

Your **HEALTH**



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Vitamin B6

Every Woman's Guardian Angel

Swelling, water retention, moodiness, dry skin, anemia and hormonal imbalances are all problems that can be related to a deficiency of vitamin B6. This vitamin is probably involved in more body processes than any other. Yet, incredibly more than 60 million people may be B6 deficient.

Of all the vitamins which make up the B-complex group, none offer the sheer number of benefits as pyridoxine (vitamin B6). Our minds, hearts, kidneys, stomachs, skin and nervous systems and immune systems are all dependent upon and enhanced by B6. In spite of this, nutritional researchers estimate that a B6 deficiency is the most prevailing deficiency in the country today.

Pyridoxine is used in more than 60 enzyme systems, in the metabolism of protein and carbohydrates and in the breakdown of nearly all amino acids. Vitamin B6 also contributes to the manufacture of hemoglobin and other compounds vital to the normal function of the brain and nerves.

First and foremost, however, this vitamin is the key to regulating hormones. For example, in one of its many roles as a co-enzyme, vitamin B6 stimulates the production of dopamine, an important cerebral hormone that has a calming effect on the nervous system. When vitamin B6 is not present in sufficient quantity to do this job, other hormones take over and agitate the nervous system.

Vitamin B6 is also vital in the production of the antibodies that help fight infection. In fact, research has traced poor immunity response to bacterial and viral infections in women directly to a deficiency of B6. Additionally, it is theorized that the essential role vitamin B6 takes in maintaining our immune system due, in part, to yet another function it serves in our bodies—the production of age retarding RNA, a nucleic acid that investigates the replacement of worn out and diseased cells.

This information is not intended to be prescriptive. Any attempt to diagnose and treat an illness should come under the direction of a physician. For more information and this complete article, contact Mam at Country Health, Reno, Nev.

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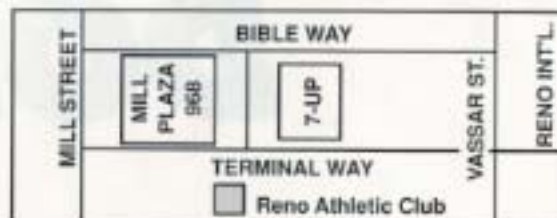


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