

~ A Healthier You ~

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When I surrender, the Universe moves.  
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## BEAT THE BLUES WITH B VITAMINS

Is your energy is low? Do you have poor memory and concentration? Are you anxious, irritable or depressed? Chances are you're deficient in the B complex-vitamins. B-vitamins are needed for everything from healthy maintenance of brain cells, and regulating amino acids to the metabolism of carbohydrates - the brain's source of fuel.

B-vitamins are also necessary for the production of neurotransmitters, which regulate our moods and conduct messages through out the brain. For example, B-12, B-6 and folic are needed for the manufacture of GABA, serotonin and dopamine, neurotransmitters, which regulate moods. Taking B-vitamins can help with: ADHA, Alzheimer's disease, anxiety, canker sores, chronic pain, Crohn's disease, depression, diabetes, fatigue, stress, Rosacea, Psoriasis and M.S.

The B-complex includes: B-1 (thiamine), B-2 (riboflavin), B-3 (niacin), B-5 ( pantothenic acid), B-6 (pyridoxine), biotin, B-12, folate (folic acid), choline, inositol, biotin and PABA (para-aminobenzoic acid).

B-complex supplements should always be taken with meals. You'll notice a bright yellow hue to the urine following supplementation of B-2 (riboflavin); this is a normal and harmless side-effect.

You might also get what's known as 'the niacin flush' with B-3 (Niacin). Not to worry - it's just opening up the clogged capillaries of the skin; a good thing! B-vitamins are a safe supplement, because they are water soluble-anything that the body doesn't need, will be excreted via the urine.

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