

Foods to keep you warm

Doupan a multi-format DVD s, CD-ROM that can be any hope in your DVD player, read out, will be broadcast on television instead of sitting out in front of the computer to see the small screen.

It does not have a DVD format have read all the functions. Not every variety of formats are also used. Therefore, the best time to buy the DVD according to their own needs to choose, otherwise it will be wasted.

To talk about the DVD can read these formats: MPEG1, MPEG2, MPEG4, EVD special format for HDV format and FLASH are audio and video formats MP3, WMA, CD soundtracks, MIDI, HDCD, are audio formats; KPG , JPEG format, and so is the picture. In these format is not compatible with all precincts EVD format for HDV format and FLASH and MIDI format. The first two are manufacturers dedicated format, or high-definition format or high-compression format, whether it is necessary to choose their own decisions. FLASH MIDI format and is open animation and audio formats, usually you no longer length of FLASH works to use the publication and distribution of DVD discs, the short length works we rarely have the opportunity to really set their own etched Waiwu to watch on television. Used for the propagation of other people s homes and do not necessarily have similar equipment, so the reader ahead of this format is not for everyone significance.

In real life, a serious lack of the vitamin few people, but in a lack of vitamin hidden but many people, if not attach importance to long-term it will be because of a lack of vitamin result of the disease.

Once a lack of vitamins, disease What does it mean?

Vitamin insufficient attention to the warning signals

More familiar Known:

Lack of vitamin A: rough skin, itching, nail a deep white lines, dry hair, decreased memory, insomnia and feelings of irritability, dry eye conjunctiva, urinary tract stones. Should eat bovine liver, eggs, red and yellow vegetables, fruits and fish liver oil.

Lack of vitamin B1: voice allergic reaction, there are intermittent leg of the pain, suffering from beriberi disease, such as Neurodermatitis. Should eat more beans, cereals, hard fruit, fruit, milk and Lu:xielai.

Lack of vitamin B2: inflammation of the mouth, and the emergence of various skin diseases such as dermatitis, go far in the scrotum, a hand amputation burning feeling, sensitivity to light over-reactions. Should eat liver, milk, eggs, beans, green vegetables.

Lack of vitamin B3: tongue coating of thick, swelling lips, tongue pain, pain lips, scalp special, oral mucosa dry. Yeast should be eating.

Vitamin B12: Action easily loses balance, the body will be intermittent pain uncertain position, fingers are tingling, should eat liver and yeast.

Lack of vitamin C: over exertion, rapid environmental change, such as organic diseases or other objective reasons, but often flu fatigue, and often easy to cold, cough, decreased resistance, recurrent bleeding gums, refractory wound, a deep scar, such as the tongue . Should be eating tangerines, orange, grapefruit, jujube, Ziziphus spinosa, etc..

Lack of vitamin D: Common rickets in children between 6 months and 2-year-old child, hyperhidrosis, disturbed sleep easily agitated, muscle relaxation, abdominal, and the Expansion of constipation; softening of the skull, ribs beaded malformation, ribs softening, Jixiong, knee varus knee valgus, general growth retardation. Osteomalacia performance for the adult bone pain and tenderness, and was particularly prevalent in the truck parts; activities restricted, a duck walking step, the inner thigh muscles are in spasm state, prone to fracture, he is increasingly reduced, or that there Tetany. Should undergo more fish and eggs, and more drying sun.

Lack of niacin: Symmetry dermatitis, the skin lesions of the disease can erythema, erosion, hypertrophy and phosphorus ringworm four kinds of fish; Shetan, diarrhea for more than a depression, easily agitated, insomnia, headache, vertigo, memory diminish and even dementia ; limbs, burning and numbness of symmetry, when severe paralysis.

Lack of folic acid: Vitamin B12 deficiency with similar performance for the main symptoms of anemia, jaundice, there will be a small number, followed by gastrointestinal symptoms, such as Shetan, tongue pain, nipple tongue atrophy, Tongues smooth, tongue Jianghong , as well as Kougutan, small

oral ulcers; common anorexia, food after abdominal distension, diarrhea or constipation, emaciated.

Vitamin PP (Nikesuan) inadequate: Shetan, dermatitis, loss of appetite, indigestion, vomiting, dizziness, memory decline. Should be eating whole grains, green leafy vegetables, liver, peanuts, protein.

Vitamin K deficiency: major performance for epistaxis, bleeding gums, skin, digestive tract, urinary tract bleeding, can occur side muscle hematoma, intracranial hemorrhage; blood test prothrombin time extension.

In addition, the body's external organs will signal a lack of vitamins.

Mouth signal: if the mouth redness, long-term chapped, and lips and tongue pain, because you are likely to suffer from nutritional deficiencies Kougutan, if that will cause Aphtha and lymphadenitis. Kougutan more for the cause of the lack of iron and vitamin B2 (riboflavin) and vitamin B6 caused. Both the lack of vitamin will cause anemia, affect the body's growth and development. Complementary approach is to eat more green leafy vegetables such as spinach, Vegetables pork, beef, liver, legumes, and so on, can also be served family nutrition vitamin B pills.

Lips signal: lips cracking, peeling, fuzzy Chunxian, the lips of sign that you lack vitamin C and vitamin B2. Complementary approach is to eat more green vegetables, citrus, tomatoes, melons, potatoes, or vitamin B-serving nutrition pills and vitamin C tablets.

Tongue signal: if the tongue is too smooth, taste buds processes redness, the tongue on both sides of the yellow or Blushing, you note the lack of folic acid and iron. This lack of light material will lead to the production of red blood cells within the bone marrow been hampered, thus leading to Shetan, anemia, gastrointestinal dysfunction, growth stunted. Is added to eat liver, spinach, black bread and taking vitamin containing folic acid composition of Group B nutrition pills.

Hair signals: alopecia, hair pulled out, without pain, hair-bound volumes that you lack vitamin C and iron. Shallow and hair color, smeared out, vitamin B12 is low signal. Regulation approach is to eat more dairy foods, liver, fish and beans or vitamin preparations. If it is found that the above phenomenon, particularly in the elderly, the best consult a doctor and not notifying the chaos clothes vitamin pills, but otherwise harmful to the body. Learned from the health information, experts recommend vitamin supplements is the best way through a health food or natural function of the food, rather than chemically synthesized drugs.

The reasons for the lack of vitamin

First, the reasons for their lack of vitamin

On the personal reasons, the main reason for a lack of vitamin as follows:

Catering mainly due to the lack of content in the economic conditions of poor diet monotonous and the partial eclipse, and as a result of dietary intake of vitamin unable to meet the body's needs. Some areas monotonous food (such as corn-based), it can very easily due to the lack of certain vitamins and caused diseases (such as Laipi disease).

Increased demand due to physiological and pathological needs, requirements and increased intake of less than would lead to a lack of vitamins. For example, growing children, pregnant and lactating women, and heavy physical labour and special trades workers, long-term consumption of high fever and suffering from chronic diseases, such as patients with disorders, vitamin requirements will be higher than those of ordinary people.

Second, the modern fast food habitation formed after vitamin deficiency

With the accelerated pace of modern life, the tension increased, a lot of young people, especially white-collar family, as no time to adjust meals, and more to eat fast food. Breakfast hastily grasp of two fried fritters or just steamed bread, lunch is not Kangshifu foreign fast food is convenient. Calories, fat barely able to meet human needs, but due to the lack of fruits and vegetables

So it could easily give rise to long-term vitamin deficiency, so many of the body's metabolic activity decreased, lower immunity and disease resistance is poor.

In addition, more fast food for the food processing or heat treatment, and ultimately the loss of the various vitamins, minerals and trace elements. If

regular consumption of hot dogs such as fast-food or convenience foods, and he is unable to add another large fruit, it is bound to lead to vitamin deficiency, which is a high degree of vigilance and attention. Therefore, we should take effective measures to make up for this deficiency. The experts recommended that the daily consumption of fruit should be 500 g to ensure that vitamin C and

About the Author

From thechronicleherald.ca:

Nearly every person will benefit from Veriuni Natural Digestion Supplementation. Vitamins, minerals, hormones cannot perform their vital roles without.

There is only minimal amylase activity in the saliva and crop, and so most carbohydrates, including mainly starch and some fiber components. Vitamins. These nutrients are needed for a variety of biological processes, among them growth, digestion and nerve function. Vitamins are involved. Elegantly summarized the current knowledge concerning the metabolism of dietary vitamin A during digestion and absorption on the enteral. Poor digestion plays a role in many common diseases, either by directly contributing to symptoms or by exacerbating those due to other causes. Optimal digestion of vitamin B12 is dependent on your ability to make a. Vitamin B12 digestion and absorption requires that it be liberated. Vitamin and Mineral Digestion Taken For Granted. AddThis Social Bookmark Button. The body is a complex web of systems. Most are not fully aware of the. Always take vitamins with food. Digestive enzymes are stimulated when eating and aid in nutrient absorption. Limit fluids with meals to improve.

Source: <http://www.productsherbal.com>