

Vitamins for Health

Adapted from: *The Home League Sketch*
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Canada & Bermuda Territory



Preparations: A chart of each vitamin with a listing or picture of a food which contains the vitamin (see attaching list)

Note to the Leader: This meeting could feature the making up of three or four salads out of foods rich in vitamins. These could be all kinds of raw vegetables, fruits, cheese, eggs, etc. Recipes for salads that are different can be found in many cook books, magazines, online resources or from your members. These salads together with vitamin enriched bread and butter could make a lovely cool lunch on a hot day. The recipes can be made available to all members.

Introduction:

While we often try to eat a balanced diet, sometimes we don't realize that we are short on some of the necessary vitamins that are needful for the proper functioning of our body. This program is aimed at educating, enlightening and stimulating your awareness of the functions of various vitamins. **(Please note that you should check with your physician before taking anything and to ensure that it is what your body requires)**

Vitamin Information: "*A Basic Vitamin List*"

(www.usingvitaminswisely.com/vitamin-list.html)

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The following vitamin list contains the most important and well-known vitamins. Vitamins are micronutrients, which means that your body only needs small amounts to maintain good health. Vitamins work together to perform a particular function. It is often ineffective to merely focus on one particular vitamin when trying to deal with a health problem. For example, the following vitamin list shows that several vitamins are necessary for maintaining healthy skin.

Vitamin A is known for helping night vision and other aspects of the eye. Like most vitamins, it also affects a number of other parts of the body in that it is necessary for healthy bones and teeth. Surprisingly, the best Vitamin A is beta carotene which is not really a vitamin at all; it is a precursor, which simply means that the liver uses beta carotene to manufacture Vitamin A.

Vitamin B-complex is a group of interdependent vitamins that should be taken together. A deficiency in one of the B vitamins possibly indicates a deficiency in one of the other B vitamins. If you are trying to treat a particular malady by taking more of one of these vitamins, only do so for a short time or the body may be thrown out of balance. The following B vitamins are water soluble and as such can only be stored in your body for about 48 hours; the one exception is that your liver can store several year's supply of Vitamin B12. Elderly persons have more need of supplementing B vitamins because they are harder to absorb as we get older.

- = Individual B Vitamin List = -

Vitamin B1 is also known as thiamine. Thiamine is especially valuable as an aid in the metabolism of carbohydrates.

Vitamin B2, also called riboflavin, is necessary for red blood cell formation. As such, it is an important factor in the growth and development of the body. It works with vitamin A to promote the health of the skin, hair, and eyes. As a digestive aid, it helps to assimilate iron and proteins.

Vitamin B3 is known as niacin but it is also called niacinamide or nicotinic acid. This vitamin is helpful for good blood circulation and your skin. If you take too much of this supplement, you may experience a flushing of the skin which usually lasts only a few minutes.

Vitamin B5 is also called pantothenic acid. It is needed for the proper functioning of the digestive system. Because pantothenic acid has a major effect on the adrenal gland, it is a good stress reducer. It is essential for growth because it helps to convert food to energy.

Vitamin B6 is also known as pyridoxine. It activates many enzymes and helps to calm the nerves. It is also an important aid in preventing tooth decay.

Vitamin B7 is better known as biotin and it used to be called vitamin H. This vitamin is a power cellular stimulant and it is needed for healthy hair and skin.

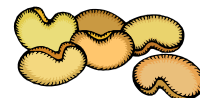
Vitamin B9 is often called folic acid or folate. An old vitamin list might identify folate by the obsolete name of Vitamin M. You might have already heard of this vitamin as the “brain food” vitamin. It helps to strengthen the immune system and provides essential nutrition during pregnancy. Cooking destroys folate.

Vitamin B12 is also called cobalamin because it contains cobalt. It is required to prevent anemia and it aids folic acid in building red blood cells.

Vitamin C is a popular vitamin that comes from ascorbic acid. It is often used to ward off colds but it is also important for maintaining healthy bones and teeth. Ester-C is the most effective form of this vitamin.

Vitamin D is known as the sunshine vitamin because daily exposure to the sun will provide most people with all that they need of this important vitamin, provided they aren't wearing sunscreen. Those who live in northern climates may need to supplement this vitamin in the winter time. This vitamin is needed for normal bone and tooth development and it is also important for pregnant women.

Vitamin E is an important antioxidant for preventing cancer and cardiovascular disease. It is necessary for healthy skin and hair and also used for tissue repair. It is a known fact that the natural form of vitamin E is more effective than the synthetic form.



Vitamin K is essential for blood clotting. It is also essential in bone formation and repair.

Vitamin P is an obsolete name for what is now called bioflavonoid. It is not a true vitamin but it is essential for the absorption of vitamin C. Because of this, it helps to prevent scurvy and strengthens capillary walls.

Even though the above vitamin list may not list all vitamins, it is a list of vitamins that you are most likely to find or need knowledge of.

List of Foods in which each vitamin is found:

Please note that while I have included a list, this is not the total list; there may be other food sources that can be added. Gather more information from your physician or dietician.



Vitamin A - spinach, sweet potatoes, carrots

Vitamin B - whole grain cereals, bread, red meat, egg yolk, green leafy vegetables, legumes, sweet corn, brown rice, berries, yeast, fish

Vitamin C - sweet red pepper, strawberries, oranges, brussel sprouts, broccoli, grape fruit, cantaloupe, cabbage, tomato

Vitamin D - fish, liver, egg yolk, fortified products (milk, orange juice, margarine)

Vitamin E - nuts, seeds, vegetable oils (canola, soybean, corn), green leafy vegetables, fortified cereals

Song Suggestions:

O To Be Like The Blessed Redeemer (The Salvation Army Songbook 623)

To God be the Glory, a Saviour is Mine (The Salvation Army Songbook 640)

Devotional: Life-Giving Vitamins



Over the last several decades we have been consistently educated in the knowledge and use of vitamins. They are the regulators of food substances, and are recognized as indispensable to normal growth, disease prevention and the maintenance of general health.

Our health authorities tell us that vitamins are classified into types. Each performs some specific function. If we want to look beautiful, it demands close acquaintance with and daily use of all these vitamins.

Making use of vitamins A, B, C, D, E, we shall see how they help us to maintain a balance in our spiritual life, so that we are also *spiritually* beautiful.

Vitamin A - or Acceptance vitamin, stands for new life or life eternal. (Read: Isaiah 6: 1-5). As did Isaiah, we need to recognize that we are unclean, and then do something about it. Where do we turn, or what can we do? And then we hear the Great Physician inviting us to come to Him: "*I will never turn away anyone who comes to me*" (John 6: 37 TEV). It is only by receiving Jesus as our Lord and Savior that we can have spiritual health and happiness, for we can never have it without the use of the Acceptance vitamin.

Vitamin B - or the Belief Vitamin, is essential to the development and normal functioning of the new life. Our Great Physician explains that "*Everything is possible for the person who has faith*" (Mark 9: 23 TEV). The joyous exuberance of youth and the hearty vigor of old age owe their existence to Vitamin A, the Acceptance Vitamin and their continued well-being to the Belief Vitamin.

Vitamin C - Vitamin C, the Confession Vitamin, must be used daily to keep one in perfect condition. The Apostle John tells us: "*But if we confess our sins to God, he will keep his promise and do what is right: he will forgive us our sins and purify us from all our wrongdoing*" (1 John 1: 9 TEV).

Vitamin D - Now we come to that very necessary Vitamin D, the Determination Vitamin. This has a wonderful effect on one's backbone, which, of course, is vital to good posture. A wobbly backbone ruins posture, but with Vitamin D daily on the job, one has no fear. Simply determine to "*forget everything except for Jesus Christ and especially his death on the cross*" (1 Corinthians 2: 2 TEV).

Vitamin E - Vitamin E, the well-known and absolutely necessary Endurance Vitamin, is a very essential element of true beauty. Paul encourages us: "*Take your part in suffering, as a loyal soldier of Christ*" (2 Timothy 2: 3). Other translations use the word 'endure' - endure hardship.

Don't fail to use daily these vitamins so necessary to spiritual beauty and health.

Chorus: *Come Beautiful Christ* (The Salvation Army Songbook Chorus Section 61)

Poem: *Spiritual Health* Patsy Rowe

Broken or empty, tired or worn, sick or depressed— Christ Jesus receives us.
Daily we come seeking His face, receiving from His grace His miraculous cure.
Filled and restored, rejuvenated and renewed, healed and happy—Christ Jesus gives to us.
Because we believe, with thanks we receive—Christ Jesus Himself.



Game: How many nuts are in the bottle



Instructions: Fill bottle with nuts, pass it around to let ladies observe and then guess how many. Person nearest to the right answer, gets a ‘healthy’ prize. (**Note:** If using peanuts, check in advance to ensure that no one is allergic to them)

Game: Vitamin Drop

Objective: To be first team to drop all their vitamins into the bottle

Requirements: Small bottle—one for each team

Large size vitamin pills or something similar to represent the pills
(e.g. button, penny)



Instructions: Divide the group into two or more teams; have enough bottles—one for each team. Give each woman a vitamin. On the ‘go’ signal, the first woman in each line must put the vitamin between their knees, walk to the bottle without dropping the vitamin and then let it drop into the bottle. If the woman should lose the vitamin along the way to the bottle, the woman must start over. If the woman is successful in dropping the vitamin in the bottle, she must return to the line, and then the next person starts.