

REV UP YOUR ENERGY

with Natural Iron and a New Form of Vitamin B12

While everyone in the health food industry—including manufacturers, scientists, retailers and consumers—are looking for the new miracle herb or nutrient for healthier benefits, let's not forget the past.

Scientific discoveries are important, and it is exciting to learn about the new powerful antioxidant or the new antistress vitamin, but it seems when we discover something, we never respect the value, stumbling over it as we move on to hope for the next new miracle.

It's like not seeing the forest for the trees. We should not lose sight of the wonderful benefits of scientifically validated foods and nutrients that seem to have lost their luster and excitement.

I want to reintroduce you to two nutrients with exceptional health benefits that have been forgotten. Would you believe they are both found in liver?



I know you don't eat liver anymore because of its purines, toxins and cholesterol. But there is a better way to take liver that will give you all the benefits of liver with **no** purines, toxins or cholesterol. Liver contains the greatest quantity of natural nutrients (vitamins and minerals) than any other known food.

Many people suffer from an iron deficiency without even knowing it. The Mayo Clinic says iron deficiency anemia may cause you to feel tired and often look pale. It's a very common type of anemia, a condition in which blood lacks adequate healthy red blood cells to carry oxygen to tissues. Oxygenated blood gives your body energy and your skin a healthy and radiant glow.

Iron deficiency anemia is common especially in women. One in five women and 50% of all pregnant women are iron deficient. Supplementation can usually correct iron deficiency anemia, but sometimes additional treatments are necessary, especially if you are bleeding internally (check with a physician).

In general, anemia causes extreme fatigue, hair loss, pale skin, weakness, shortness of breath, headache, light headedness, cold hands and feet, inflammation or soreness of your tongue, brittle nails, poor appetite (especially in infants and children), and an unusual craving for non-nutritive substances such as ice, dirt or pure starch.

Iron sulfate, iron fumarate and iron gluconate are extremely difficult to digest, and absorb systemically—which is harsh on the stomach and causes constipation. Out of 200 mg of these iron salts, only approximately 2 mg of iron will reach the bloodstream.

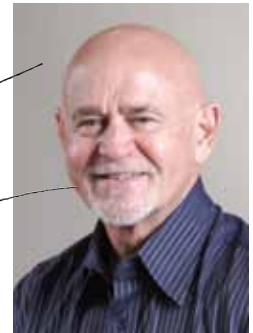
On the other hand, **liver** is the most natural source of iron because it contains heme iron, a form of iron attached to hemoglobin. *That means up to 33% of the quantity of heme iron ingested can be absorbed, compared to about 1% absorption of iron salts.*

Combine this natural liver extract with methylcobalamin—a new form of vitamin B12 that requires no biological transformation since it is made ready for absorption—and it creates a powerful combination that increases energy levels and reduces symptoms of deficiencies associated with iron and B12.

We've already mentioned the symptoms of iron deficiency; the following are some deficiencies associated with vitamin B12: tiredness and feelings of weakness, an irritated nervous system, less than optimal eye function, loss of appetite and unintended weight loss, feelings of irritation and mild moodiness, poor memory and short term memory loss, being nervous, poor liver and heart function, brittle nails and premature graying hair.

If you suffer from sleeping difficulties, I recommend taking vitamin B12 during the day because it plays a vital role in melatonin production. Called the "sleep hormone," melatonin is responsible for letting you get a good night's sleep.

To your good health,
Terry... Naturally



If you experience sleeping difficulties or any symptoms of vitamin B12 deficiency, you may need to supplement even if you eat foods rich in vitamin B12. Oddly that wasn't a mistake. You can eat plenty of meat, poultry, brewers yeast, eggs, fish, dairy products or seafood and still have low levels of B12. Why?

Your body may be unable to absorb vitamin B12 from your gut. B12 needs the help of a protein in the stomach called the intrinsic factor to convert B12 from cyanocobalamin to methylcobalamin. Because the lining of your stomach makes intrinsic factor, people with poor digestion often require vitamin B12 supplementation.

The Natural Solution, supplementing your diet with a highly concentrated liver extract (20X) 1,300 mg combined with vitamin B12 (methylcobalamin) 1,000 mcg. This in itself would be a great formula to meet your needs for iron and B12 and to help correct deficiencies. I would recommend adding a highly concentrated rhodiola extract (15%). *This is one of the most highly regarded energizing herbs in the herbal kingdom.*

This formula could provide adults and teens with a sense of well being, energy, a multitude of other healthy benefits, and drastically reduce fatigue. TM

Look for this formula at your local health food store:

Vitamin B12 (methylcobalamin) 1,000 mcg
Liver Fractions 20X (hydrolyzed) 1,300 mg
Rhodiola (*Rhodiola rosea*) 15%, 100 mg

When in doubt, always consult your physician or health care practitioner. This column is to provide you with information to maintain your health.

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