

Therapeutic Values Of Vitamin A

" 60-80% of the body's immune system is housed in the gut & vitamin A is necessary for the health of all epithelial tissue, essential for a healthy gut."

What's the first thing you hear people say when you talk about vitamin A? "You know, you can take too much vitamin A" or "Isn't that the one that causes liver damage?" But vitamin A is really very safe when used properly and has therapeutic values you may not be aware of.

For example, one of the considerations in almost every chronic disease, especially auto-immune conditions, is a leaky gut. 60-80% of the body's immune system is housed in the gut. Did you know that vitamin A is necessary for the health of all epithelial tissue?

Healthy epithelial tissue is essential for a healthy gut. A healthy gut means a healthy body. So right off the bat we should be sensitive to the idea that vitamin A is important for the gastrointestinal tract.



However, there are other epithelial tissues: the respiratory tract, including the nose, conjunctiva and the genitourinary tract. Each of them is dependent upon adequate levels of vitamin A. That's not all. There is a whole list of dermatological issues ranging from acne and eczema to warts and wrinkles that can respond as a result of vitamin A.

Dr. Alan Gaby in his outstanding reference work "Nutritional Medicine" shows references for vitamin A and the prevention or treatment

of bronchitis, burns, cancer, celiac disease, critical illness, diabetes, dysfunctional uterine bleeding, hyperthyroidism, night blindness and peptic ulcers.

A few years ago when I asked Dr. Abbas Qutab, who holds degrees in medicine and chiropractic, what were the key nutrients that he would use against the swine flu for his family, his answer surprised me. He gave me an extensive list but one of the things that caught my attention was vitamin A.

I mean there are so many high tech immune enhancing nutrients out there. I was aware that many of the German researchers were using vitamin A in very large doses for cancer therapies in the 80's; but quite frankly, I forgot about using vitamin A for the flu.

Cancer therapies were actually how the Biotics team learned about emulsified vitamin A. One of the principles in the company had a family member with cancer and went to Germany for treatment and emulsified high dose vitamin A was part of the therapy. By using an emulsified form they could use hundreds of thousands of IUs for years without the negative side effects. I have a reference below that shows one study where cancer patients were safely given 300,000 units daily of emulsified vitamin A for 24 months.

The literature shows children and patients with compromised livers like alcoholics need to be treated cautiously but there is a danger only if vitamin A is used long term or in high dosages.

I like emulsified fat soluble nutrients whenever possible. If you think about it, a newborn possesses an incomplete digestive system, yet newborns are still able to absorb emulsified oil soluble vitamins from mother's milk. In nature, seed and nut oils are present in an emulsified form not as liquid oils. Proper emulsification is how nature packages healthy oils.

The process of micro emulsification increases the surface area and electro-magnetic field of the oil. Emulsified oils are then easily absorbed by the villi of the intestines into the lymph ducts. Once in the lymph system, the oils are transported and circulated in a manner that bypasses the liver. The result is a

high absorption rate with rapid distribution of the vitamins to the tissues. But just as important is the reduced retention and accumulation by the liver. Laboratory tests show little to no loss of emulsified vitamins in the stool.

Just as all tablets are not created equal, emulsions are different as well. Emulsified vitamins by Biotics Research Corporation are less than one micron in size. They are also completely dispersible in water and stay in solution. Many emulsions on the market separate into oil and water after a few hours. Under a microscope, we can compare emulsions. Note that the emulsions by Biotics Research Corporation are consistent in size for greater absorption. The beauty of an emulsified nutrient is that you can use less.

Bio-Ae-Mulsion contains 2,000 IU of emulsified vitamin A per drop. A small amount of vitamin E is added to prevent oxidation. Bio-Ae-Mulsion Forte contains 12,500 IU of vitamin A per drop. Each one ounce bottle has approximately 700 drops making it the most cost effective form of vitamin A on the market. I have prepared a printout on vitamin A below that discusses more of the protocols, indications and toxicity signs.

Take a few minutes and get re-acquainted with vitamin A. If your patient has reduced vision, decreased resistance to infection, skin problems or is a vegetarian, consider supplementing with preformed vitamin A in an emulsified form. With all the benefits and the minimal risks, a 60 day trial is worth the investment.

Thanks for reading this week's edition of the Tuesday Minute. I'll see you next Tuesday.