

Colds, Flu, Infections, Inflammations

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The Magic of Vitamin B5 (Pantothenic Acid)

Vitamin B5 (Pantothenic Acid) is a key vitamin that handles a multitude of ailments, namely colds and flu's, allergies, infections, inflammations, swelling, sinuses, asthma, alleviating tight chests (removes phlegm), eczema, arthritis, gout, hyperactivity, aggressive behaviour, cholesterol problems, blood sugar level problems, digestive problems, weight problems, obesity, extreme fatigue. It helps in the repair of damaged cells, glands and organs.

Vitamin B5 is the key ingredient in the production of natural cortisone from the adrenal glands. Anyone on cortisone treatment is an indication that they lack Vit B5 and their adrenals are not functioning and are possibly damaged. How does one repair and get the adrenals functioning again?

Under stress, the adrenals release cortisone to breakdown proteins by damaging glands and organs to provide blood sugar. If the body does not have sufficient nutrients readily available to repair the damage, illness and disease will follow. Illness and disease is a symptom of the body's reaction to stress.

The adrenal hormones also have a function to help the body fight infections. In a damaged area, the hormones set up an inflammation around bacteria and toxic substances preventing them from spreading to surrounding tissues. The hormones also cause blood, tissue fluids, white blood cells and other defense mechanisms to be called in to be drawn to the damaged area.

If too little adrenal hormones are produced, inflammations can continue year after year (i.e. Arthritis, allergies, etc.). The body becomes susceptible to infections, inflammations and damage from toxic substances. Vit B5 is also key in making the immune system effective and lack of will create a deficiency of white blood cells, antibodies and needed defense mechanisms.

Cortisone therapy has its disadvantages as it simulates stress, accelerates the breakdown of proteins (will cause extra damage to glands and organs), decreases hormone production, prevents healing or production of new proteins to repair or rebuild, inhibits the production of antibodies and white blood cells.

What is the solution?

Feed the body with the correct nutrients to provide the needed hormones, to prevent the glands from damage or destruction and to rebuild any damage.

Stress:

Identify the source of stress in one's life.

Forms of stress: loud noises, radiation, x-rays, drugs, chemicals, bacteria, viruses, burns, accidents, fasting, immobility, run to exhaustion, feed mineral oil, toxic substances, surgery, extreme heat and cold, electric shock, deficient diets.

Stress also precipitates psychosomatic illnesses (post nasal drip, asthma, arthritis, hay fever, sinus infections, etc.). Psychosomatic (illness caused by the mind) can be handled with Dianetics (www.dianetics.org.za). By removing the cause of those illnesses with Dianetics, the effect of stress on oneself is markedly reduced.

Coping with stress depends on the body's ability to produce pituitary and adrenal hormones. The pituitary hormones are messengers that release adrenal hormones when needed. To produce a sufficient amount, proteins, Vit E, B2, B5 and choline need to be present. Vit E is mostly concentrated in the pituitary gland than any other part of the body – it is essential as it prevents pituitary and adrenal hormones from being destroyed by oxidants.

A lack of Vit B5 causes the adrenal glands to shrivel and become filled with blood (hemorrhage) and dead cells. Natural cortisone and other adrenal hormones are no longer produced.

Hyperactivity and Behavior problems:

Lack of B5 causes hot temper, quarrelsome, easily upset.

Tonsils and adenoids:

(Tonsils – soft oval masses of tissues at the back of the mouth. Adenoids – growth of tissue in upper part of the throat, behind the nose – when swollen makes it hard to breathe.)

Tonsils and adenoids become enlarged when cortisone is deficient in the body.

Infections:

With a lack of adrenal hormones, water and sodium (salt) is lost from the body. Cells become permeable and water accumulates in the inflamed area, hence increasing swelling and pain.

Remedy – Half tsp salt + soda in hot water – for colds, sore throat, intestinal flu and any localised inflammation in which water (swelling) accumulates. After salt is replaced, swelling often goes down.

Immunization:

A lack of the necessary nutrients will not stimulate the production of antibodies and white blood cells even when immunized.

Essential nutrients to produce adrenal hormones and to build the immune system:

- Vit B5, Essential Fatty Acids (EFA's) (read article on EFA's and Fats), Vit A, B-Complex, Vit C, Vit E, Cal Mag, Proteins.
- Vit C prevents the glands from hemorrhaging; it accelerates the rate of cortisone production. 75 times more Vit C is needed in times of stress.
- Vit A is necessary for the production of antibodies and white blood cells. Cortisone treatment and drugs depletes Vit A.

Anti-Stress Formula:

At the onset of an infection or a cold, take:

- 5000mg of Vit C,
- 500mg of Vit B5,
- 10 to 25 mg of B Complex (best in a multivitamin and mineral form),
- Cal Mag,
- 400iu Vit E,
- EFA's,
- 5000 – 10000iu Vit A and D with high quality proteins.

In severe cases, repeat the dosages every 3 to 4 hours.

When the illness is reducing, reduce the dosages to the daily amounts:

- 2000mg Vit C,
- 250mg B5,
- 10 - 25mg BCo,
- 400iu E,
- EFA's,
- Cal Mag,
- 5000iu Vit A with proteins.

Damaged adrenals can take up to 3 weeks to get repaired.

References: Nutrition advices by Adelle Davis.