

# NUTRITION

## Nutrition for the Body, Mind and Spirit

**Healthy nutrition is essential for both physical and spiritual wellbeing. Many of the prolific ailments affecting people today can be directly attributed to poor nutrition.**

We live in a frenetically paced world crammed full of fast foods and GMOs [genetically modified organisms]. Diets consisting of excessive sugars, carbs and preservatives wreak havoc on our physical bodies and invariably lead to emotional and mental instability.

There are countless fad diets and eating “programs” on the market – all promising beautiful bodies and vitality....

Everything in moderation. Too much of anything can be harmful. A well-balanced diet and lifestyle are essential for health, vitality and longevity.

All the foods addressed in our publication are accompanied by nutritional tables. We have compiled three charts of vitamins, minerals and amino acids. Here one can see the functions of these nutrients and their sources.

**Nutrition should always be the first consideration when correcting or curing the state of the body. More often than not, simple diet changes can lead to the most profound healing.**



**“Let food be thy medicine  
and medicine be thy food”**

~Hippocrates – 460BC~

# VITAMINS

Vitamin	Chemical Name	Functions	Main Sources
Vitamin A	Retinal, Retinol, Carotenoids [including Beta Carotene]	Healthy skin, mucous membranes, bones and teeth, vision and immune system	Dairy, eggs, leafy greens, liver, orange fruits and vegetables
Vitamin B <sub>1</sub>	Thiamine	Energy metabolism and nerve function	Pork, wholegrain
Vitamin B <sub>2</sub>	Riboflavin	Energy metabolism, skin and vision	Dairy, leafy greens and wholegrain
Vitamin B <sub>3</sub>	Niacin, Niacinamide	Digestive system, energy metabolism, nervous system and skin	Asparagus, fish, poultry, leafy greens, meat, mushrooms and wholegrain
Vitamin B <sub>5</sub>	Pantothenic Acid	Energy metabolism	Widespread in most food
Vitamin B <sub>6</sub>	Pyridoxamine, Pyridoxal, Pyridoxine	Protein metabolism and red blood cell production	Fish, fruits, poultry, meat and vegetables
Vitamin B <sub>7</sub>	Biotin	Energy metabolism	Widespread in most food
Vitamin B <sub>9</sub>	Folic Acid, Folinic Acid	DNA and cell production	Leafy greens, legumes, liver, oranges and seeds
Vitamin B <sub>12</sub>	Cyanocobalamin, Hydroxycobalamin, Methylcobalamini	Cell production and nerve function	Dairy, eggs, fish, poultry, meat and seafood
Vitamin C	Ascorbic Acid	Protein metabolism, immune system and iron absorption	Fruit [especially citrus] and vegetables
Vitamin D	Cholecalciferol [D <sub>3</sub> ], Ergocalciferol [D <sub>2</sub> ]	Absorption of calcium	Egg yolk, fish, liver, sunlight
Vitamin E	Tocopherols, Tocotrienols	Antioxidant, cell wall protection	Egg yolk, leafy greens, liver, polyunsaturated plant oils, nuts and seeds, wholegrains
Vitamin K	Menaquinone, Phylloquinone	Proper blood clotting	Cabbage, leafy greens, milk

Please note: The body's biochemistry is both intricate and complex. Vitamin, mineral and amino acid supplements may have side effects. Supplements may have contra indications to prescribed medicines and/or medical conditions. Consult your healthcare professional before embarking on any supplement regime.

# MINERALS

Dietary Mineral	Functions	Main Sources
Calcium [Ca]	Blood clotting, blood pressure regulation, bones and teeth, immune system, muscles, nerve function	Dairy, fish [bony], leafy greens, legumes, vegetables [especially broccoli], nuts and seeds, herbs [dill, oregano, thyme]
Chloride [Cl]	Fluid balance and stomach acid	Sea salt
Chromium [Cr]	Works with insulin to regulate blood sugar levels	Liver, nuts and whole grains
Copper [Cu]	Iron metabolism and part of many enzymes	Legumes, nuts, seeds and meat [mainly organs]
Iodine [I]	Antioxidant, immune system, synthesis of thyroid hormones	Eggs, iodised salt, sea vegetables, shellfish and strawberries
Iron [Fe]	Energy metabolism, haemoglobin function	Eggs, fish, leafy greens, legumes, poultry, meat, shellfish and vegetables
Magnesium [Mg]	ATP processing, bones, immune system, muscles, nerve transmission, protein metabolism	Cocoa, leafy greens, legumes, nuts and seeds, vegetables and seafood
Manganese [Mn]	Antioxidant, cofactor in enzyme function, increases healing capacity	Fruits and vegetables
Molybdenum [Mo]	Protein metabolism, enzyme function	Dairy, leafy greens, legumes, liver, tomatoes and vegetables
Phosphorus [P]	Bones and teeth, DNA and cell production and energy metabolism	Dairy, eggs, fish, poultry and meat
Potassium [K]	Co-regulates ATP with Sodium, electrolyte, fluid balance and muscle contractions	Dairy, fruit, legumes, meat, vegetables and whole grains
Selenium [Se]	Antioxidant, immune system and regulates thyroid	Brazil nuts, fish, meat and whole grains
Sodium [Na]	Co-regulates ATP with Potassium, electrolyte, fluid balance, muscles and nerve transmission	Meat, sea salt, sea vegetables and vegetables
Zinc [Zn]	Immune system, part of many enzymes, reproductive system and taste perception	Eggs, fish, poultry, meat, vegetables and whole grains

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# AMINO ACIDS

Amino Acid	Functions	Main Sources
Alanine	Glucose metabolism, connective tissue, immune system	Dairy, eggs, fish, poultry, meat, nuts and seeds and whole grains
Arginine	Collagen production, immune function, muscle metabolism, nitrogen balance	Carob, cocoa, coconut, dairy, meat, walnuts and whole grains
Asparagine	Central nervous system, liver support	Dairy, eggs, fish, poultry, meat, nuts and seeds, sprouts, whole grains and vegetables
Aspartic Acid	Carbohydrate conversion, immune system	Asparagus, avocado, meat, oysters and sprouts
Cysteine	Connective tissue, hair and skin formation, aids healing process, white blood cell production, immune system	Broccoli, brussel sprouts, dairy, eggs, fish, lentils, peppers, poultry, pork and whole grains
Glutamic Acid	Brain function, energy metabolism	Dairy, eggs, fish, kombu, poultry, meat and wheat
Glutamine	Brain function, immune system, important for various metabolic processes, increases healing capacity	Dairy, eggs, fish, poultry, meat and vegetables, especially cabbage
Glycine	Brain function, central nervous system, DNA and RNA regeneration, pituitary function	Dairy, fish, free-form amino acids, legumes and meat
Histidine	Red and white blood cell production, treatment of allergies and rheumatoid arthritis	Rice, rye and wheat
Isoleucine	Energy metabolism, haemoglobin formation, increases healing capacity	Eggs, fish, lentils, meat, nuts and seeds
Leucine	Liver function, muscle protein synthesis	Almonds, dairy, eggs, fish, lentils, meat and wheat germ
Lysine	Bone growth, nitrogen balance, production of antibodies, enzymes and hormones	Dairy, eggs, fish, lima beans and potatoes
Methionine	Antioxidant, liver function and regeneration, supports kidneys and pancreas	Dairy, eggs, fish, garlic, lentils, liver, onions and seeds
Ornithine	Immune system, increases healing capacity, liver function and regeneration,	Dairy, eggs, fish and meat
Phenylalanine	Brain function, collagen production, support alcohol and drug cessation	Almonds, cheese, halvah, tahini and sesame seeds
Proline	Formation of collagen and connective tissue, heart muscle	Egg whites and wheat germ
Selenocystine	Antioxidant, liver support	Brazil nuts, broccoli, eggs, fish, garlic, poultry, seafood and whole grains

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# AMINO ACIDS

Amino Acid	Functions	Main Sources
Serine	Antibody production, energy metabolism, immune system, metabolism of fats and fatty acids and nervous system function	Asparagus, dairy, lentils, meat, nuts and seeds
Taurine	Absorption and elimination of fats, brain function, heart function, mineral synthesis	Dairy, eggs, fish and meat
Threonine	Collagen and elastin formation, immune system, protein balance and prevents fatty build-up in liver	Beef, liver, peanuts and whole grains
Tryptophan	Growth hormone release, mood stabiliser, niacin and serotonin production	Brown rice, cottage cheese, meat and peanuts
Tyrosine	Adrenal, thyroid and pituitary gland function, brain function, dopamine, norepinephrine and epinephrine production, mood stabiliser	Almonds, avocados, bananas, dairy, fish, lima beans, pumpkin and sesame seeds, whole grains
Valine	Muscle metabolism, nitrogen balance, stimulant, tissue repair, uptake of phenylalanine, tryptophan and tyrosine	Dairy, meat, mushrooms, peanuts and whole grains

**A healthy, well-balanced diet should provide ALL the essential nutrients your body needs!**



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