

# Greenwich Sentinel

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## The Benefits of B Vitamins



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Everyone needs B Vitamins, but many of us overlook the fact that these little gems are good friends to our bodies in many important ways. Being deficient in B vitamins causes issues like brain fog, adrenal fatigue, low energy, compromised thyroid function, inability to focus, tense muscles, memory challenges, mood swings, and digestive issues like leaky gut, fatigue and hypothyroidism. They also help convert the food we consume into fuel, so please consider adding a good, clean B complex to your daily supplementation.

Did you know that stress attacks our body's supply of B vitamins—and who doesn't deal with stress? We often find ourselves overwhelmed with daily tasks and then, day after

day, we become worn down. To the rescue are B vitamins, which can replenish what our bodies are lacking each day.

The "B" breakdown, from [www.draxe.com](http://www.draxe.com):

B1 (Thiamine) supports a healthy nervous system, mental outlook, mood, memory, concentration, and converts glucose into energy.

B2 (Riboflavin) supports the metabolism of fats and carbs and proper cellular processes.

B3 (Niacin) supports a healthy nervous system and digestive system, while releasing energy from carbs and supporting healthy blood sugar levels.

B5 (Pantothenic Acid) supports a healthy immune system and combats stress.

B6 (Pyridoxine) helps make neurotransmitters, such as serotonin, which support a healthy immune system and positive mental outlook.

B7 (Biotin) supports healthy glucose function and a healthy mood, while fighting stress.

B9 (whole food fermented folic acid). Our bodies do not produce B9, and a shortfall can result in an unhealthy mental outlook and elevated stress levels.

B12 (Whole food fermented B12), known as the "memory vitamin." The brain needs it to support mental clarity, healthy neurological function and to promote normal levels of stress.

As always, be good to your body, striving for great things each day. Try to take in nutritious food, essential supplements, proper hydration and sweet sleep. And as we enter the month of November, I encourage you to take time to help a friend, neighbor or family member and to be thankful for all that you have; remembering that these simple acts of kindness will boost your energy level in ways you never thought possible.

*Julia Chiappetta is the author of "Breast Cancer: The Notebook" (Gemini Media, 2006) and is also the owner of Julia Chiappetta Consulting. She lives in Cos Cob.*