



ENERGY FACTORS[®]

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ENERGY FACTS

As a naturopathic counselor, I am fascinated with the amount of complaints I hear about low energy levels. People complain that normal daily routines become chores, and some “chores” are avoided altogether, because they require too much effort and energy. Yet these same projects and deeds may be vital to that person’s benefit. I feel it is important to look at energy and its role in the body.

ABOUT ENERGY

What is energy? *Funk & Wagnalls New International Dictionary* defines energy as, “the power by which anything acts effectively to move or change other things or accomplish any result.” Another definition states, “the ability to do work... to move mass.” I find it interesting that energy and mass can neither be destroyed or created, but can be converted into one another.

Homo Sapiens are a biological masterpiece. Every human being has the capacity to rapidly comprehend what is taking place in its surroundings, to observe and react to profound and subtle environmental changes, to respond in a calculated and deliberate manner to the things that happen around it and to think and make critical judgments that can often have permanent effects. These amazing abilities are all part of the intricate process that we simply refer to as “life”. These abilities are made possible by a seemingly endless number of interdependent factors, including efficient functions that occur in the cells, organs and systems that make up the human body.

Through the process of digestion, assimilation and, ultimately, metabolism, our bodies have the ability to transform simple and complex chemicals and substances found and nurtured in our environment to vital nourishment that enables each of the body’s cells to thrive, to repair damage and to perpetuate a healthy existence. Miraculously, the body performs these intricate functions in a state of

There are many types of energy: potential energy; kinetic energy; radiant, physical, and chemical, to name a few. For our purposes, let’s look at chemical energy within the body. First of all, energy is required for the body to simply move from one place to another. For any movement to occur, there must be sufficient energy within the body to perform the necessary chemical transactions which precipitate movement. In fact, energy is absolutely essential for every transaction of the body.

ABOUT DIET AND ENERGY

With this in mind, I began considering the root causes of low energy status among people. There are, of course, many reasons why a person would experience low energy levels.

EDITOR'S NOTE

nearly constant and sustained balance known to modern science as “homeostasis”.

Understanding the human body is critical to understanding yourself. We must each have some knowledge about the complex structures and interrelated functions of this profound biological organism in order for us to achieve states of unconditional happiness and optimal health.

Self Care News[®] is designed to help provide its readers with crucial information about how the body, its structures, and various physiological functions depend so critically on nutrition. When you understand more about how nutrition and human functions are so closely interrelated, you will be better equipped to nurture your body into and maintain an excellent state of health.

Every issue of *Self Care News*[®] will feature vital information about the body’s structures, organs, systems and their unique and interdependent functions, in conjunction with details about one or

Some examples include physically stressful situations, poor dietary habits, (like eating only fast foods,) and missing meals altogether.

Low food intake, combined with poor nutritional habits may deprive the body of adequate amounts of nutrients essential for energy production. In addition, some physical actions and stressful situations create conditions within the body that may require above normal amounts of nutrients. For this reason, nutrients known to participate in energy production must be included in everyone’s diet.

ENERGY METABOLISM

The healthy metabolism of fats, carbohydrates and proteins is one of the most important aspects of good health. Metabolism is the term used to describe the sum of all chemical processes which take place in the body. There are two

more of **MICHAEL’S**[®] formulas. These publications will not describe how to treat, prevent or cure any illness or disease. Instead, they will focus on those things that are essential for proper, efficient, healthy functioning of the human body.

MICHAEL’S[®] formulas are the result of more than two decades of counseling and research into the importance of nutrition in maintaining proper health. Some formulations were created to help family members and cherished friends seeking additional dietary support.

Requirements for nutrition are different in every person, due to health status, dietary habits and the environment. Each one of my unique, synergistic combinations is unconditionally guaranteed to elevate your nutritional status, or your money back. I welcome your thoughts, and most of all, your personal experiences with my One Tablet Solutions.

Be Well,

Michael Schwartz

main types of metabolism; building up, known as anabolism and breaking down, known as catabolism.

In anabolism, smaller molecules such as amino acids, are converted into larger molecules, such as proteins. In catabolism, the opposite is true. Larger molecules, such as glycogen, are broken down to smaller molecules, such as glucose.

There are quite a few nutrients essential for energy production within the body. Pantothenic acid is one such nutrient because it is involved with the creation of energy metabolism. Here's how: pantothenic acid is an element in the formation of acetyl coenzyme A (CoA). Coenzyme A serves as a carrier molecule in the Krebs cycle, a series of enzyme reactions which yield energy for cellular functions.

Other nutrients involved in energy production are vitamin B-1, B-2, and B-12. Vitamin B-12 helps amino acids enter into the Krebs cycle.

NUTRITIONAL SUPPORT

The following information is provided to help you better understand the role that certain nutrients play in the body's energy production. Those nutrients are:

PANTOTHENIC ACID serves as part of the coenzyme A, which is essential for the production of energy, for the production of antibodies, and the healthy maintenance of the central nervous system.

FOLIC ACID is necessary for growth of all types of cells in the body, including white blood cells. It also takes part in the process of cell division and the healthy growth of glands, including the thymus.

VITAMIN B-12 helps form normal red blood cells and a healthy nervous system. It helps the body metabolize fats, carbohydrates and proteins.

HOW TO OBTAIN NUTRITIONAL SUPPORT

MICHAEL'S® ENERGY FACTORS contain the energy production factor, pantothenic acid, as well as vitamin B-12, folic acid, and aspartic acid. **MICHAEL'S® ENERGY FACTORS** is free of caffeine and other nervous system stimulants, such as ephedra, ma huang, and guarana. These herbs aren't used by **MICHAEL'S®** because they do nothing to nourish the body. Good health is attained and maintained through proper nutritional substances, not stimulants, which could affect the central nervous system. In my opinion, these herbs fall into the same league as amphetamines, and over-stimulation of the nervous system by these agents is a negative way to generate the feeling of having energy.

MICHAEL'S® ENERGY FACTORS is gentle and provides the energy metabolism factor, pantothenic acid, and aspartic acid, as well. This nonessential amino acid is converted to alanine which may be used by the liver as a gluconeogenic precursor. Gluconeogenesis is the process in which glucose is manufactured from triglycerides and amino acids. Glucose, of course, is the body's fuel.

MICHAEL'S® ENERGY FACTORS also contains Ginseng and Gotu Kola, an herb known for its ability to carry oxygen throughout the body.

DID YOU KNOW?

FOLIC ACID is necessary for growth, the division of cells and for the formation of red blood cells. It helps with reproduction and growth, and it is necessary for the health of the glands and the liver.

Certain substances and outside factors can affect the body's ability to absorb and utilize folic acid from the body. They include stress, alcohol, coffee and tobacco, to mention a few.



Supplement Facts	
Serving Size: One (1) Tablet	
Amount Per Serving	% Daily Value
Vitamin B-12 (as Cobalamin)	300 mcg 5000%
Pantothenic Acid	100 mg 1000%
(as Calcium Pantothenate)	200 mcg 50%
Folic Acid (as Folicin)	100 mg *
Aspartic Acid (as L-Aspartic Acid)	100 mg *
Gotu Kola (Herb)	100 mg *
(Centella asiatica)	100 mg *
Licorice Root (Glycyrrhiza glabra)	100 mg *
Siberian Ginseng Root	100 mg *
(Eleutherococcus senticosus)	100 mg *

*Daily Value not established.

OTHER INGREDIENTS: Terra Alba (Calcium Sulfate), Maltodextrin, Stearic Acid and Magnesium Stearate.

