

# The Clendinning Technique of Energy Healing

Vitamin	Application
<b>Vitamin A</b>	<p>Critical for every process in the body, from cell division to hormone production. Required for immune function, production of sex hormones, production of stress hormones, blood sugar regulation, thyroid function, protection against cancer, protection against allergies, vision, hearing and much more.</p> <p>Stress rapidly depletes vitamin A, leading to many side effects.</p> <p><b>Food sources:</b> Liver, organ meats, butter, egg yolks, cheese, raw whole milk (best from grass-fed animals) and certain seafoods including cod liver oil (not fish oil), fish eggs and fish heads. Plant foods do NOT contain vitamin A</p>
<b>Vitamin D</b>	<p>Like vitamin A, critical for every process in the body. Required for healthy bones and teeth, insulin production, muscle tone, fertility and the production of feel-good chemicals. Do not take vitamin D on its own, it must be obtained from foods along with vitamin A.</p> <p><b>Food sources:</b> Cod liver oil, egg yolks from hens in the sunlight, butter, cheese, lard, bacon, pork, oily fish, shell fish.</p>
<b>Vitamin K2</b>	<p>Works with vitamins A and D to regulate calcium balance, putting calcium in bones and teeth where it belongs and keeping it out of soft tissues (like the joints and arteries), where it does not belong. Needed for fertility, normal growth, neurological function</p> <p><b>Food sources:</b> Aged cheese (especially raw cheese from grass-fed animals), poultry fat (duck, goose, chicken, turkey), poultry liver, butter, egg yolks and lard (from grass-fed animals).</p>
<b>FAT SOLUBLE FITAMINS A, D and K2</b>	<p><b>These vitamins need to be consumed together; individually A, D and K2 can be toxic. Fortunately, they occur in many of the same types of food.</b></p>
<b>Vitamin B1 Thiamin</b>	<p>Needed for energy metabolism, muscle function, memory</p> <p><b>Food sources:</b> Pork, bacon, whole grains (especially if soaked, sourdough), raw milk, fermented foods like sauerkraut.</p>
<b>Vitamin B2 Riboflavin</b>	<p>Needed for energy metabolism, healthy skin, shiny hair, protection against infection</p> <p><b>Food sources:</b> Egg yolks, raw milk, cheese, whole grains (especially if soaked, sourdough), fermented foods like sauerkraut.</p>
<b>Vitamin B3 Niacin</b>	<p>Used in energy metabolism, protects against depression, memory loss, headache, digestive problems. Symptom of deficiency is rash in areas exposed to sunlight.</p> <p><b>Food sources:</b> Raw milk, meat, poultry, fish, nuts, whole grains (especially if soaked, sourdough), fermented foods like sauerkraut.</p>
<b>Vitamin B4 Choline</b>	<p>Needed for brain and nervous system function, normal growth and development in children. Deficiency symptoms include body odour, sweating, salivation, poor growth, liver damage, low blood pressure</p> <p><b>Food sources:</b> Egg yolks, raw milk, liver</p>

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<b>Vitamin B5 Pantothenic Acid</b>	<p>Needed for energy metabolism, good digestion, blood sugar regulation, muscle function. Deficiencies manifest as depression, irritability, apathy, hypoglycaemia, muscle cramps, inability to walk.</p> <p>Food sources: Chicken, beef, raw milk, potatoes, whole grains/oats (especially if soaked, sourdough), egg yolk. Easily destroyed by processing.</p>
<b>Vitamin B6 Pyridoxine</b>	<p>Needed to make feel-good chemicals, detoxify, make red blood cells. Easily destroyed by heat.</p> <p><b>Food sources:</b> raw milk, raw meat, liver</p>
<b>Vitamin B7 Biotin</b>	<p>Involved in energy metabolism, fat synthesis, amino acid metabolism, glycogen synthesis. Needed for healthy skin; protects against depression, neurological problems, hair loss.</p> <p><b>Food sources:</b> Egg yolks, nuts, cheese, raw milk, spinach, mushrooms, sweet potato</p>
<b>Vitamin B9 Folate</b>	<p>Important for cell formation, prevention of birth defects. Protects against anemia, mental confusion, headaches, irritability, fatigue.</p> <p><b>Food sources:</b> Liver, leafy greens, legumes.</p>
<b>Vitamin B12 Cobalamin</b>	<p>Needed for cell formation, healthy nerve cells. Protects against anemia, fatigue, neuropathy, loss of appetite, constipation.</p> <p><b>Food sources:</b> all animal foods, especially liver and clams; raw milk, cheese, eggs.</p>
<b>Vitamin B17 Amygdalin</b>	<p>Said to protect against cancer and a finding of deficiency may indicate a cancer condition</p> <p>Food sources: Seeds and kernels of bitter almond and fruits such as peach, nectarine and plum; beans; wild berries; and grains.</p>
<b>Vitamin C</b>	<p>Needed for immune system, protection against infection, formation of collagen, adrenal function. Deficiency symptoms include bleeding gums, joint pains, allergies, problems dealing with stress, anxiety.</p> <p><b>Food sources:</b> Raw milk, fermented foods like sauerkraut, fresh fruits (especially citrus fruit) and vegetables</p>
<b>Vitamin E</b>	<p>Antioxidant that protects cell membranes, protection against cancer</p> <p><b>Food sources:</b> butter, egg yolks, olive oil, cold pressed oils.</p>

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