

Natures Secrets
Herbalism

It's Medicine & It's Magic
Of the Ancient & New World

Herbal Remedies Homeopathic Naturopathic
Herbs Fruit Vegetables Tree's Diploma

Module 1:

By
Tamara Von Forslun ©

Herbalism

Professional Diploma Course of Herbal

Medicine & Natural Magic

Of the Ancient & new World

By

Mother Nature

&

Tamara Von Forslun

Herbal Remedies

Homeopathy

Naturopathy

Herbs

Fruit

Vegetables

Trees

Diploma

Module 1:

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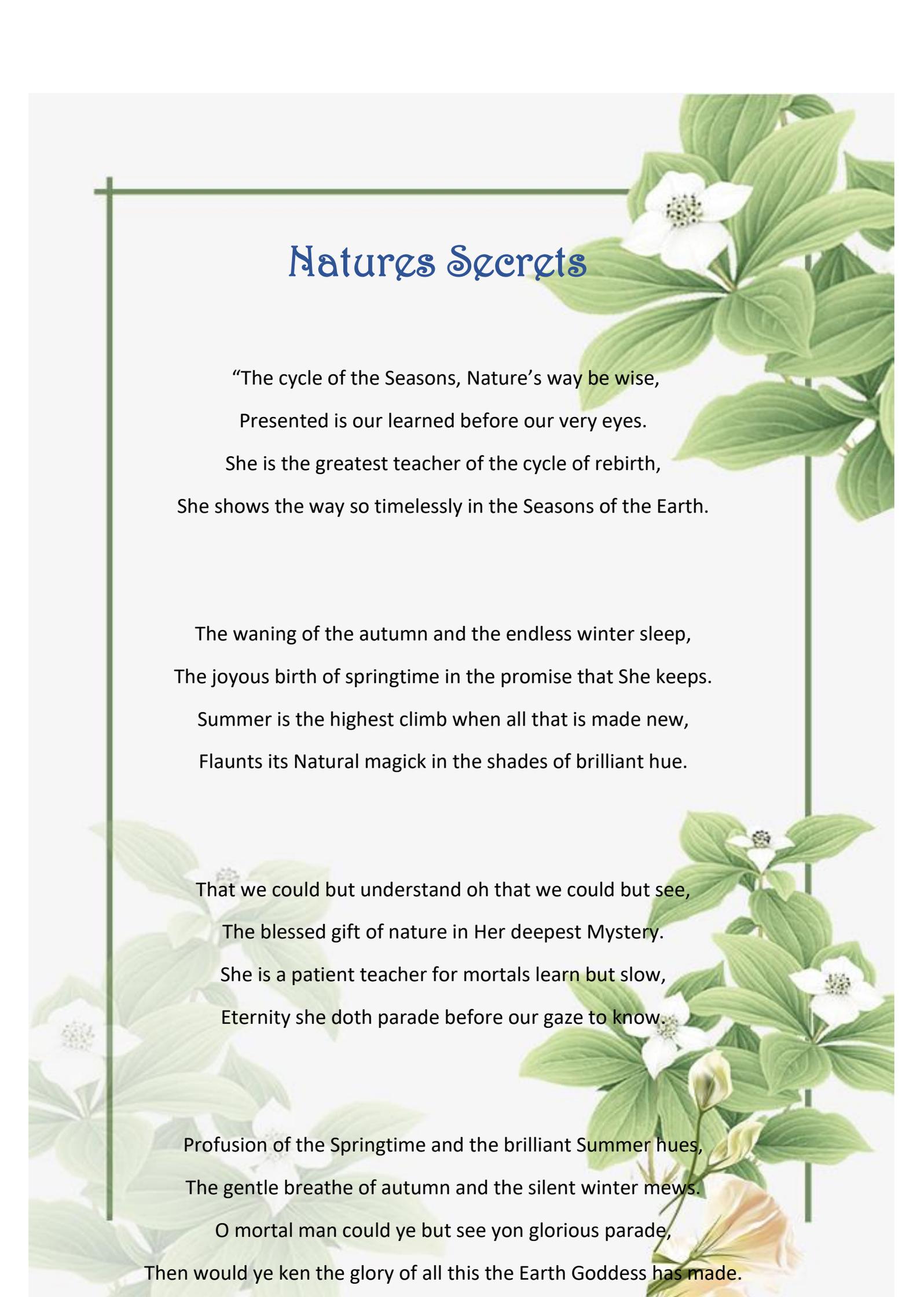
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Natures Secrets

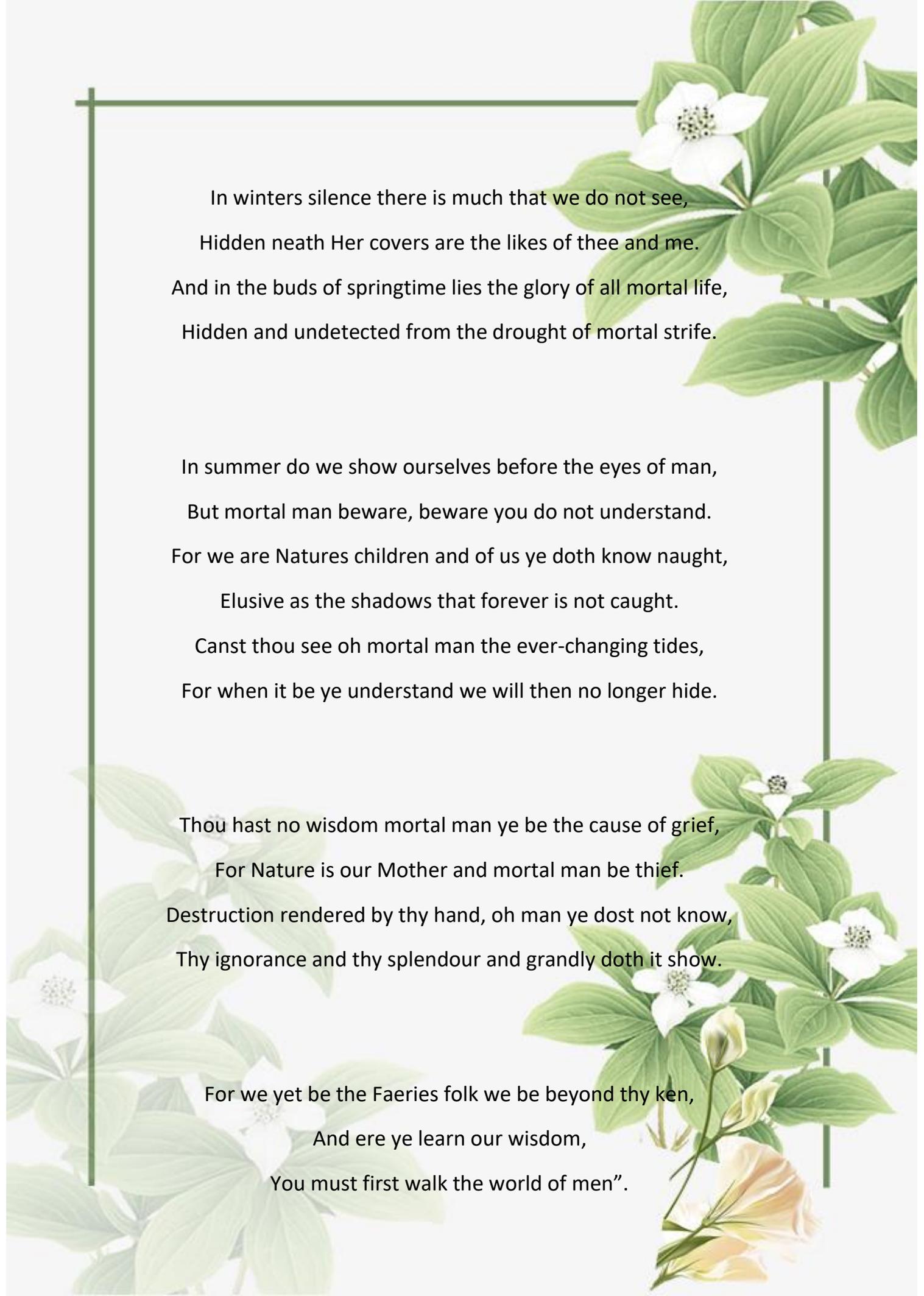
“The cycle of the Seasons, Nature’s way be wise,
Presented is our learned before our very eyes.
She is the greatest teacher of the cycle of rebirth,
She shows the way so timelessly in the Seasons of the Earth.

The waning of the autumn and the endless winter sleep,
The joyous birth of springtime in the promise that She keeps.
Summer is the highest climb when all that is made new,
Flaunts its Natural magick in the shades of brilliant hue.

That we could but understand oh that we could but see,
The blessed gift of nature in Her deepest Mystery.
She is a patient teacher for mortals learn but slow,
Eternity she doth parade before our gaze to know.

Profusion of the Springtime and the brilliant Summer hues,
The gentle breathe of autumn and the silent winter mews.

O mortal man could ye but see yon glorious parade,
Then would ye ken the glory of all this the Earth Goddess has made.



In winters silence there is much that we do not see,
Hidden neath Her covers are the likes of thee and me.
And in the buds of springtime lies the glory of all mortal life,
Hidden and undetected from the drought of mortal strife.

In summer do we show ourselves before the eyes of man,
But mortal man beware, beware you do not understand.
For we are Natures children and of us ye doth know naught,
Elusive as the shadows that forever is not caught.
Canst thou see oh mortal man the ever-changing tides,
For when it be ye understand we will then no longer hide.

Thou hast no wisdom mortal man ye be the cause of grief,
For Nature is our Mother and mortal man be thief.
Destruction rendered by thy hand, oh man ye dost not know,
Thy ignorance and thy splendour and grandly doth it show.

For we yet be the Faeries folk we be beyond thy ken,
And ere ye learn our wisdom,
You must first walk the world of men”.

About Tamara Von Forslun

Tamara Von Forslun, dubbed by Raymond Buckland in the early 80's as (The Witch of Oz), has been involved in the Craft and teaching Herbalism and Herbal Medicine for over 50 years, she is considered one of the world's respected Wiccan Elders and is the Founder and Creator of Australia's first legal Neo-Pagan Church "The Church of Wicca" (Australia 1989), and was the Arch Priestess of the Aquarian Tabernacle Church in Australia (1991).

Due to Tamara's passion of the Craft and Herbs she embarked on a long study journey researching and learning as much as she could about Herbal medicine and the Magic that Mother Nature offers right under our very noses. Tamara studied Herbalism and Naturopathy and completing her studies became more interested in sharing this knowledge with people. So she inquired into purchasing one of Western Australia's first and only Herbal and Naturopathic Centres and shop in the heart of Fremantle called The Alchemy Centre, owned and run by Depaunka Macrides who an excellent herbalist he was but not a very good businessperson. His business was failing and so he decided to sell it to me as the business was very small but in a large two-storey store where he utilised only about a quarter of the downstairs and none of the upstairs. So to me the potential was great. I then bought the business and gradually over time grew it into the biggest alternative Wiccan, Herbal and New Age store in Fremantle, Western Australia if not Australia, called (The Alchemist). With all alternative organic medicines and herbs, wiccan products, crystals, jewellery and much, much more.

Within a year the business had grown and now the Alchemist was fully being utilised both downstairs as the shop and store and upstairs for workshop room and also 2 massage rooms, with a working kitchen and bathroom and storeroom. The Alchemist had the largest selection of organic and rarest herbs in Australia, and eventually sold not only retail but also wholesale as well. My love and passion for Herbs was successful and extended across the entire country. She also used the upstairs for many classes on Herbalism and also for the Church of Wicca and it's training classes.

Tamara was still actively the Arch Priestess of the ATC Church of Wicca in Australia. Tamara through her myriad travels worldwide has learnt from the likes of Lady Margaret, her spiritual

grandmother a Hereditary Wicche, David the 5th a Traditional Witch, Lady Elizabeth a Traditional Bush Witch, Rhiannon Ryall a Village and Green Witch, Simon Goodman and Lady Michelin as Alexandrian Witches, Pete Pathfinder a Gardnerian Witch and Founder of the ATC, Velvet Reith a Voudoun Priestess, Saddhatessa a Buddhist Monk; Jubabe a Shaman from South America, and most importantly her mother Valma who was a Love Goddess and loved everyone and everything.

This course is one of the most comprehensive Herbal training courses ever offered with full details on every level, from the Physical, Medical, Mental, Astral, Magical, Psychic and Spiritual. I have always had an affinity with Nature and that is why Wiccan and Herbalism compliment each other perfectly as they both delve into the deepest levels of Nature and She has to offer mankind for not only his survival, but also for his future on this planet as a species that is blind to what is right in front of our faces. For every illness or sickness there is a natural remedy that the Earth Mother created for a counter-balance to heal all wounds and sicknesses.

I hope you enjoy the lessons that are ahead on this very in-depth and knowledgeable path. It is very involved and covers every aspect of Herbalism from the very basics to the most advanced up through the creating and making of Home Medications that are safe for yourself, your family and friends. At the end of every Module is a questionnaire that must be answered fully so as to continue to the next Module. Please answer carefully and correctly as much as you can, also feel free to research as much as you can to give you a deeper insight in Herbal Medicine and the Magic of Mother Nature.

And From the Seed

Ever since I can remember I have been noticing something terribly wrong with us humans. How we never listen to what Mother Nature is revealing to us on a daily basis. All the medicines in the world are right there in our gardens, forests, jungles, and waterways even in the oceans of the Earth. Mother Nature gave us these gifts by knowing man's destiny for our very own survival. For every illness, disease or problem that we have, our Mother Nature has created medicines and foods for all of us and all the species on this planet to feed us, refresh us, and heal us. We were even given the instinct to hunt, search, dig, fish, and find these items that we need for the sustainability of not only our life but the lives of all species on the planet. We were even given the inner knowledge to seek these out and through generations of trying, and in some cases failing we intuitively found these foods and medicines that help us to thrive and survive. This makes us responsible for our own lives and those around us. To the ancient Shamans and Medicine Men and Women, they were called Good Medicine or Bad Medicine depending on its properties.

We each have our innate knowledge to follow what Mother Nature has destined for us, but the problem is that like all children we never listen. Instead we have found easier ways to exist by abusing our lives with fake medicines, chemicals, genetically modified foods, hormone filled meats, contaminated fish from the polluted seas and commercial farms, and so on. Water that we drink from bottles that are more expensive than fuel for our cars, because our waterways are contaminated by ignorant businesses wanting nothing more than dollars and where they do not give a damn about the future of our children and what we as humanity have to face. We can already see the damage that our fore parents have done to this planet, and we are trying to deal with it. But we too are told that all is well, that there is no such thing as Global Warming, that the pollutions of our planet will sort it all out. So, we sit back, complain about our lives, our health, and how we have grown into unhealthy long living parasites, that just keep taking and taking without any regard to the effects of our actions.

We need to be more responsible for our lives and the lives of our families, and take back our power. This way we become more responsible and feel a greater closeness to the reality of life, that is Mother Nature. I owned and ran one of Australia's largest and best Alternative Herbal and Homeopathic centres, "The Alchemist" in Fremantle W.A. of which I sold in 2000. We sold every Organic Herb known to man, most of them I tried to get locally grown or at least grown in the areas surrounding Perth that were wild crafted. All my Homeopathic Medicines were either made by myself or by other professionals. We also specialised in rare

and or South American Rainforest Medicines that were not available anywhere else. Sad to say this business is no more due to the lack of knowledge of the person who bought the business from me.

I have always been interested in the sharing of knowledge, and by this I mean correct and true knowledge, not the imaginary airy fairy knowledge that is sent to us via channels of the divine ones. One can go onto the internet and there are hundreds of herbal websites, many are true and excellent, but some are very basic and minimal, and then there are the others that just don't have a clue. The best Herbal medicines are the ones that are locally grown near you, especially the wild crafted herbs, (meaning those wildly and natively grown). I hope to be able to give you in this encyclopedia a variety of information on not only some of the benefits, but also the dangers of each herb or food. I also wish to educate you into the growing, harvesting, and how to store or dry your plants to get the most from them. Some herbs are great as a dried plant, but most are better to have as a fresh plant. So I will also give you a list of where you can obtain the fresh grown seedlings for your own garden. (Please remember many are weeds, and if caught by the winds can be a hazard to your area. So please be careful and know which are pests and which are not. If unsure keep in pots or ask your local Agriculture Department).

We do offer organic seeds, seedlings, plants, foods, and dried herbs, tinctures, teas and Homeopathic Medicines to the general public, and if we do not supply what is needed, we will direct you in the right direction to where you can obtain the product you desire. We do offer most of these products from our farm "Spring Valley Farm" in the South West of Western Australia, for details check out our website at pachamamafarm.org or naturessecrets.com.au or email me at tamaravonforlun@gmail.com. We also offer free courses to the public, in trade for helping us to farm and work our gardens. I do hope you find the information in these lessons beneficial in helping to start you on your path to self-Healing and as a Healer of Mother Nature.

Since writing this course, I have noticed that even Gina Rinehart, owner of BHP, the biggest group of companies in the world, and also one of the richest women in the world has stated that "Dairy cattle and market gardens are the mines of the future". Through this she has continued buying up land for cattle, she has purchased dozens of dairy farms, and is buying up land to make as commercial vegetable and fruit gardens. All this is due to the world shortage, and the supply needed for China's incredible growth, and we all know Gina has excellent contacts in China.

I hope that you may benefit greatly from your reading and further study of the value of Herbs.

There are, however, also certain advantages to studying in one's own home in one's own leisure time, etc. As soon as possible after receiving these set Module 1 of lessons, I suggest that you read it through once. You do not have to understand everything at the first reading. Then also read the appropriate chapters. After this first read, proceed slowly in a more detailed study and reading of the writings, and make a personal summary for your own reference. Then, re-read the lessons, adding new information to your own summary. Usually, you will find that in the next reading you understand and recall information more easily.

You will find that the text in the different subjects often overlaps. This has been done for a purpose and you will find that this helps you greatly to understand the educational material. Unlike other Herbalists I will cover European, Asian, South and North American Herbs and Foods as well as Australian Herbs and Foods. If you want to start your own herbal garden, then buy one herb at a time preferably on a New Moon as this is the best time to plant herbs and learn all you can about it before buying and moving onto a new one. I am looking forward to a close and beneficial association and wish you, success in your study of Natural Herbs and their Healing, and eventually becoming a Healer of Mother Nature. There is an old Buddhist saying which is:

***“To truly understand oneself
you must first see the face of The God
in every blade of grass”.***

The Oldest Herbal Organisations & Writings

All the oldest writings are on papyrus originally from Egypt and copied or recopied in other languages in other countries sometimes missing or changing quite a bit. The greatest colleges of Medicine were called Pir-Ankh (Houses of Life) which were attached to the Great Temples like Universities where all student/priests studied and trained for many years.

- Ebers Papyrus – 876 scripts – 1950 BCE. The most important 108 pages of ancient Egypt.
- Ramesseum IV & V Papyri – 1900 BC.
- Berlin Papyrus-London Medical Papyrus-Hearst Papyrus inferior copies of Ebers Papyrus.
- Ayurvedic Medical Corpus – 30,000 remedies – Asia's Oldest.
- Philosophy of the Upishads – 283 prescriptions – 800-500 BCE.
- King Ashurbanipal of Assyria – first organized library in the Middle East – 669 – 631 BC.
- Characka Samhita – Sanskrit on Ayurvedic Medicine - 400 – 200 BC.
- Diocles of Caryotos – Phizolomikom – 350 – 301 BCE.
- Encyclopaedia of Chinese Medicine – 206 – 270 BC.
- Prescriptions for 52 Diseases – 283 prescriptions – 168 BCE.
- Muslim Materia Medica – Jami of Ibn Baiar – 1 AD.
- Pedanus Dioscorides – Greek Physician – 40 – 90 AD.
- Jiangsu University – 5,767 different healing substances.
- Kampo Japanese Herbal – 5th Century.
- Pharmacognosy
- Phytomedicines (Plant) reprinted 1994

The Holy Devas

By Rev. Paul Beyerl

The song of the herbs is written in the heart of Nature. Herbs recall the origins of all birth. For their source of life was the sea, that great tumultuous ocean that gave birth, the origin of life upon our planet. In the annals of plant life it is written:

“In the beginning was the soil, the Earth of life which fed the waters of time out of which sprang all beings. And thus did the Earth Goddess, the Mother of all Nature, bring into being the Element Verda, the essence of being, the being of all life.

And thus it is recorded in the holy books of the Devas, the plant spirits, how chlorophyll came to be. Chlorophyll is what makes plants, plants of a different consciousness than mammals, stones and other beings. To the plant kingdom, chlorophyll is one of the sacred Elements, often written as “Verda”, but not pronounced/ it is a holy sound, sung by all the plants as the whispering of breezes, the tidal song of the ocean. When the Goddess bestowed worship of the Sun God, and He in turn gave the knowledge of sustenance. Thus were plants able to produce the food needed for survival and growth by turning to the Sun.

In time the Mother decreed that plants should also have a part in the rulership of the terra-Firma - the solid, dry, and exposed parts of this planet. Plant life pleased Her: It had grown wise in learning that honouring the Sun Father brought life, and that the Earth Mother was home. Gently She guided them into new places, aiding them in changing their ways. Constant exposure to wind, dust, and sunlight was a difficult lesson. Many lives were lost. The struggle to develop a root system that would seek the depths of the Earth Mother, was indeed, difficult; but She rewarded them. soon plant life showed its love for the Mother by flowering and by bearing fruit. Thus, the cycle of life and reproduction became one of the holy songs of the Devas, sung eternally throughout the seasons.

Modern science seeks to analyse the ancient Elements. The fruits of its labour are added knowledge, and added proof that, the wisdom of the ancients was truly the fullness of knowing. The lore of the Devas is that the Element Verda permeates all beings, and is the essence of life. It is most similar to the lore of humankind as regards blood. Indeed, research shows that part of the chlorophyll molecule shares a startling similarity with that part of blood called haemoglobin. Both are pigments, but in haemoglobin we find iron and in chlorophyll

we find magnesium.

Within the plant kingdom are those members who have successfully achieved a more complex evolution. (Mankind is in error to assume that a more complex evolution needs to be equated with 'higher'). In these plants chlorophyll exists in a specific form, called chloroplasts. A chloroplast is one of the tools of the plant kingdom, one which allows plants to process the energy of light into chemical energy. Chloroplasts are very similar to the red cells in your eyes, which allow you to process the light energy into nerve signals, and translates the symbols on this paper into food for thought.

In the life of plants, the most Magick occurs at Twilight, the moment when Devas, Elves, Faeries, and such come out to kiss all of the plant world 'good-even', when plants turn their worship from the shining of the Sun-God to the reflection of the Moon Mother. The Devas call some plants 'Lumens', whose priesthood is to sing of the balance of the two light-giving forces in Nature: Sun and Moon, Night and Day. This is not a song for ears, but a song for eyes, and hearts, and more finely tuned perceptions; it is at twilight that the processing of light is oft reversible. Plants give off light, though so slight that our inadequate eyes can seldom see it, excepting those Lumens who sing the loudest. As in many priesthoods, these beings have somewhat withdrawn, and seek the solitude found in marshes and out of the way places. But who can deny the Magick of twilight?

At night plants watch the lunar cycles. It is beneath the love of the Moon Mother that plants grow. They do their yogic breathing, drawing in oxygen so that they can burn the glucose manufactured in the Sun God worship, and turn this energy into multiplying cells and growing. In doing so they exhale carbon dioxide, a reversal of the daylight process. To complete these growth patterns, plants need more than the Sun God and Moon Goddess. They also require sharing in the Earth, using Her minerals, drinking of Her waters, and breathing the Sylvan breezes. Thus does the plant kingdom participate in balancing all four Elements; Air, Fire, Water and Earth; and in the wise Magic of the ancients, plants contain great knowledge.

The Inner Mysteries of the Devas have been brought into the understanding of people through modern science. We better understand that plants do contain great secrets. What is it that causes a plant to grow leaves of just the correct shape to draw the proper amount of sunlight? And how is it that the leaves move themselves to maintain this control – spreading out, opening up, seeking windows. And even beneath the Earth, there is this sense of knowing how to seek (and in some cases, avoid) the wellsprings of water. In the holy books of the Devas, this is recorded in the 'Ghyleana', the book which describes the moving of the plant kingdom upon terra Firma. When the Mother gave to them the gift of land, She also bestowed

upon them the gift of inner vision. In the Ghyleana it is written that the Mother said:

“Know, my children, that if you truly believe in me, I will be ever in your hearts. Partake of the fullness of knowing, and all that ye need ye shall find. I give unto you, my beloved, the gift of inner vision, that you be capable of divination, merely by being. Thus do you share in my prophecy.”

It is through this gift that plants, explore their environment much the same as we do. Plants contain sensory perceptions that we oft forget. It is the sense of touch, through tactile awareness that a vine will curl around, causing the outer side of the tendril to grow much faster than the inner, touching side. It is a sense much akin to our sense of hearing that allows the mimosa to perceive the sound of approaching cattle, and cause its leaves to droop, to look dissociated and uninteresting, and thus to survive to continue in its worship of the life. It is the sense of touch that triggers the flytrap, that causes flowers to dust the wings of insects with pollen. It is a sense of taste that allows a plant to sort the minerals in the soil and use only those which are needed to nurture the life within.

Many members of the plant kingdom have endured the pains of scientific scrutiny in recent years. J. Chanra Bose completed hundreds of experiments in reaching the conclusion that plants do have a nervous system. Reports published in 1970 by the Agricultural Academy of Moscow suggest that plants produce electrical impulses which are much like the impulses given off by the nerves in humans; these studies even imply a certain location near the ‘root neck’ which has similarities to the heart. Cleve Backstkie wired his plants with a polygraph to measure the psychogalvanic reflux and was astounded to learn that plants respond to anger, to death and killing, and emotional forces.

Obviously, these great and learned men has not read the holy books of the Devas. To those who carry the secret flames of wisdom, each plant contains the Mystery of Life, each herb is a Magickal Being, and each and every growing thing is a spiritual being. To those who know the Devas will speak, appearing differently to each who chooses to gaze upon the inner Mysteries. It is this spirit that this book comes to be written.

Traditional Laws of the Herbalist

1.

The Traditional Herbalist is aware of all Four Elements; there is no facet of his work which does not invoke the power of Earth and Water, Air and Fire. Indeed, the wise practitioner of the Craft of Herbs knows that each facet of the work is always a balance of the Four.

2.

The more wise the practitioner, the better the balance he will keep, knowing always the Hermetic Principle; "As it is Above, So it is Below, and As it is Within, So it is Without". Or the Law of Cause and Effect, or as man soweth so shall he reap!

3.

All Creation is a balance of the Four, Air, Fire, Water, Earth. And a remedy of the Herbalist must be in balance.

4.

The wise practitioner will only work good; the potions, decoctions, infusions, will only be made to restore health and well-being, letting the reward being in that creation of good.

5.

The poisons of the trade must only be used to suffocate and dispel that which causes harm to a fellow creature; disease, illness, and that which keeps him from seeking his peace and happiness within this universe.

6.

There must never be employed any concoction which would impair, injure, or interfere with anyone or anything; for the creation of harm is not your realm.

7.

The Traditional Herbalist will always find a way to work with the Universe. No matter what his religion, his Gods and Goddesses and the Universe are the same, and wherever he looks,

he sees them both.

8.

And so he practices conservation in all that he does; never taking more than is to be used; never taking anything without something being offered and left behind, rewarding the Earth with a gift or Blessing.

9.

Because he follows the Universal Laws of Conservation, the Traditional Herbalist will never bring harm to plant, person, nor to Air, nor to Earth and Water, and will stir the Fires of Creation only to work good.

10.

Because he practices his craft, within both the smallest Laws and the Universe and the greatest laws, even to gaze at the stars is to be aware.

11.

The practitioner finds himself following the patterns of the Moon, the patterns of astrology, the patterns of the Universe even before he is completely able to comprehend.

12.

And he knows from doing; everything that happens affects everything else.

13.

The Traditional Herbalist learns from his craft, for the act of doing will bring about even greater knowledge, even if difficult to put into words.

Listing of Vitamins and Minerals

As our body NEEDS Nutrients it is essential that we have the right combination and balance of vitamins and minerals that will enable us to work and perform the myriad important roles in and for our human machine that works non-stop 24/7. Our body needs to get enough Nutrients to sustain our entire body and its long-term health, as everything we do today to our body suffers at some time in the future. We humans tend to neglect our bodies so much when we are young, with constant abuse, that we suffer incredibly in our older years, where our proverbial past comes back to bite us in the futuristic arse. When we are young we tend to think that we are immortal (and it won't happen to me because') attitude.

But the exact same thing can happen if we take or get too much Nutrients when young as that also harms our body. The important factor is that we need a good BALANCED healthy diet that is maintained all the time to supply our body with all we need. We are the hardest working machines in the world that work non-stop 24/7 for our entire lifetime, unlike other machines that only work for a few hours at a time and then rest. We like all machines need to also be oiled, greased, lubed and fuelled correctly to make our life better and last longer. So the need for the right amount of vitamins and minerals to make our body/machine function at our optimum level and also to strengthen our body in preparation for old age and our very future, remember our organs work non-stop without rest or sleep, as they continue to work for our entire life.

Essential Nutrients for your body

Our human bodies continually each and every day produce bone, hair, muscle and skin, as it rolls out the rich red blood that filters and carries all our Nutrients with oxygen to the remotest and farthest parts of our body, sending signals to our nervous system, which triggers its electro-magnetic impulses that travel thousands of miles along the brain and neural pathways. These chemical messengers are triggered and created that travel from one organ to another freely giving important instructions that maintain and sustain our life, but to do ALL of this our entire body requires many RAW materials.

At least 30 minerals, vitamins and specialised components are with these RAW materials that our body NEEDS but cannot create nor manufacture on its own in sufficient amounts for our functionality and life. All vitamins and minerals are essential nutrients that act in harmony as a symphony together as they perform hundreds of individual roles simultaneously. They aid in building and elevating our energy, the healing of wounds, our immune system, and the very strengthening of our organs and bones, as they convert food into the energy that we require which repairs all our cellular damage.

It can be quite confusing keeping track of every vitamin and mineral as there are so many, and also they are different to each other, even their names can be confusing, so they are given letters so we

can easily understand and learn like vitamins A,B,C,D,E and K, just to name a few. Hopefully this chapter can put your mind at ease and explain what the properties and purposes of the vitamins and minerals are for and how your bodies organs absorb them properly and naturally, so you know that you are getting a sufficient amount of them.

Micronutrients with a Big Role in the Body

MICRONUTRIENTS is the real terminology for vitamins and minerals, as your body only requires small amounts of each one, correctly. But if you fail to ingest even the essential amounts the result will be disease and illness, which can be detrimental to your future health, any deficiencies can eventually cause DEATH, even with the overtaking of nutrients can sometimes cause the same dire result.

- **Blindness.** Lack of Vitamin A still causes blindness in many developing countries.
- **Rickets.** Rickets can be contracted due to deficiency of vitamin D, this condition causes weak bones that eventually lead to deformities of the human skeletal structure, as it used to form what we termed bowlegs. To fight against Rickets, which was so severe up until the 1930's, governments fortified all cow's milk with vitamin D, and started to have milk delivered to schools to children as a fight against Rickets and all bone deformities. In Australia we commenced in the doling out of milk to schoolchildren in the 1950's for the same reasons.
- **Scurvy.** Sailors right up until the early 1900's learned that living for months at sea without fresh fruit and vegetables (being the main source of vitamin C) causes listless and bleeding gums, which became Scurvy.

Just as a lack of key Micronutrients can cause substantial harm to your body, getting sufficient quantities can provide a substantial benefit. Some examples of these benefits are:

- Combination of **Calcium, Vitamin D and K, Magnesium and Phosphorous** not only strengthens your bones but also protects them from fractures and breaks.
- **Folic Acid** supplements especially early in pregnancy will help the brain and fights off spinal defects and abnormalities in the child.
- **Fluoride, which is a Mineral,** not only aids in bone formation and strengthening bones but also helps to prevent and keep cavities from starting or deteriorating any further.

The Difference Between Vitamins and Minerals

Vitamins and Minerals are known as micronutrients, but they differ in many ways. Vitamins are ORGANIC that can be broken down by acids, aid and also heat, whereas Minerals are INORGANIC, and they hold well to the chemical structure. So why does this really matter to us? It means that vitamins are a lot harder to absorb and retain from food and other sources into your body, whereas minerals are in soil and water find it very easy, and they find their way into your body through the consumption of fluids, plants, fish, and white and red meat. It is a lot harder to move the vitamins from the food into your body because of all the storing, cooking and exposure to air which inactivates the more fragile compounds, due to the fact that when a plant is picked it only has a short lifespan and dies slowly, thus losing all its nutrients, and yes it's very lifeforce (SOUL), which gives us that extra bit of Magick that only nature can offer.

There is an interaction with nutrients such as vitamin D that enables your body to draw Calcium from all food sources that pass through your digestive tract rather than drawing it from your bodies skeletal bones. Vitamin C helps you to absorb Iron and retain it within the body, but too much vitamin C can also be quite deadly, as it can block your body's ability to assimilate the essential mineral Copper, as too much eating of oranges also can make your skin turn orange. Even a small overload of the mineral manganese can worsen your Iron deficiency.

A closer look at water-soluble Vitamins

Vitamin B:

- Biotin (vitamin B7)
- Folic acid (folate, vitamin B9)
- Niacin (vitamin B3)
- Pantothenic acid (vitamin B5)
- Riboflavin (vitamin B2)
- Thiamine (vitamin B1)
- Vitamin B6
- Vitamin B12
- Vitamin C

All food sources have the basis of water-soluble vitamins and they are absorbed directly into the bloodstream as your food is slowly broken down during digestion from the acids as the supplement

dissolves. Because the human body is predominantly of water many of the water-soluble vitamins can move easily throughout your body and be easily absorbed directly into your blood stream. This is where your Kidney continuously regulates the equal levels of water-soluble vitamins, and pushing out any and all excesses out of the body in your urine.

There are many tasks in your body for water-soluble vitamins, but the most important is aiding in freeing up the energy that is found in the food you eat, and the keeping of all your tissues alive and healthy. The examples listed below are how they each individually help you in maintaining your optimum health:

- **Releasing energy.** Several **B vitamins** are key components of certain Coenzymes (molecules that aid enzymes) that help release energy from food.
- **Producing energy.** **Thiamine, Riboflavin, Niacin, Pantothenic acid, and Biotin** engages in energy production.
- **Build proteins and cells.** **Vitamins B6, B12, and folic acid** metabolise amino acids (the building blocks of proteins) and help Cells multiply.
- **Make collagen.** One of many roles played by **Vitamin C** is to help make collagen, which knits together wounds, supports Blood Vessel walls, and forms a base for teeth and bones, and keeps the elasticity of your skin alive and youthful. The less collagen the more dry and wrinkly your skin will become, and this may not reveal itself for many years.

Warning!

It's a fact that many of the **water-soluble vitamins** can stay in your body for vast amounts of time. Vitamin B12 can remain in your Liver for many years, and so to can Folic Acid and Vitamin C lasts for quite a few days, as already stated the overdosing of vitamin C can also be harmful. I believe that **water-soluble vitamins** should be consumed every 2-3 days, which makes it healthier for the body as there is always a huge risk of consuming too much of the micronutrients that are harmful to your body. High doses of B6 that is absorbed in large quantities where the recommended dose is 1.3 milligrams per day for adult is enough, but higher doses can damage your nervous system causing numbness and also muscle weakness.

Absorption of fat-soluble Vitamins

Unlike **water-soluble vitamins**, **fat-soluble vitamins** enter into the blood stream via the lymph channels of the intestinal wall. The only way that **fat-soluble vitamins** can travel through your body is under escort of Proteins that are the carriers for **fat-soluble vitamins**. The reservoirs for the four **fat-soluble vitamins** are fatty foods and oils. Our fat tissues and the Liver are the holding pens for them and release them when the body needs them. these are the **time-release micronutrients** that we should only consume every now and then, usually in doses that are weeks or even months apart

instead of **DAILY**. Our bodies keep and store away all the excess and dole it out gradually when it is needed.

1. Food containing fat-soluble vitamins is ingested.
2. The food is digested by stomach acid and then travels to the small intestine, where it is digested further. Bile is needed for the absorption of fat-soluble vitamins. This substance, which is produced in the liver, flows into the small intestine, where it breaks down fats. Nutrients are then absorbed through the wall of the small intestine.
3. Upon absorption, the fat-soluble vitamins enter the lymph vessels before making their way into the bloodstream. In most cases, fat-soluble vitamins must be coupled with a protein in order to travel through the body.
4. These vitamins are used throughout the body, but excesses are stored in the liver and fat tissues.
5. Additional amounts of these vitamins are needed; your body taps into the reserves, releasing them into the bloodstream from the liver.

Fat-soluble Vitamins

- Vitamin A
- Vitamin D
- Vitamin E
- Vitamin K

Working together these four **fat-soluble vitamins** help keeping our eyes, gastrointestinal tract, lungs, and nervous system in good repair, they are the doctors in our own body that look after us always keeping in check and repairing them when we need them. here are some of the other essential roles these **fat-soluble vitamins** play:

- Bone formation would be absolutely impossible without Vitamins A, D and K.
- Keeping cells healthy and protecting your eyes we NEED Vitamin A.
- We NEED Vitamin E as it helps us to absorb and store Vitamin A.
- Vitamin E also acts as an Antioxidant as a compound to help protect our body against attack from unstable and dangerous molecules.

Warning!

Due to the fact that **fat-soluble vitamins** are stored in our bodies for extremely long periods of time, toxicity builds up and can poison our very bodies, making us extremely ill. (This is usually only likely if you take supplements all the time, as it is very rare indeed to receive too much vitamins from just the

intake of food.

Major Minerals

Large amounts of all major Minerals are needed and stored by our body, they are just as important as the Trace Minerals, and are always present in your system in large amounts. They travel through your body in many different ways, for example Potassium is quickly absorbed into the bloodstream, where through the flow circulates freely throughout the body and excretes via the Kidneys similar to water soluble vitamins. Calcium is more like a fat-soluble vitamin, as it needs a carrier for absorption and movement through the system.

Major Minerals

- Calcium
- Chloride
- Magnesium
- Phosphorus
- Potassium
- Sodium
- Sulphur

The key responsibilities of the Major Minerals is to maintain the correct balance of water in our body. Chloride, Potassium and Sodium are the important front runners in achieving this. Whereas Calcium, Magnesium and Phosphorous are the other three that are essential for our healthy bones. It is Sulphur that stabilises our protein structures such as our hair, nails and skin.

Warning!

Having too much of one major mineral can result in the deficiency of another. These important imbalances are usually caused because of taking supplements, and not actual food sources. For example:

- Calcium binds with excess sodium in the body and is excreted when the body senses that the body's sodium levels must be lowered. So if you take too much sodium via table and cooking salt or processed foods, you will end up losing the bodies needed Calcium as it removes the added Sodium.
- Excess Phosphorous can hinder your ability to absorb Magnesium.

A Closer look at Trace Minerals

- Chromium
- Copper
- Fluoride
- Iodine
- Iron
- Manganese
- Molybdenum
- Selenium
- Zinc

1. **Iron** is best known for couriering Oxygen throughout the body.
2. **Fluoride** strengthens bones and wards off tooth decay.
3. **Zinc** helps blood clot, and is essential for taste and smell, and bolsters the immune response.
4. **Copper** helps form several Enzymes, one of which assists with Iron metabolism and the creation of Haemoglobin, which carries oxygen in the blood.

The other trace minerals perform equally vital jobs, such as helping to block damage to body cells and forming parts of key enzymes or enhancing their activity.

Warning!

All Trace Minerals interact each with the other, usually in ways that can create imbalances. As said before sometimes too much of one can cause or contribute to the deficiency of another. Here are some examples:

- **Manganese** as a minor overload can exacerbate **Iron** deficiency, the same as having too little can also create health issues.
- When we have too little **Iodine**, our **Thyroid Hormone** becomes sluggish and slows to create weight gain including many other health issues that can be detrimental to your long-term health. This problem becomes worse if the body also has little **Selenium**.

The difference between “just enough” and “too much” of the trace minerals is often tiny. Generally, food is a safe source of trace minerals, but if you take supplements, it’s important to make sure you’re not exceeding safe levels.

Antioxidants

Antioxidant is a catchall term for any compound that can counteract unstable Molecules such as Free Radicals that destroy our very DNA, Cell Membranes and also other parts of our cells. Your body's Cells continuously produce plenty of natural Antioxidants through the foods that you eat and even some of the supplements (chemist tablets etc) that you may take. Carotenoids such as **Lycopene** in Tomatoes, and **Lutein** in Kale, Flavonoids such as **Anthocyanins** in Blueberries, **Quercetin** in Apples and Onions, and **Catechins** in Green tea are all antioxidants, whereas **Vitamin C** and **E** and also the Mineral **Selenium** have Antioxidant properties.

Why Free Radicals may be Harmful

Free radicals are a Natural by-product of energy. Ultra-violet rays from the Sun, tobacco smoke and all air pollution caused by industry also generate our Metabolism. Lacking in a full complement of Electrons, which makes them very unstable, so they have to steal Electrons from our other Molecules, which damages and sometimes destroys those Molecules in the process.

Having a well-deserved reputation for causing Cellular damage Free radicals can also be helpful in some ways. Especially when the Immune System cells need to fight an invasion of harmful intruders, the Oxygen creates an army of Free Radicals that destroys Bacteria, Viruses and damaged Cells in an explosion of Oxidants, which Vitamin C then disarms the Free Radicals? Antioxidants neutralise the invading Free Radicals by sacrificing their own Electrons, when a Vitamin C or E Molecule makes this sacrifice, it can also allow crucial Protein, Gene, or Cell membrane to escape damage, which breaks a chain reaction that can affect other Cells.

The bottom line? Eating a healthy diet is the best way to get your antioxidants.

Vitamin A

(**Retinol**, **Retinal**, and **Retinoic acid** – these are three active forms of Vitamin A in the body – they are **Retinoid's**, "preformed" Vitamin A. **Beta Carotene** can easily be converted to Vitamin A as needed.) Vitamin A is Essential for Vision.

Lycopene is also believed to lower the risk of **Prostate Cancer**; it also maintains tissues and keeps skin healthy; it also is important in the formation and growth in our skeletal system. Diets rich in the Carotenoids, Alpha Carotene and Lycopene, seem to lower **Lung Cancer** risk. Carotenoids act as Antioxidants. Foods rich in the Carotenoids - Lutein and Zeaxanthin may protect against **Cataracts**. Many people get too much preformed Vitamin A from food and supplements. Large amounts of

supplemental Vitamin A (but not Beta Carotene) can be **harmful to bones**.

- **Sources of Retinoid's:** beef, liver, eggs, shrimp, fish, fortified milk, cheddar cheese, Swiss cheese.
- **Sources of Beta Carotene:** sweet potatoes, carrots, pumpkins, squash, spinach, mangoes, and turnip greens.

Thiamine – Vitamin B1:

(Vitamin B₁) Aids in converting food into energy, which is needed for a healthy brain, hair, muscles and skin. Most nutritious foods have some amounts of Thiamine such as pork, ham, bacon, soymilk, acorn squash and watermelons.

Riboflavin - Vitamin B2:

(Vitamin B₂) Aids in the conversion of foods into energy which is needed for healthy brain, hair, blood and skin, such as cereals, cheese, liver, whole and enriched grains and yoghurt. Many Australians get plenty of this Nutrient.

Niacin - Vitamin B3:

(Vitamin B₃, Nicotinic acid) Also aids in the conversion of foods into energy, which is essential for blood cells, brain, skin and the nervous system; taking such foods as fish, fortified and whole grains, meat, mushrooms, peanut butter and potatoes. Niacin occurs Naturally in most foods and can also be made by your body from your Amino Acid Tryptophan with the assistance of Vitamin B6.

Pantothenic Acid - Vitamin B5:

(Vitamin B₅) Also aids in the conversion of foods into energy that helps make Lipids (fats), Haemoglobin, Neurotransmitters and Steroid Hormones. A great variety of foods including avocado, broccoli, chicken, mushrooms and tomatoes. Having a deficiency in Vitamin B5 creates a burning feeling in your feet and other **neurologic** symptoms.

Pyridoxal, Pyridoxine, Pyridoxamine - Vitamin B₆

(Pyridoxal, Pyridoxine, Pyridoxamine). Aids in lowering Homocysteine levels and may reduce the risk of **Heart Disease**. Vitamin B6 aids in the conversion of Tryptophan to Niacin and Serotonin, it's a Neurotransmitter that has an important role in appetite, our moods and sleep, it also makes **Red Blood Cells** influence cognitive abilities and our **Immune** function properly.

Having a great variety of bananas, fish, legumes, meat, potatoes, non-citrus fruits, soy products and watermelons. Many Australians do not get enough of this Nutrient.

Cobalamin - Vitamin B₁₂

(Cobalamin). Aids in lowering Homocysteine levels and may lower the risk of **Heart Disease**. It assists in the creating of new cells and the breaking down of Fatty Acids and Amino Acids; it protects **Nerve cells** and encourages their normal growth. Vitamin B12 helps create new **Red Blood Cells**. The consuming of food sources such as eggs, fish, cheese, fortified cereals and soymilk, meat and chicken. Usually elderly people are deficient to a certain degree in Vitamin B12 because as you get older you have trouble absorbing Vitamin B12 from food. Also the lack of Vitamin B12 causes memory loss, dementia and sometimes a numbness in your arms and legs.

Biotin

Biotin is needed to help convert food into energy and more importantly to synthesise Glucose. It helps to make and break down some of the fatty acids that are needed for healthy bones and hair. Quite a few foods including whole grains, egg yolks, fish and organ meats contain Biotin. Your body does not desire a great deal of Biotin in fact it requires very little. Bacteria in the gastrointestinal Tract create it, but it is not exactly known how much is absorbed into the body.

Ascorbic Acid - Vitamin C

Vitamin C, (ascorbic acid). Helps make collagen, which is a connective tissue that knits together cuts and wounds and supports Blood vessel Walls. Vitamin C foods may lower the risk for some Cancers, including those of the mouth, Oesophagus, stomach and breasts. Supplements that are taken long

term may protect against cataracts. Serotonin and Norepinephrine makes the **Neurotransmitters** that act as an **Antioxidant**.

That neutralizes unstable Molecules that cause damage to Cells. It also builds the Immune System. Recommended foods are fruits and fruit juices, especially citrus, and broccoli, bell peppers, Brussels sprouts, potatoes, spinach and strawberries. There is evidence that Vitamin C also helps reduce colds, but the argument has never been convincing.

Chlorine

Chlorine helps to make and then release the Neurotransmitter Acetylcholine that aids in many **brain** and **nerve activities**, and also plays an important role in Metabolising and Transporting fats through the body. The foods that make small amounts of Choline are mainly eggs, milk, liver and peanuts, although the body does make small amounts of Choline itself, although we are not sure exactly how much it is advised to try and have a bit more in your system.

Calciferol - Vitamin D

(Calciferol). Vitamin D helps maintain our normal blood levels of calcium and Phosphorous that we need to strengthen and maintain our skeletal system; it also helps to form both **bones and teeth**. The taking of supplements can reduce the number of non-spinal fractures. The advised foods for this are fatty fish, fortified cereals, fortified milk and margarine. **MANY OF US DO NOT GET ENOUGH OF THIS NEEDED NUTRIENT**, whilst the human body requires and uses the Sunlight to make up most of our Vitamin D, it does not make up enough if you live in the cooler climates or do not get out in the sun at all. We need to spend much time in the Sun (protected of course) but as we age our youth that absorbed and strengthened our bones also prepared our skeletal structure for our older years.

Alpha-tocopherol - Vitamin E

(Alpha-tocopherol). Neutralises unstable Molecules that damage Cells by acting as an **Antioxidant** that protects Vitamin A and special Lipids from any damage. Food diets including leafy green vegetables, margarines and vegetable oils, salad dressings, wheat germ, especially whole grains and nuts, which are all rich in Vitamin E, can help to prevent **Alzheimer's** onset.

Vitamin E does NOT prevent wrinkles or slow other aging processes.

Folate, Folacin - Folic Acid

(Folate, Folacin). Folic Acid is vital for new cell production as it helps the **brain** and **spinal birth defects** when taken early in pregnancy, in fact it should be taken by all women regularly during **child-bearing** age especially as most women are not usually aware of being pregnant within the first few weeks.

Folic Acid can also lower Homocysteine and can reduce **Heart disease** risks and **Colon Cancer**, it also offsets **Breast cancer** risk among alcohol drinking women. Appropriate foods are asparagus, black-eyed peas, broccoli, cereals, chickpeas, okra, orange juice, spinach, and tomato juice and turnip greens. Most people do not get enough of Folic Acid in their diets and it sometimes masks a **B12 deficiency**, which can lead to severe **Neurological complications**. **DO NOT** avoid the intake of Folic Acid just be positive at receiving enough B12.

Phylloquinone, Menadione - Vitamin K

(Phylloquinone, Menadione). Vitamin K activates **Calcium and Protein** that are essential to **Blood Clotting**; it may even prevent hip fractures. Dietary wise take cabbage, collards, broccoli, green vegetables, kale, eggs, liver, milk, spinach and Brussels sprouts. Our body does have intestinal bacteria that make a form of Vitamin K that is about half of our requirements. If you take an Anticoagulant make sure that you have a constant and consistent Vitamin K intake.

Calcium

Calcium is so important and should be taken effortlessly by everyone over the age of 30 as it builds, strengthens and protects our **bones and teeth**, it also aids with **Muscle Contractions and Relaxation, Blood Clotting and Nerve Impulse Transmissions**.

Calcium also has a role in **Enzyme activation and Hormone Secretion** and helps maintain a healthy **Blood Pressure**. The best diet is of broccoli, cheese, fortified juices, kale, leafy green vegetables, milk, tofu, salmon and sardines. Adults only absorb about 30% of the Calcium that is ingested, depending on its source.

Diets very high in Calcium MAY increase the risk of Prostate Cancer.

Chloride

Chloride helps in balancing the fluids in our body, and is a component of stomach Acid, which is essential to correct digestion. Salt (Sodium Chloride) soy sauce and Processed foods all contain Chloride.

Chromium

Chromium helps maintain your **Blood Glucose levels** and enhances the activity of Insulin; it is also needed to free energy from Glucose. A diet of cereals, cheese, fish, meat, nuts and chicken, especially unrefined foods such as brewer's yeast, cheeses and nuts are the best sources of Chromium.

Copper

Copper is an important component in iron metabolism that helps make **Red Blood Cells**, a good diet consisting of beans, legumes, nuts, prunes, shellfish and whole-grains are all excellent. Over 50% of your Copper intake is absorbed into your body.

Fluoride

Fluoride, although many argue about this component it is paramount that we have enough in our system as it encourages a strong **skeletal formation** throughout our bodies and protects and strengthens **teeth**, as it keeps **dental cavities** from happening or worsening. Town Water is Fluoridated so is toothpaste; marine fish and teas all have Fluoride. But Fluoride is harmful in excess to children.

Iodine

Iodine helps set and maintain body temperature and also influences our **muscle and nerve functions**, **reproduction** and **growth**, as it is part of the Thyroid Hormone. Iodine also prevents a **Congenital Thyroid disorder and Goitre**. To combat against Iodine deficiencies many countries add Iodine to salt, bread and their drinking scheme water.

Iron

Iron is NEEDED for chemical reactions in our body and for making Amino Acids, Collagen, Neurotransmitters and Hormones. Iron aids Haemoglobin in Red Blood Cells and Myoglobin in our **Muscle Cells** that ferry **Oxygen** throughout our entire body. The required diet containing iron is eggs, fruit, fortified bread and grain products, green vegetables especially dark green, poultry and red meat. Many women do NOT get enough Iron in their system especially during **childbearing** years and after menopause. Women who do not **menstruate** need similar amounts as men, and because Iron is harder to absorb from plants, professionals suggest that vegetarians need to get twice the recommended doses.

Magnesium

Magnesium is required for many chemical reactions in the body and works with Calcium in **Blood Clotting**, the regulation of **Blood Pressure** and in **Muscle Contraction**; it also helps in **bone building** and **protecting teeth**. Foods that provide Magnesium are broccoli, cashews, halibut, green vegetables, legumes, seeds especially sunflower seeds, whole-wheat bread and milk. If your **Blood Levels are low** your body can tap into these reserves to auto correct the issues, the majority of magnesium is within your **Bones**.

Manganese

Manganese helps to metabolise **Amino Acids**, **Cholesterol** and **Carbohydrates**, and also help to form our **Bones**. Foods that have necessary Manganese are legumes, nuts, black and green tea and whole grains. If you take manganese supplements be careful not to exceed too much as it does when in excess cause **Liver Damage**.

Those with liver damage or whose diets supply abundant Manganese should be especially vigilant.

Molybdenum

Molybdenum is part of several Enzymes, with one component, which aids in warding off a form of severe **Neurological Damage** in infants that can lead to early death. Foods that carry Molybdenum are grain products, legumes, milk and nuts.

Molybdenum deficiencies are rare.

Phosphorus

Phosphorus is part of our very **DNA** and **RNA** that helps to build and protect our Bones and Teeth. It is part of the Phospholipids, that carry Lipids in the blood and direct Nutrients into and out of Cells. Phosphorous also converts food into energy. There is a wide range of dietary foods that contain Phosphorous including almonds, broccoli, all dairy products especially milk, eggs, green peas, fish, meat, poultry, potatoes and liver. There are certain drugs, which bind with Phosphorous making it unavailable and causes weakness, bone loss and eventual pain.

Potassium

Potassium balances the fluids in the body and helps to maintain a healthy and steady **heartbeat** that sends nerve impulses needed for **Muscle Contractions**. Digesting enough Potassium can benefit your **bones**. A good diet of grains, fruit, legumes, meat, milk and vegetables.

Getting enough Potassium from your diet may **benefit bones**. Meat, milk, fruits, vegetables, grains, legumes. Food sources do not cause **Toxicity**, but high-dose supplements might.

A diet rich in Potassium seems to lower Blood Pressure.

Selenium

Selenium is found in soils where there use to be volcanic activity, it acts as an Antioxidant, and helps regulate **Thyroid Hormone activity** and Neutralises unstable Molecules that damage Cells. Foods appropriate with Selenium are plants grown in volcanism areas, organ meats, seafood, grain products and walnuts.

Researchers are investigating whether Selenium may help reduce the risk of developing Cancer.

Sodium

Experts recommend that people limit Sodium intake to 2,400mg, whereas most Australians consume 4,000-6,000mg a day. Sodium balances the fluids in our body and helps send nerve impulses that are needed for Muscle Contractions that impact on **Blood Pressure**. Heavy carriers of Sodium are salt, processed foods, soy sauce and vegetables.

Even modest reductions in salt consumption can lower Blood Pressure.

Sulphur

Sulphur is needed for **healthy hair, nails and skin**, it also helps to form bridges that form and stabilise some of the Protein structures. Sulphur is a component of Thiamine and certain Amino Acids. Foods that are Protein rich containing Sulphur are fish, legumes, meats, nuts and poultry.

Deficiencies occur only with a severe lack of Protein.

Zinc

Zinc is NEEDED for the **Immune System**, for taste, smell and all wound healing, it helps formulate Enzymes and Proteins and create new Cells and **FREES Vitamin A** from storage in the Liver. Due to the fact that vegetarians absorb less Zinc, professionals recommend that they get twice the requirement of Zinc from plant foods.

When taken with certain Antioxidants, Zinc may delay the progression of age-related Macular Degeneration.