

A Diet Deficiency Today is a Clinical Event Tomorrow

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**By Theryssa Gossman**

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For those of us that understand nutrition and it's importance in our lives, this statement makes all too much sense doesn't it.

Today, six out of the top ten causes of death are diet related and chronic degenerative diseases afflict over 120 million Americans. Cancer has moved from the eighth leading cause of death to number two, even after Richard Nixon's "War on Cancer" spent thirty billion dollars attempting to find a cure. Diabetes has increased 700% since 1959.

Nearly 15 million American adults suffer from asthma and the Environmental Health Commission predicts that number will increase to 29 million by 2020. Twenty-one million Americans suffer from arthritis and approximately 50 million Americans suffer from autoimmune diseases, with 75 percent of these being female. Many of these autoimmune conditions were practically nonexistent thirty years ago.

Look at the average diet of children today--soft drinks, processed cereal, pizza, candy, fast food and their favorite and often only source of vegetables: french fries. Could this be why we are seeing a dramatic rise in ADHD, to the point where 8 million American children need to be drugged daily? Autism has gone from 1 in 10,000 children to 1 in 150 in just 10 years. Adult-onset diabetes is occurring at epidemic rates in children as young as eight.

#### **NEW HEADLINES IN MEDICAL RESEARCH**

There can be no doubt that deficiencies of these vital nutrients can lead to serious problems. Scientists are continually discovering new links between viruses, bacteria and the immune system and many of the most common and most dangerous diseases. Take a look; you might be surprised at what they're learning about the importance of a strong, balanced immune system.

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"Are Viruses and Bacteria the Real Cause of Heart and Kidney Disease?"...In the August 2000 issue of the American Journal of Medicine, scientists reported that the hepatitis C virus could show up as a kidney infection or as heart disease. Last year, Italian researchers reported that the reason cholesterol deposits stick to the walls of arteries might be due to an undetected infection that inflames blood vessel walls.

"Are Bacteria to Blame for MS?"...The July 1999 issue of Annals of Neurology reported that a common bacteria called Chlamydia pneumoniae was present in all the patients tested in the study with multiple sclerosis (MS). In addition, 30 percent of people with MS also harbor the herpes virus.

"Epilepsy Linked to Abnormal Immune Cells" ...In 1997, a group of scientists looked at a total of 135 people with epilepsy. More than 80 percent of these people had one or more abnormalities in their cellular immune defenses.

"Alzheimer's Disease Linked to Immune System Dysfunction" ...An article in a 1994 issue of Progress in Drug Research reported that Alzheimer's disease may be linked to an abnormal antibody response to a portion of nerve cells in the brain.

"A Hidden Virus that Causes Obesity" ...Researchers at the Department of Nutrition and Food Science at Wayne State University in Detroit reported in August 2001 that increased fat stores have been linked to the presence of a virus.

"Is Arthritis Really a Joint Infection?" ...Dutch scientists recently reported that chronic arthritis might have a bacterial connection. In fact, if you suffer from rheumatoid arthritis, which is considered an autoimmune disease, your disease may have been triggered by a prior infection that may have over stimulated immune responses, which in this situation, needed to be suppressed.

"Is Male Infertility Due to E. Coli Bacteria Sticking to Sperm?" ...A German study in the July 1993 issue of Fertility and Sterility reported that e. coli can actually adhere to sperm causing them to clump together.

And if you do a search on the Internet you will find more of these types of headlines all over the place. It's just amazing, sad actually, and scary.

Theryssa Gossman  
Helping people get back the nutrition their bodies need.

### **We All Need These Vitamins – Vitamin B12 And Folacin**

**By Keith George**

During the last years the vital importance of vitamin B12 and folacin for our health has become more obvious. Perhaps you have heard that folacin is important during pregnancy. Deficiency can cause severe damages to the fetus. In the USA and other countries one has added synthetic folacin to

prevent damages to the fetus.

Also B12 is of importance as both vitamins are interacting to have an effect. Both vitamins have great importance even in other cases. The risk of developing dementia are for example bigger if you suffer from a deficiency of one of these vitamins.

Vitamin B12 and folacin are important for every cell of the body. B12 and folacin interact in vital functions of all cells. For example they are necessary for the cells to divide and grow in a normal way. That is why they are of great importance for the growing foetus.

The first symptoms of deficiency can also come from the cells that divide too fast, for example blood cells and the cells of mucous membrane. The symptoms will result in a type of anemia often combined with a red tongue and shear mucous membranes in the mouth.

Both vitamins are also necessary for the nerve system to function well, for the nerve cells and for the signal substances that transmit the nerve impulses. If not treated this kind of deficiency can cause permanent damages of the nerves.

A deficiency may occur as a result of an inability to absorb B12 from food and in strict vegetarians who do not consume any animal foods. As a general rule, most individuals who develop a vitamin B12 deficiency have an underlying stomach or intestinal disorder that limits the absorption of vitamin B12. Sometimes the only symptom of these intestinal disorder is subtly reduced cognitive function resulting from early B12 deficiency. Anemia and dementia follow later.

Characteristic signs, symptoms and health problems associated with B12 deficiency include anemia, fatigue, weakness, constipation, loss of appetite and weight loss.

Deficiency can also lead to neurological changes such as numbness and tingling in the hands and feet. Additional symptoms of B12 deficiency are difficulty in maintaining balance, depression, confusion, dementia, poor memory and soreness of the mouth or tongue.

Many of these symptoms are very general and can result from a variety of medical conditions other than vitamin B12 deficiency. It is important to have a physician evaluate these symptoms so that appropriate medical care can be given.

Keith George always writes about valuable news & reviews. A related resource is

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