called beta carotene. It is assimilated into the body much easier than animal source vitamin A. When the liver accumulates more carotene than it can assimilate the skin will turn yellow. This is common with people who are on carrot juice programs. It is not harmful and is distinguishable from jaundice because jaundice causes yellow in the whites of the eye and carotenemia does not. Vitamin A keeps the white blood cell count healthy and protects the epithelial cells, builds resistance against respiratory disorders, increases permeability of blood capillaries and is essential for healthy hair, skin, nails, teeth, bones and gums. It also fights night blindness. *When vitamin A is deficient, the hair lacks luster and dandruff accumulates on the scalp. The nails will begin to peel and bacterial infections will develop particularly in acne form. Signs of deficiency also include cracks in the corners of the mouth; you may also get goose bumps on the hair follicles (without cold). Heat and warmth is required to metabolize vitamin A.</p>
<p>VIT-2 Beta Carotene</p>	<p>See above description (Vitamin A).</p>
<p>VIT-3-15 Vitamin B (complex)</p>	<p>Nerves. There are many vitamins in the B family. It is generally recommended that you take a complex form (an herb is better yet) because the symptoms of one can be very similar to those of the other. If you are going to get your vitamins from whole, natural sources like brewers yeast, you do not have to worry about individual B vitamins because nature includes all B vitamins in its supplement foods. If you are fatigued, tense or depressed, you may need B vitamins as they are categorized for the “nerves”. B vitamins are very water soluble and will often turn the urine yellow when used (primarily caused from Riboflavin – B2 use). This does not mean you are taking too much of the vitamin or that it is being wasted. Many believe that vitamins only make expensive urine, but yellow is a sign of waste that is being removed from the body.</p> <ul style="list-style-type: none"> • B1 – Thiamin. Coffee and caffeine create deficiency. Thiamin is required to convert calories from carbohydrate source to energy. It is particularly beneficial for the brain to stabilize emotions, relieve irritability and depression. Improves peristalsis and helps to correct yeast and wheat allergies. Numbness in the feet and the hands and sensitivity to noise may be a sign of imbalance. A scarred tongue (appearing as grooves and cuts) is a sign of deficiency as well. • B2 – Riboflavin. Riboflavin is primarily of benefit to the eyes. Signs of weakness may include one or more of the following depending on severity: magenta colored tongue, “disappearing” upper lips, watery or bloodshot eyes, crusty and burning around the eyes or frequent rubbing of the eyes, sensitivity to light, thinning eyebrows and blood vessels apparent on the skin (acne rosacea). NOTE: acne rosacea is generally caused by parasites. • B3 – Niacinamide. Niacin is especially good for stimulating circulation to the extremities, thus the niacin flush. The flush is not harmful or negative in any way. Niacin helps to detoxify nicotine, it can help to increase circulation to the brain helping to “mellow the personality” and counteract grouchiness. (NOTE: it can even help to counteract psychological imbalances as these are often the result of a circulation problem to specific parts of the brain.) Niacin can also help curb the crave of alcohol. Signs of imbalance may include: burning sensation all over the body, the tip of the tongue may turn red (becoming engorged with blood), enlarged taste buds, white tongue in the back (bacterial overgrowth) with a foul odor and deep midline cracking in tongue with teeth indentation marks on edges of tongue in more sever cases. The mouth may become sore, swollen and painful as well. • B4 – no documentation available. • B5 – Pantothenic Acid. Generally helps to boost the adrenal glands and increases production of cortisones and essential adrenal hormones. It helps to counteract and detoxify effects of novocaine, Procaïn, etc. It also stops any citrus allergy (lemon, lime, orange, tangerine, grapefruit, tomato, pineapple and cantaloupe). It can even counteract low blood sugar (hypoglycemia). Signs of weakness include teeth grinding, extreme fatigue, especially from stress and un-restful sleeping (waking up tired).

	<ul style="list-style-type: none"> • B6 – Pyridoxine. Helps to balance electrolytes (sodium/potassium) by helping the pituitary. It also helps to counteract wheat allergies. This vitamin can help severe cases of dandruff, oily scales on the scalp, the eyebrows, around the nose and behind the ears. It helps one remember their dreams and helps with those that are resistant to iron metabolism. It also helps to eliminate fat when it is caused by fluid retention. • B9 – see Folic Acid. • B12 – Cobalamine. Helps with anemia and exhaustion by helping to produce and/or regenerate red blood cells. Signs of deficiency may include a strawberry red tongue which gets shinny all the way to the back. • B15 – Pangamic Acid. Helps with mental impairments, especially speech and helps to oxygenate tissues that have toxin accumulation, like tar in the lungs from smoking or pollution from toxic air. • B17 – Laetrile. Helps relieve high blood pressure, sickle cell anemia and cancer because it has a cyanide molecule that is released only in the presence of cancer to help destroy it. The cyanide molecule will not be available if you use this vitamin in homeopathic form, it is only available from the actual seeds of apricots. And this cyanide only releases in the presence of cancer cells, so you don't need to worry about hurting yourself by eating the seeds even if you do not have cancer or malignancy. • Folic Acid (vitamin M). Helps with poor short term memory (RNA) and helps with malabsorption as deficiency disrupts stomach acid and mucous linings of the intestine. It is essential to formation of red blood cells, it aids in protein metabolism, helps to build antibodies, improves lactation and helps reproductive disorders including spontaneous abortion, difficult labor and infant death rate and relieves canker sores. • Biotin (vitamin H). This vitamin is great for helping to relieve skin inflammations. It is essential for the metabolism of fat and proteins. • Choline. Helps relieve involuntary contortions (tardive dyskinesia) and fatty liver (cirrhosis) because it emulsifies fat. NOTE: Lecithin is the best source of supplemental Choline. • Inositol. This vitamin relaxes. It has an anti-anxiety effect. It is also a fat emulsifier. It has also been known to help prevent degeneration of the Myelin Sheath. • PABA. Helps to relieve schizophrenia and peyronie's disease (abnormal fibrous tissue around penis that makes erections painful). It is a skin protector and rejuvenator, which is why it is found in most sun screen lotions.
<p>VIT-16,17 Vitamin C <i>Bioflavanoid</i> <i>(see Vitamin P)</i></p>	<p>Detoxifyer, general enhancer. Vitamin C has been known to take the place of any vitamin in the body when imbalances became severe. Humans do not have the enzyme needed to create ascorbic acid in the liver, so vitamin C must be taken from the diet or oral supplements. Vitamin C does a wide variety of tasks, but one of the most important is to maintain collagen. This is a cement-like protein that literally holds our tissues and organs together, makes bones elastic yet tough and keeps arteries from bleeding and rupturing (scurvy). It is essentially a break down in collagen that allows for the aging process and eventual death. Vitamin C helps to keep the liver strong so it can detoxify all the poisons that enter the blood. Scurvy is the ultimate fate of vitamin C deficiency. Vitamin C can act as a psychedelic at very high doses (generally intravenously). This would create a very calm mental state and even feelings of meditation and feelings of bliss. Because of this, high doses are often used to treat addictions to LSD, heroin, etc. Vitamin C is very water soluble, so it must be constantly introduced to the body in order to keep the required levels normal. It is wonderful to offset the scratchy throat and detoxify air pollutants. Air pollution (cigarette smoke) will use up vitamin C.</p> <p>*Signs of weakness include some or all of the following depending on severity: a haggard, frowning, "painful" look on the face, allergies to smoke, throat weakness, tire easy, breathlessness, disinclination for exercise, excessive need for sleep, fleeting pains, especially in the joints and legs, bruising. As the imbalance becomes more severe, the gums will become sore, bleed and become spongy and congested, hemorrhages on the skin may appear, especially on the legs at the site of hair follicles and purple, swollen eye lids will occur. Severe imbalance includes palpitation and breathlessness at the slightest exertion, teeth become loose and may fall out, jawbone begins to rot, old wounds may break open, new wounds won't heal, pneumonia and ultimately death from collapse will occur.</p> <p>Ascorbic acid is the most usable form of C and should be taken to bowel tolerance to raise the body's immune system. That means you take as much as possible without getting the runs (bowel tolerance). It is more effective to take it in doses of 1000 mg or less more frequently than to take high doses less frequently as it is water soluble and any excess gets washed out of the body. You may easily use 1000 – 3000 mg daily for maintenance or 10,000 or more in times of body stress. If you are going to mega-dose, it is generally best to use 1000mg/hr until the desired dosage has been reached. When the body is sick, the intestine tolerates more C without the bowel "tolerance" problem. If you are going to mega-dose in ascorbic acid, you need to supplement Sulfur as high C doses in the form of ascorbic acid reduce the sulfur in the body. Natural C found in foods and herbs will not deplete sulfur.</p> <p>NOTE: Bioflavanoids are a precursor to C and will offset any allergies you may have to vitamin C. If you have allergies, it is generally not the C but the source the C is derived from. Bioflavanoid is known as Vitamin P which stands for permeability. It helps the capillary</p>

	permeability factor. They help build resistance to infection, but they work synergistically with vitamin C. All foods high in C are high in Bioflavanoids, but the pulp in citrus is particularly high in Bioflavanoid content.
VIT-18 Choline	Choline (a B vitamin). Helps relieve involuntary contortions (tardive dyskinesia) and fatty liver (cirrhosis) because it emulsifies fat. NOTE: Lecithin is the best source of supplemental Choline.
VIT-19 Vitamin D	Strengthens bones. Vitamin D is necessary for normal bone development because it increases absorption of calcium and phosphate from the intestine. Of course, this means that all the actions and functions of calcium and phosphate are in some way dependant on vitamin D. Sunlight makes vitamin D by acting on oils in the skin. If you bath too frequently, especially before going out in the sun all the oils are washed off the skin and the precursor for vitamin D no longer exists. It is well worth your while to get out in the sun for an average of 20 minutes several days each week. <i>*Signs on next page.</i> <i>*Soft, brittle bones and rickets are symptoms of vitamin D imbalance. Cod liver oil, sardines, herring, salmon and tuna are all natural foods high in vitamin D. NOTE: Nutritional companies simply irradiate vitamin A pills with ultra-violet light to create vitamin D supplements and many believe that this harms the thyroid by depleting iodine and contributes to hardening of the arteries.</i>
VIT-20,21 Vitamin E <i>tecopherol</i>	Oxygenator, antioxidant. Vitamin E is an oxygenator for the tissues of the body, but it is very important for helping to prevent free radicals, which are very dangerous to health and are present (or created) in all refined foods, heated oils and toxins of any kind. It has been termed a “tranquilizer”, it counteracts sterility, it prevents scarring (which is very important to women on the pill as the pill scars the uterus), it heals wounds and helps eliminate old, red blood cells. It strengthens the blood vessels, can prevent and dissolve blood clots, it keeps other vitamins from being destroyed by oxygen and it will prevent rancidity when added to other substances.
VIT-22 Vitamin F <i>Essential fatty acids</i>	Metabolism of fats, cell protection. Essential fats are required for metabolism of all the fat soluble vitamins. They are also important for tissue respiration and to help maintain the resilience and lubrication of all cells. Essential fats regenerate the skin and help antidote wheat and corn allergies. While every one has been trained to avoid fats in today’s society, it is essential to realize that there are good fats and bad fats. The saturated or cooked fats (any fat heated above 150 degrees) and animal fats are not healthy for the body. The body absolutely needs the essential fatty acids and they are not being supplied if you are on a low fat diet. Please refer to Book 01 for more information about fats. The best sources of essential fats come from virgin oils like olive, safflower and sunflower.
VIT-23 Biotin	Biotin (vitamin H). This vitamin is great for helping to relieve skin inflammations. It is essential for the metabolism of fat and proteins.
VIT-24 Inositol	Inositol. This vitamin relaxes. It has an anti-anxiety effect. It is also a fat emulsifier. It has also been known to help prevent degeneration of the Myelin Sheath.
VIT-25,26 Vitamin K <i>meniodine</i>	Bleeding disorders, clotting factors. Natural bacteria in the intestine (acidophilus) produce vitamin K, but it can be destroyed by radiation, even from x-rays. It is essential for the formation of prothrombin, a blood clotting factor, it helps to prevent internal bleeding, hemorrhage and nose bleeds. It can also help with excessive menstrual flow. NOTE: Aspirin and Coumadin counteracts this vitamin and antibiotics destroy the essential bacteria that create it. You may be able to take the herb Cayenne or Capsicum in order to achieve the same results as aspirin in blood thinning without the toxic effects. Yogurt, Alfalfa are excellent sources of Vitamin K. NOTE: Supplying Acidophillus is not always effective because excessive amounts of pathogens in the body will mutate natural acidophilus into toxic pathogens. It is often more effective to detoxify the pathogens present than it is to hyper-supply acidophilus.
VIT-27 Folic Acid	Folic Acid (vitamin M). Helps with poor short term memory (RNA) and helps with mal-absorption as deficiency disrupts stomach acid and mucous linings of the intestine. It is essential to formation of red blood cells, it aids in protein metabolism, helps to build antibodies, improves lactation and helps reproductive disorders including spontaneous abortion, difficult labor and infant death rate and relieves canker sores.
VIT-28 PABA	PABA. Helps to relieve schizophrenia and Peyronie’s Disease (abnormal fibrous tissue around penis that makes erections painful). It is a skin protector and rejuvenator, which is why it is found in most sun screen lotions.
VIT-29	Bioflavonoid; precursor to Vitamin C. If people have an allergy to Vitamin C or have extreme

Vitamin P	deficiencies, this vitamin is often helpful.
VIT-30 Vitamin T	No documented information.