

Found in a high-protein diet including green and yellow fruits and vegetables, cream, butter or margarine, eggs, liver, fish liver oil, cheese, red salmon, whole milk, yellow cornmeal, Vitamin A capsule.



"See my muscles? I ate all my meat!"--12 months.

B VITAMINS--A basic high-protein diet supplemented daily with the foods richest in B-complex vitamins: brewers' yeast, liver and wheat germ. Because our modern-day breadstuffs are refined, no food rich in all vitamins is ordinarily eaten daily. There are only three good sources of these vitamins fairly easily obtainable in most places: brewers' yeast, liver and wheat germ. These foods each contain all of the B-vitamins listed below.

VITAMIN B₁ (Thiamin)--Needed for growth, starch and sugar utilization, appetite, nerves,

energy. Milling methods that remove the grain germ also remove B vitamins. Vitamin B dissolves in water. Save your cooking water and serve in soup or gravy:

Found in beans, brown rice, oats, raw peanut butter, soybean flour, almonds, peanuts, pecans, walnuts, wheat germ, liver, milk, chicken, beef, eggs, brewers' yeast, whole grain breads and cereals, sesame seeds, sunflower seeds.

VITAMIN B₂ (G) (Riboflavin)--Needed for lifespan, skin, eyes, digestion:

Found in cheese, eggs, liver, milk, veal, avocados, grapefruit, mangos, prunes, peaches, pears, figs, melons, raisins, green leafy vegetables, nuts, whole-grains, soybeans.

VITAMIN B₆--Needed for skin, utilization of fats, blood, nerves, muscles:

Found in cabbage, egg yolk, fish, liver, meat, milk, wheat germ, whole grains, brewers yeast.

VITAMIN B₁₂--Needed for nerves, preventative for pernicious anemia:

Found in milk and liver.

NIACIN (Vitamin P-P)--Needed for liver, nervous system, brain, soft tissues, skin, circulation and for burning of starch and sugars:

Found in bran, eggs, fish, heart, liver, lean meat, peanuts, wheat germ, whey, dried yeast.

INOSITOL--Needed for hair, muscles, liver, brain, heart:

Found in beef brain, heart, liver, fruits, meat, milk, nuts, vegetables, whole grains, brewers' yeast.

CHOLINE--Needed for kidneys,

liver, spleen, thymus gland, lactation!

Found in liver, brain, heart, egg yolk, fish, fruits, meat, milk, root vegetables, soy beans, tongue, whole grains, wheat germ, brewers' yeast.

PANTOTHENIC ACID--Needed for growth, skin, digestion, adrenal glands!

Found in lean beef, broccoli, cabbage, corn, yeast, egg yolk, liver, milk, molasses, peas, rolled oats, potatoes, salmon, wheat germ, whey.

FOLIC ACID--Needed for red blood cells, liver, glands:

Found in Eggs, fowl, fruits, meat, vegetables, wheat germ, whole grains.

VITAMIN C--Needed for healing, teeth, gums, bones, joints, eyes, energy. Freshness is important in Vitamin C foods. It's best to eat your fruits uncooked because this vitamin is very sensitive to heat. It dissolves in water, so quick-cook vegetables and save and serve the cooking water:

Found in citrus fruits or juice, raw and canned tomatoes and tomato juice, melons; smaller amounts from fresh raw vegetables, strawberries, supplements of rosehip preparations, or ascorbic acid tablets.

VITAMIN D--Needed for digestion, bones, teeth, energy:

Found in egg yolk, fish and fish-liver oil, milk and milk products, sardines, sunflower seeds, salmon, cheese, Vitamin D capsule (and natural sunlight on the skin!)

VITAMIN E--Needed for fertility, reproduction, the formation of each body cell, decreases sensitivity to pain. Habitual

miscarriages or spontaneous abortion have been traced to Vitamin E deficiency.:

Found in eggs, fish, liver, vegetable oils, fresh wheat germ and wheat germ oil, soy oil, nuts, cold-pressed oils, fresh whole-grain breads and cereals, Vitamin E capsule made of natural alpha-tocopherol acetate.

VITAMIN F--Corn oil, lecithin granules, nuts, safflower oil, sesame seeds, soybean oil, sunflower oil, seeds and wheatgerm oil.

VITAMIN K--Needed for liver, blood clotting. This is produced by intestinal bacteria if the diet is adequate in milk and unsaturated fatty acids, and no oral antibiotics have been taken. Beneficial bacteria are increased by eating yogurt.

Also found in cabbage, cauliflower, egg yolk, liver, spinach and tomatoes.

VITAMIN P--Currants, citrus fruit, grapes, green peppers, parsley, prunes, spinach, cabbage, carrots, peas, potatoes, sweet potatoes.

CALCIUM--Builds bones and teeth, helps blood to clot, regulates heart rhythm!

Found in milk (whole or skim), cheese, buttermilk, yogurt, tablets of calcium and magnesium combined, or bone powder and calcium tablets.

PHOSPHORUS--Builds bones and teeth; important in vitamin utilization and calcium metabolism:

Found in milk, eggs, cheese, meats, egg yolks, wholegrain breads and cereals.

IODINE--Iodized salt, clean ocean fish, powdered kelp: Prevents goiter etc.