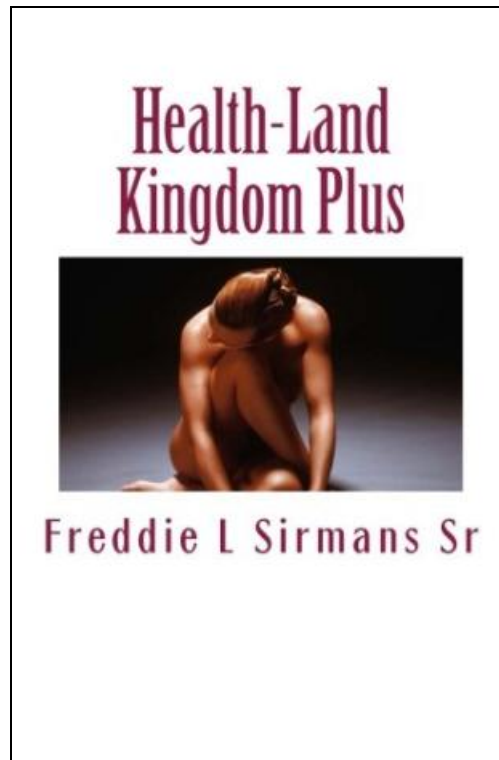


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HEALTH-LAND KINGDOM PLUS: A SUPER GREAT FABLE BOOK



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Createspace, United States, 2013. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Chapter 1 Once upon a time there was a little town called Health-land kingdom, located right off the big super MD highway leading to the great cure-all metropolis. In this town lived vitamins, minerals, herbs, humans, and other nutrients. The town s main goal was to keep all of its citizens healthy because anyone that they failed to keep healthy would have to face terrible traffic jams on the super MD highway leading to the great cure-all metropolis. Jim-Niacin (vitamin B-3). Jim- Niacin doesn t stand alone; he is a member of the very powerful B vitamin family. In Health-land Jim-Niacin s job is essential to promote life and good health. He regulates the metabolism and assists in other body processes, even though he is needed in small amounts compared to proteins and carbohydrates. As a coenzyme Jim-Niacin works to make sure the human body functions as it should. There are two major types of vitamins: the water soluble and the oil soluble. Jim-Niacin belongs to the water-soluble type vitamins, therefore his doses must be replaced everyday because the human body doesn t store his doses like the oil soluble type. Since Jim-Niacin is only one member of the very powerful B vitamin family he shouldn t work alone; he should be balanced with other B vitamin members. Jim-Niacin is not a bad or evil fellow, but he does have a bad reputation. Humans are afraid of Jim-Niacin and rightly so because in too high doses he may damage the liver, or in too low doses he does no good. But, that is not the only reason human fear Jim-Niacin. Jim-Niacin deals with circulation and...



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