

NUTRITIONAL CONSCIOUSNESS
A Guide to Vitamins
(Summary)

The Emotional Influence of Vitamins

1. Vitamins assist us to change our self-perception.
2. Water-soluble vitamins assist us in transforming the pressure (fear) from pressing (acute) experiences into the joy of knowing that these experiences are what we need to get what we want.
3. Fat-soluble vitamins assist us in transforming old, unprocessed, non-joyful experiences which contain unprocessed emotions. Suppressed and unprocessed emotions become chronic degenerative diseases.

**Vitamin B1
(Thiamine)**

1. Thiamine assists us in being able to change our truth (P.O.V.).
2. High B1 creates excessive doubt.
3. Low B1 creates excessive dogmatism.
4. High B1 causes:
 - Underactive thyroid
 - Disappointment
 - Worry
 - Distrust
 - I want to know.
 - I feel sad, hopeless.
5. Low B1 causes:
 - Hyperactive thyroid
 - Over optimism
 - Naivety
 - I hope.
 - I am correct.
 - I have all the information that I need.
6. Balanced B1 creates hope. Hope results when we know our self-imposed limitations can be changed and new ones created.

B2
(RIBOFLAVIN)

1. B2 assists us to create wishes.
2. Wishing is only possible when you can see yourself going beyond a limitation. Wishes occur when you move past loss and hope to a state in which new limitations have been created.
3. High B2 causes: apathy – agitation over non-personal experiences. High B2 creates:
 - Life can be fun.
 - I feel terrific.
 - I feel free.
 - I feel healthy.
4. Low B2 creates:
 - Rigidity
 - Miserliness
 - Personal guilt
 - All existence is painful.
 - Life no longer can support me.
 - I feel terrible.
5. Balanced B2 eliminates guilt. Guilt is loss. Loss of hope occurs first. When hope is lost, cells die. Loss of emotional hope results in loss of physical body. Balanced B2 creates the feeling of freedom. Wishes materialize only when we become free of guilt and are brave enough to dream.

B3
(Niacin)

1. B3 assists us to dream.
It helps us feel that what we want can be created. It helps eliminate the fear produced by the subconscious and prods us to believe we can achieve our dreams.
2. High B3 causes:
 - Optimism
 - Low cholesterol
 - Dreams, wishes, goals
 - I want.
 - I believe
 - I feel optimistic.

3. Low B3 causes:

- Disappointment
- High cholesterol
- Lack of dreams, wishes, goals
- I won't
- I feel lost.
- I feel unsure.

4. Many people fear their dreams. Thus, increased Niacin can be a fearful experience to the body. We fear the emotions which are locked up with the experience, or one like it.

Vitamin B5
(Pantothenic Acid)

1. B5 assists us in being powerful enough to change the limitations created by our parents.

2. High B5 causes:

- Anger
- Strong self-will
- Life is balance.
- I am not in denial.
- Find your own way.
- I feel angry.
- I feel better.
- I feel in control
- I feel intimate.

3. Low B5 causes:

- Powerlessness
- Self-limitations
- Weakness
- Death is inevitable.
- I can never win.
- You are my problem.
- Love is not possible.
- My parents were correct.
- Help me.
- I feel tired.
- I feel remorse.
- I feel disconnected.
- I feel intimidated.

4. Growing past our parents' limitations is a challenge. Moving through this change without anger is an even greater challenge.

Vitamin B6 (Pyridoxine)

1. B6 assists us in our self-expression. Anything less than full self-expression creates a feeling of emotional loss.

2. High B6 causes:

- Loss of old limitations
- Desire to make a change
- Loss of earthly limitations to become as limitless as God.
- Sense of fulfillment
- I want _____.
- God loves me.
- I will.
- I am _____.
- I feel no pain.
- I feel like a winner.
- I feel totally without boundaries.

3. Low B6 causes:

- Self-imposed limitations
- Hanging onto old limitations
- Sense of loss of self-fulfillment
- I'll never _____.
- God hates me.
- I can't _____.
- I fear _____.
- I feel hurt.
- I feel lost.

Vitamin B12 (Cyanocobalamin)

1. B12 assists us in turning our dreams into expectations. It is an excellent mood elevator.

2. High B12 causes:

- Active dreaming
- Fear is brought into reality

- Self-realization
- Life is what I make of it.
- I can hardly wait.
- I feel joy.
- I feel that I'm ready.

3. Low B12 causes:

- Loss of zest for living
- Loss of dreams
- Inability to convert dreams into reality
- Life is empty.

Vitamin B15 (Pangamic Acid)

1. B15 pits the subconscious mind against the conscious mind. This results in anger.

2. High B15 causes:

- Purging of non-joyful emotions
- Expands the human experience
- Interjects subconscious fears into daily experience.
- Cleansing of fears.

3. Low B15 causes:

- Inability to select the option which best reflects the will and desire of the person.
- Lack of growth
- Suppressed fear
- I am jinxed.
- Life does not support me.
- I feel angry.
- I feel betrayed.
- I feel like a loser.

Choline

1. Choline assists us to experience the joy of self-creation without fear.

2. High choline causes:

- Pleasure
- Joy
- Self-examination

- Self-awareness
- Joy is the result of every experience.
- I love who I am.
- I am having fun now.
- I feel fulfilled.
- I feel free.
- I feel no fear.
- I feel alive.

3. Low choline causes:

- Lack of pleasure
- Lack of joy
- Lack of self-examination
- Lack of self-awareness

Inositol

1. Inositol assists us to realize that what we once wanted is no longer a desire. This may cause a confusion during this shift of consciousness.

2. High inositol causes:

- Remembrances of successes
- Seeing “sunny side” of memories
- Reduction of pain
- I did the best that I could.
- That was a wonderful experience.
- Try again.
- I feel ready to try again.

3. Low inositol causes:

- Remembrances of failures
- Seeing “dark side” of memories
- Pain in body and spirit
- I forget.
- Don’t expect miracles.
- I feel confused.
- I feel deceived.
- I feel helpless.
- I feel discouraged.

Vitamin B9 (Folic Acid)

1. B9 assists us in creating joy. Joy is the optimum consummation of an experience. Helps us see ourselves as unlimited.
2. High Folic Acid causes:
 - Joy
 - Release of pain
 - Feeling of health
 - I am joy.
 - I create my own limitations.
 - I create simplicity.
 - I release my past.
 - I create love.
 - I feel safe.
 - I feel joyful.
 - I feel complete.
 - I feel totally in control.
 - I feel the presence of God.
3. Low Folic Acid causes:
 - Accumulation of unwanted emotions
 - Feeling of being unhealthy

Vitamin H (Biotin)

1. Biotin assists us in creating hope by allowing us to imagine ourselves in a different experience.
2. High Biotin causes:
 - Hope
 - Loss of present limitation
 - Intuition – hope set into motion
 - Self-identity
 - I am able to create what I want.
 - I am ready to change.
 - I feel okay.
 - I feel hopeful.
 - I feel ready to change.
3. Low Biotin causes:

- Feeling of loss without hope
- Creation of new limitations
- Lack of intuition
- Lack of self-identity
- I am different.
- I feel different.

PABA
(Para amino benzoic acid)

1. PABA assists us in creating anger by creating jealousy.

2. High PABA causes:

- Rage-uncontrolled release of anger
- Jealousy
- Clarity
- New thought
- I am jealous and angry.
- I can't take it anymore.
- I feel angry.
- I feel jealous.
- I feel out of control.

3. Low PABA causes:

- Lack of anger
- Lack of jealousy
- Lack of clarity

Vitamin C

1. Vitamin C helps us see through confusion. It helps us see possible outcomes before experiences have begun. It assists in creating wisdom.

2. Adequate Vitamin C supports:

- Lack of confusion
- Satisfaction
- Evaluation of choices
- Wisdom
- Perfection
- All confusion is gone.
- I see everything.

- I want the best possible outcome.
- I feel clear.
- I feel satisfied.
- I feel capable.
- I feel perfect.
- I feel protected.

3. Low Vitamin C causes:

- Confusion
- Lack of satisfaction
- Fear
- Feeling incapable
- Feeling imperfect

Vitamin P (Bioflavonoids)

1. Bioflavonoids treat wishes and dreams as if they already exist. They reconstruct the past so it fits the self-concept for the future.

2. Adequate Vitamin P supports:

- Self-confidence
- Feeling of success
- Creating what you want
- I am what I want to be.
- I have created what I want.
- God will help me.
- I feel that I can't lose.
- I feel totally in control.

3. Low Vitamin P causes:

- Feeling out of control
- Feeling of loss
- Feeling incapable of creating

Vitamin A

1. Vitamin A creates and clears anger. It clears the limitations caused by parental influence.

2. Adequate Vitamin A supports:

- Seeing things differently

- Self-identity
- The desire to know boundaries
- Desire for new limits
- My limitations are my own.
- I am limited by my ability to know.
- To be is to have.
- Life can be without limits.
- All life is renewable.
- Joy creates new life.
- I feel transformed.
- I feel differently than my parents do.
- I feel my purpose.

3. Vitamin A deficiency causes:

- A refusal to look at self differently
- Anger
- Fear of change
- Lack of ability to see that change is necessary or desirable.
- I feel different.
- I feel limited.

Vitamin D

1. Vitamin D assists with open examination of one's self to be aware of changes that need to be made in destroying old limitations and creating new ones. It allows one to become what one wants to be.

2. Adequate Vitamin D causes:

- Uncomfortableness in the way things currently are.
- Destroys old structures and helps create new ones.
- Allows one to keep up with peers.
- I create my own destiny.
- I am correct.
- I am without blame.
- I want what I want.
- I feel perfect.

3. Low Vitamin D causes:

- Complacency
- Denying change
- Lack of growth

- I want to stay the same.
- Don't bother me.
- I feel powerless.
- I feel destined.
- I feel completely at God's mercy.

Vitamin E

1. Vitamin E helps to deal with past failures and future accomplishments by changing perspective. It helps to create joy from fearful past experiences and bring confident expectation for the future. It allows deep self-examination by magnifying the past and future.
2. High Vitamin E causes:
 - Positive dreams of a future
 - I can be anything that I want to be.
 - I feel compelled.
 - I feel creative.
 - I feel lucky.
3. Low Vitamin E causes:
 - Feelings of failure over past
 - Lack of joy processing fearful past experiences
 - Feelings of helplessness
 - Everything looks the same to me.
 - I am a failure.
 - I don't remember.
 - What am I going to do?
 - I don't feel like myself.
 - I feel helpless.
 - I feel haunted by the past.
 - I feel like going home.
 - I feel like running away.

Vitamin K

1. Vitamin K creates false hope and anger. Anger from loss after catastrophe caused by thoughts of self-deception.
2. High Vitamin K causes:
 - Elimination of negative thoughts that cause one not to reach one's goal
 - Creates change
 - I can have anything that I want.

3. Low Vitamin K causes:

- Doubt over wiseness of choices made
- I am always the last one to know.
- I am the first one to get into trouble.
- I feel like a loser.
- I feel betrayed.
- I feel that my choices are foolish.

Vitamin F

1. Vitamin F consists of unsaturated fatty acids. It creates the ability to share. Co-creation is sharing.

2. High Vitamin F causes:

- Confidence
- Balance
- I am better than you.

3. Low Vitamin F causes:

- Frustration
- Blame
- You cheated me.
- You are the best.
- I believed in you.
- God will get you for this.
- I feel angry.
- I feel inferior.
- I feel betrayed.
- I feel alienated.
- I feel alone.