

PARASITES & PLANTS

Let's start learning about micro-nutrients, focusing on vitamins...

There are 13 *known* vitamins that your body needs. Each vitamin serves specific functions in the body. Many vitamins work synergistically with other vitamins and minerals, and also aid in how the body utilizes them. If one has an inadequate amount of any vitamin for a long enough period of time, you **will** develop health problems. Most vitamins need to be acquired from food, but our bodies can make or synthesize some vitamins. For example, Vitamin D can be synthesized in our skin from the sun, while Vitamin K and some B-Vitamins can be produced by the gut flora (aka gut microbiota) in our digestive tract. There are two types of vitamins: **1.** Fat-soluble vitamins (Vitamins A, D, E, & K) that are stored in the fatty tissues of the body and the liver. **2.** Water soluble vitamins (B-Vitamins: Thiamine, Riboflavin, Niacin, Pantothenic Acid, Biotin, Vitamin B-6, Vitamin B-12, and Folate & Vitamin C) that are not stored long-term, whereby leftover amounts are processed through the kidneys and leave the body in the urine. There are more than one form of certain vitamins, wherein some are being better utilized by the human body than others. With respect to supplements, whole food vitamins are better absorbed than synthetic vitamins. The best way to reduce or eliminate your risk of any vitamin deficiency is to eat a balanced diet with a variety of foods – that is not the Standard American Diet, but a diet with lots of fresh fruits, raw vegetables, properly prepared grains, sprouted legumes, activated nuts & seeds, pasture-raised eggs, and high-quality raw dairy. For those that eat meat, organ meats are the best sources of vitamins and minerals. Vegans are especially at risk for deficiencies of Vitamin B-12, Vitamin K2, and riboflavin. Drinking alcohol, smoking, not getting adequate sleep, eating refined sugars, consuming products with caffeine, drinking soda, being pregnant, breastfeeding, doing strenuous exercise, being under a lot of stress, and of course, having a parasitic infection deplete vitamins (as well as minerals); thereby, increasing one's dietary needs. *Continued on page 3.*

Please see my website for info on macro-nutrients & micro-nutrients at <http://www.iloveiodine.com/nutrients>

TIP OF THE MONTH: 😊
Respect yourself!

**BE OVERCOME BY JUSTICE –
 PURSUE HONOR.**



Vitamin – various organic substances that are essential in minute quantities to the nutrition of most animals (& some plants) that act as coenzymes and precursors of coenzymes in the regulation of metabolic processes, yet do not provide energy or serve as building units; present in *natural* foods and sometimes produced within the body.

DISCLAIMER: The information provided in this newsletter, on my website (www.iloveiodine.com), and in my YouTube videos is intended for educational purposes only. I [Tanya L. Bucci] am not a medical doctor. I do not treat or diagnose any disease and make no claims that the foods, herbs, supplements, and/or products that I discuss will treat, cure, or remedy any disease or health condition. Please consult your healthcare provider for medical advice.

CURRENTLY SCHEDULING TALKS FOR 2019. HOPE TO SEE YOU THEN!
 Please send inquiries using the contact form at <http://www.iloveiodine.com/contact.html>



YouTube UPDATES: Newly Uploaded & Upcoming

Please see my website for a list of all videos at <http://www.iloveiodine.com/youtube.html>.

Please  at <https://www.youtube.com/channel/UCjpZg5NMsQHMX15HaO8I-0Q> Thanks!

BLOG UPDATES: Newly Posted

Main Page of BLOG

- Updated to list new BLOGs

Healthy Living BLOG Index

- Updated to list all BLOGs

Parasites BLOG Index

- Updated to list all BLOGs

Nutrients ► Vitamins & Minerals BLOG

- VITAMIN B-12 DEFICIENCY [Coming soon]

Homemade Natural Products BLOG:

- COFFEE GROUNDS ... RE-USE OR COMPOST [6/26/18]

Recipes ► My Baking: Recipes & Products BLOG:

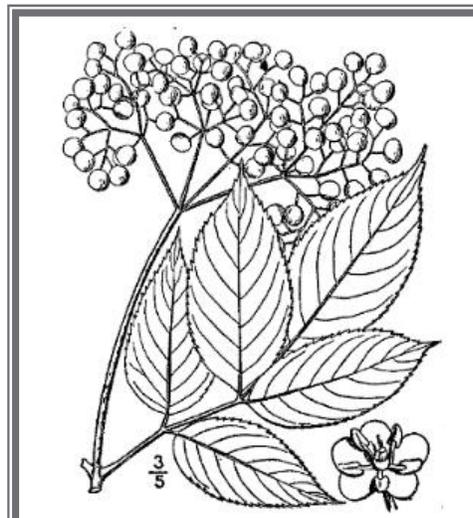
- SOAKED SUGAR-FREE BAKED OATMEAL [6/29/18]

Recipes ► My Baking: ... ► Baking & Cooking Substitutions BLOG

- HOMEMADE BAKING POWDER [6/1/18]
- EGG SUBSTITUTIONS [6/3/18]

Please see my website for what future blog posts that I will be writing:

<https://www.iloveiodine.com/blogindex.html>



USDA-NRCS PLANTS Database / Britton, N.J., and A. Brown. 1913. *An illustrated flora of the northern United States, Canada and the British Possessions. 3 vols.* Charles Scribner's Sons, New York. Vol. 3: 268.

Recipe of the Month: Elderberry Syrup

www.iloveiodine.com/HerbalRemedies

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AVAILABLE FOR
CONSULTATIONS

Volume I of my eBook (46 pages) "Wild Edible Plants in the Washington, D. C. Metro Area" featuring over a dozen wild edible plants is available for a minimum donation of \$1 through PayPal at www.PayPal.Me/iloveiodine

Please see the excerpt at www.iloveiodine.com/eBook – Volume II is scheduled to be released *very* soon!

Thanks for reading! Peace & Love! *Tanya*



WATER SOLUBLE VITAMINS

Water-soluble vitamins: readily absorbed by the body, but not stored in large amounts. The kidneys remove those vitamins that are not needed and are passed out in the urine. Too much of these vitamins is likely not going to have any toxic side effects, but too much of some can interfere with the absorption of others vitamins - so balance is key. Includes: **B Vitamins & Vitamin C** (L-ascorbic acid).

Fat-soluble vitamins: absorbed into the body with the use of bile acids, which are fluids used to digest (i.e., breakdown) and absorb fat. The body stores these vitamins for later use as needed. Too much can lead to toxicity. Includes: **Vitamin A** (preformed vitamin A & provitamin A carotenoid), **Vitamin D** (Vitamin D2 AKA ergocalciferol and Vitamin D3 AKA cholecalciferol), **Vitamin E** (alpha-tocopherol), & **Vitamin K** (Vitamin K1 AKA phyloquinone, and Vitamin K2 AKA menaquinone).

Vitamin C is required for the biosynthesis of collagen, L-carnitine, and certain neurotransmitters.

Vitamin deficiencies may take a long time to exhibit symptoms, as it develops slowly over time (i.e., several months to years). Symptoms may be unnoticeable at first, but over time increase as the deficiency worsens.

Vitamin deficiency anemia: lack of healthy red blood cells due to a lack of Vitamin C, Vitamin B-12, and/or Folate. Also anemia can be caused by an iron deficiency and/or certain blood diseases. **Symptoms:** Dizziness, Unsteady Movements, Fatigue, Muscle Weakness, Loss of Strength, Shortness of breath, Pale or Yellowish (Jaundice) Skin, Irregular Heartbeats, Neuropathy (Numbness or tingling in your hands and feet), Personality or Mood Changes, Mental Confusion, Forgetfulness, and Weight Loss.

Vitamin B-12 deficiency may be caused by malabsorption from food, pernicious anemia (due to a lack of intrinsic factor), post-surgical malabsorption, having a fish tapeworm, and/or not consuming enough foods that contain Vitamin B-12.

Taking too much folic acid or folate can hide the symptoms of a Vitamin B-12 deficiency. Consequences of a Vitamin B-12 may be irreversible. Make sure to have a balance diet and take balanced vitamins – not high doses of any single Vitamin or Mineral, unless it is known what your exact levels of each are.

Some call Amygdalin by Vitamin B-17. Amygdalin has been claimed to be an effective treatment for cancer, but the FDA calls this phenomenon a hoax. A partly man-made, purified form of amygdalin, known as Laetrile, was patented in the 1950s, but is now banned. Amygdalin is a compound found in the pits or seeds of apricots, apples, and bitter almonds, as well as some other stone fruit pits. It is claimed that our intestines break it down makes cyanide, which supposedly selectively kills harmful cancer cells. It is claimed that high doses of amygdalin – 50-60 apricot kernels – can kill you. I do not eat more than 3 a day. I also eat the apple seeds from my daily apple. ☺

B-Vitamins

B1: thiamin

B2: riboflavin

B3: niacin

B4: choline

B5: pantothenic acid

B6: pyridoxine

B7: biotin

B8: inositol

B9: folate

B12: cyanocobalamin

Vitamin B8 is also used to refer adenosine monophosphate (AMP)

Biotin is formerly known as Vitamin H.

Vitamin B8 is also used to refer to adenosine monophosphate (AMP)



WILD PLANTS

Plant of the Month: Elderberry AKA Common Elder

Family: Adoxaceae (AKA the moschatel family)

Elderberry (*Sambucus nigra* L. ssp. *canadensis* L.) is:

- High in bio-flavonoids (including quercetin and anthocyanins) that act as antioxidants that protects cells from oxidative stress (imbalance between the production of reactive oxygen species (free radicals) and antioxidant defenses, resulting in cellular damage or cellular death).
- Efficacy enhanced when combined with Echinacea, Goldenseal, and/or bee products. Elderberry, Echinacea, and Propolis [resin in raw honey] are “natural remedies with antiviral properties, especially against different strains of influenza virus.” “Echinacea, the purple coneflower, is used as an herbal medicine against the common cold and bronchitis.” Propolis has anti-oxidant, anti-bacterial, and liver protective properties.
- Anti-inflammatory properties that helps with relieving congestion. Anti-viral properties to prevent – or in cases of infection, to shorten duration of – colds and the flu. Anti-bacterial properties to kill pathogenic bacteria.
- "Elderberry liquid extract is active against human pathogenic bacteria as well as influenza viruses."¹
- Elderberry extract consumption results in a “significant reduction of cold duration and severity in air travelers.”²

¹Krawitz C, Mraheil MA, Stein M, et al. Inhibitory activity of a standardized elderberry liquid extract against clinically-relevant human respiratory bacterial pathogens and influenza A and B viruses. *BMC Complementary and Alternative Medicine*. 2011;11:16. doi:10.1186/1472-6882-11-16.

²Tiralongo E, Wee SS, Lea RA. Elderberry Supplementation Reduces Cold Duration and Symptoms in Air-Travellers: A Randomized, Double-Blind Placebo-Controlled Clinical Trial. *Nutrients*. 2016;8(4):182. doi:10.3390/nu8040182.

Common Elderberry AKA Elder (*Sambucus nigra* L. ssp. *canadensis* L.)



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This information is intended for educational purposes only. **Please do your own research and do not eat or use any wild plants based solely on this information or any one source.**

Please see my website for photographs of over 80 wild plants that have edible and/or medicinal benefits.