



VITAMINS
THAT HEAL

**Natural Immunity for
Better Health**

H.K. Bakhru

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ORIENT PAPERBACKS

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Index of Diseases
Introduction

PART - I
Vitamins for Healthy Living

VITAMIN A		
	RETINOL: <i>For Better Eyesight</i>	... 22
VITAMIN B ₁		
	THIAMINE: <i>For Calm Nerves</i>	... 28
VITAMIN B ₂		
	RIBOFLAVIN: <i>The 'Beauty' Vitamin</i>	... 34
VITAMIN B ₃		
	NIACIN: <i>Relieves Skin Eruptions</i>	... 39
VITAMIN B ₅		
	PANTOTHENIC ACID: <i>The Anti-Stress Factor</i>	... 44
VITAMIN B ₆		
	PYRIDOXINE: <i>The 'Versatile' Vitamin</i>	... 48
VITAMIN B ₇		
	BIOTIN: <i>Strengthens Immunity</i>	... 53
VITAMIN B ₉		
	FOLIC ACID: <i>Prevents Anaemia</i>	... 56
VITAMIN B ₁₂		
	CYANOCOBALAMIN: <i>Stimulates Growth of Red Blood Cells</i>	... 61
VITAMIN CHOLINE	<i>For a Healthy Liver</i>	... 65
VITAMIN INOSITOL	<i>Prevents Hair Loss</i>	... 69
VITAMIN C		
	ASCORBIC ACID: <i>The 'Antibiotic' Vitamin</i>	... 71
VITAMIN D	<i>The 'Sunshine' Vitamin</i>	... 78
VITAMIN E		
	TOCOPHEROL: <i>The Anti-Ageing Factor</i>	... 82
VITAMIN K	<i>Prevents Haemorrhages</i>	... 87
	Bibliography	

PART II

Minerals Your Body Needs

BORON: Prevents Tumours and Cysts	... 98
CALCIUM: For Strong Bones	... 99
CHLORINE: The Natural Disinfectant	... 105
CHROMIUM: Promotes Glucose Tolerance	... 108
COPPER: Converts Iron into Haemoglobin	... 111
FLUORINE: For Healthy Teeth	... 115
IODINE: Prevents Goitre	... 118
IRON: Purifies the Blood	... 122
MAGNESIUM: The Alcoholic's Balm	... 126
MANGANESE: For the Growing Years	... 131
MOLYBDENUM: For General Well-Being	... 134
PHOSPHORUS: The Body Energiser	... 137
POTASSIUM: To Prevent Acidosis	... 141
SELENIUM: A Special Friend to Women	... 146
SILICON: The 'Beauty' Mineral	... 148
SODIUM: Indispensable for Life	... 150
SULPHUR: For Glowing Hair and Skin	... 154
VANADIUM: Good for the Heart	... 156
ZINC: Hastens Healing	... 158

Bibliography

PART - III

The Amazing Power of Amino Acids

ARGININE: Increases Male Sexual Vitality	... 169
HISTIDINE: For Tissue Growth and Repair	... 171
ISOLEUCINE: Stimulates Essential Hormones	... 173
LEUCINE: Boosts Energy Levels	... 174
LYSINE: The Anti-Virus Factor	... 175
METHIONINE: Protects the Liver	... 177
PHENYLALANINE: For Weight Control	... 179
THREONINE: Therapy for Mental Illness	... 181



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Natural Immunity for
Better Health

Some Examples

Vitamin A

Nightblindness, Conjunctivitis, Common Cold, Flu, Asthma,
Arthritis, High Blood Pressure, Hair Loss, Acne

Vitamin B₁

Headaches & Migraine, Arteriosclerosis, Angina, Insomnia,
Diarrhoea, Anaemia, Blood Cholesterol

Vitamin C

Nephritis, Common Cold, Infections, Scurvy, Premature Ageing,
Ulcers, Cancer, Piles, Dental Caries

Vitamin E

Varicose Veins, Heart Disease, Sterility,
Muscular Disorders, Dysmenorrhoea

Calcium


Arthritis, Cramps, Tetany, Tooth Decay, Irregular Menstruation

Magnesium

Depression, Epilepsy, Wrinkles, Delirium,
Urinary Problems, Dyspepsia

Lysine

Herpes, Headaches, Nausea, Pneumonia, Nephrosis,
Acidosis, Rickets, Weight Loss

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