

**Review: Jack Ritchason, *The Vitamin and Mineral Encyclopedia: The Handbook of Vitamins and Minerals for a Healthier Life*, Thornwood Books 1980**

Pages: 118

**Mini Materia Vitaminum**

This is a short collation of vitamin and mineral uses of the body, food and herb sources, and deficiency ailments. Being so short, it is not an encyclopedia *per se*, but a great introduction and hand book for self-diagnosis and limited treatment.

Unfortunately, the author recommends pan-toxic fluorine for bones and teeth, showing a shocking lack of knowledge. This is despite stating it is a toxic poison in water. He calls it an essential trace mineral (p. 72), yet no bodily function needs it. Alfalfa is also given as an aluminium source, as if consuming this neurotoxin has some benefit!

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**Introduction (pp. 7-9)**

**I) Ailments (pp. 10-36)**

Anemia: Bs

Angina: Bs, E

Beriberi: Bs

Brain: inositol

Chicken pox: C, E, A

Cold sores, A, C, E

Depression: B<sub>12</sub>, Bs, H, Mg

Feet: I

Food poisoning: folic acid

Haemophilia: T

Hyperthyroidism: A, Bs, E, PABA, Ca

Hypothyroidism: I

Measles: A, C, E

Mental illness: H

Pellagra: B<sub>3</sub>, B<sub>6</sub>

Rickets: D, Ca, P

Snakebite: A, C, K

## **II) Vitamins (p. 37-64)**

A, D, and E are oil-soluble requiring fat for digestion.

The B complex has twenty-two similar vitamins, and in nature they are always together, never isolated.

A works best with the Bs, D, and E.

E works best with the Bs, inositol, and C.

B<sub>1</sub> is thiamine.

B<sub>2</sub> is riboflavin.

B<sub>6</sub> is pyridoxine.

B<sub>12</sub> is cyanocobalamin.

A should not be taken with mineral oil, E or Fe.

A treats night blindness, colds, broken bones. Fish liver oil and dairy are good sources.

B<sub>1</sub> is the "morale vitamin", fighting air and sea sickness, also herpes. Whole wheat, rice husks, and yeast.

B<sub>2</sub> is low in alcoholics. Liver and kidney.

B<sub>3</sub> (niacin) treats arteriosclerosis (arterial hardening), increases circulation and reduces BP, and reduces migraine. Liver, white meat, avocados, dates, figs, prunes.

B<sub>5</sub> is pantothenic acid.

B<sub>6</sub> is for anaemia. Lean meat, liver, kidney.

B<sub>12</sub> prevents eye damage, particularly from smoke pollution. Liver, kidney, beef, cheese.

B<sub>13</sub> is orotic acid and delays aging. Root vegetables.

B<sub>15</sub> is pangamic acid and protects against pollution. Pumpkin seeds, yeast.

B<sub>17</sub> is laetrile and for cancer. Fruit pits (apricots, apples, cherries, plums, nectarines).

Inositol is a B factor and helps eyes, heart, and brain. Organ meats.

Choline is a B factor for liver development. Organ meats.

Folic acid is a B factor which can delay hair colour loss. Egg yolks, pumpkins, apricots.

C helps Fe absorption.

D treats conjunctivitis. UVB rays, sardines, cod liver oil.

E works synergistically with Se. It protects against pollution and extends life.

Vitamin F is unsaturated fatty acids, which can protect against X-ray damage. Wheat germ oil, walnuts, linseed.

H is biotin for using C.

K promotes blood clotting. Yoghurt, root vegetable, alfalfa, kelp.

P (bioflavonoids) is needed for C. It prevents bruising. Citrus fruit white skin, cherries, grapes, rose hips.

T is mysterious. Egg yolks and sesame seeds.

U may heal ulcers. raw cabbage.

### **III) Minerals (pp. 65-80)**

The body can't use these unless first broken down into a digestible form. Using a base of herbs can raise absorption 4-5X.

Ca and P should be in a 2:1 ratio for homeostasis. Without Ca nothing heals.

Cr prevents diabetes.

Excessive Cu can cause depression and increase hair loss.

I prevents goitre and hypothyroidism.

Mg neutralises stomach acid so should not be taken after a meal. It improves dental and heart health, and treats kidney and gallstones.

Mn promotes thyroid hormones and improves memory.

Mo is in nuts, peas and dark leafy greens.

More K is needed for hypoglycemia, diarrhoea and long fasting periods. It helps the brain, reduces allergies and BP. Citrus, bananas, and potatoes.

Se can also treat dandruff.

Na can cause high BP.

V can prevent heart attack, but is easily toxic.

Zn is needed for alcoholics and when taking large B<sub>6</sub> doses. It treats the prostate.

Fruits are 90% distilled water by weight.

#### **IV) Vitamins and Minerals From Herbal Sources (pp. 81-89)**

No one really knows how the body uses vitamins and minerals (!).

A: alfalfa, dandelion, garlic.

B<sub>1</sub>: capsicum, dandelion.

B<sub>2</sub>: alfalfa, burdock, dandelion, kelp

B<sub>3</sub>: alfalfa, burdock, dandelion, kelp, parsley

B<sub>6</sub>: alfalfa

B<sub>12</sub>: alfalfa, kelp

T: plantain, alfalfa

Al: alfalfa (!)

F: garlic (!)

Li: kelp

Mn: kelp

Si: alfalfa, burdock, horsetail [for neutralising Al].

#### **Appendix (pp. 91-101)**

A deficiency causes allergies and itching eyes.

B<sub>1</sub> deficiency causes numb hands and feet.

B<sub>6</sub> deficiency causes learning disability.

C deficiency causes anaemia., bleeding gums, cavities, and nose bleeding.

PABA is Para-amino-benzoic acid.

Low I can cause cold extremities and obesity.

B<sub>1</sub> deficiency causes numb hands and feet.