

Vitamin-B

The vitamin B-complex is a collection of eight water-soluble vitamins.

B group vitamins are present in many foods, however the B group vitamins are very delicate and can be destroyed easily, especially by alcohol and cooking. Processed foods, such as white flours and rice are less nutritious than whole grains due to the removal of vitamin B.

Vitamin B2, also known as Riboflavin, is easily absorbed, as it is water soluble, therefore cannot be stored in the body and must be replenished daily. Riboflavin helps maintain healthy skin, nails, eyes, hair growth and general health and well-being. Vitamin B2 is required for red blood cell formation and respiration and antibody production. Vitamin B2 plays a key role in the production of energy, by breaking down metabolising fats, proteins and carbohydrates. Vitamin B2 has proven to work well with other B Group vitamins such as B1, B3 and B6 and therefore is often taken as part of a B complex supplement. Studies show that Riboflavin can prevent migraines for those who consume it on a regular basis. It has also been successful in the treatment of cataracts, rheumatoid arthritis and several skin disorders including dermatitis, eczema and acne.

Riboflavin is found in many foods however its richest source is organ meats such as liver, kidney and heart. Other great sources of this nutrient are milk, cheese, almonds, spinach, eggs, whole grains and mushrooms. As already mentioned, this vitamin is very delicate so when cooking, some of the nutrients can get lost therefore there is an increased need to supplement this vitamin in our diet.

As with all vitamins and minerals, when there is a deficiency, many symptoms may occur. In the case of Riboflavin, they are quite extensive ranging from bloodshot eyes, painful cracks in the corners of the mouth and lips, itching and burning eyes, premature wrinkles, split nails, dull or oily hair or oily skin. Those who consume excessive amounts of alcohol are usually vitamin B2 deficient as well as those with cataracts or chronic fatigue syndrome. Studies have also shown that oral contraceptives may cause riboflavin deficiency.

Research shows that taking a high dose of vitamin B2 can assist with the prevention of migraine headaches. It has been documented that the reason why migraine sufferers are deficient in Vitamin B2 is because they may have an inadequate supply of energy to the brain and therefore unable to warn off a migraine attack. Vitamin B2 may play a role in replenishing that energy supply. According to a three-month study, riboflavin was found to significantly reduce the frequency and severity of migraines and offered rather dramatic relief. Used in conjunction with feverfew and magnesium, vitamin B2 has been found to be most beneficial in the prevention of migraines.

Below is a testimonial posted by a visitor to "revolution health"

Best preventative for migraines !!!!! I have been using Vitamin B2 as a migraine preventative for 18 years now and have never had a problem with it losing its effectiveness. It has been a lifesaver for me. In 1986, I suffered a TIA (yes, a mini stroke) from migraines - it is called migraine equivalents. I was put on many different meds with lots of side effects - Inderal (which slowed my pulse too much), Calan, Nortriptyline, and quite a few others. My doctor had read some studies on this and asked if I wanted to try it. You do need to take it every day for the most part. 9 out of 10 times if I get a migraine, it is because I haven't been taking the B2 properly and I could give myself a swift kick for being so stupid. When I started this, I was getting headaches at least 4 days out of a week. Now I may get 4-6 migraines a year. I can't say enough about it's effectiveness and everyone I have told to try it has been just as thrilled with the benefits. Sometimes I can get away with taking 200 mg for a while instead of 400 mg, but there is really no reason for this. It is inexpensive and it is a non toxic, water soluble vitamin - so anything your body doesn't need, it gets rid of. It does take a week or two of taking it for it to work. The few that I know that said it didn't work, said they weren't taking the full 400mg or they weren't taking it everyday - when they did, it worked real well for them. A few have told me then take a few extra if they feel one coming on, and it gets rid of it. I still have ergotamine for if I do get one, but it is so much easier to prevent a

migraine then to deal with a full-blown attack. The big plus is that I would much rather be taking a vitamin every day instead of some of the prescription meds with some nasty side effects. Give it a try - if by chance, it doesn't work - no big loss.