

## The Director of Research and Education

## Vitamin B. Complex

... In the grain of wheat, before the shell is cracked and AIR GETS INTO THE VITAL PARTS, there is everything to keep us healthy, except the vitamins we get from our fruits and vegetables. And, I mean all the UNKNOWN Catalysts and Synergists. As soon as air reaches the contents of the grain of wheat, we know that oxidation starts, and that means loss of some of the known and unknown. Since we have people having heart trouble and such, why not use the entire which has all the unknown. We know that some of the B Vitamins can't stand much heat - - some can stand more heat. (Vitamin E really belongs to the Vitamin B Group, since the SUPREME INTELLIGENCE puts them all together in the grain of wheat, barley, rye, rice, etc.) With the HEALTHWAY COOKER on low heat (only 50watts), we can cook our wheat twelve to twenty (12to20) hours, and have a delicious porridge, when sweetened with honey. DO NO EAT EXCEPT FOR BREADKFAST, as it is a slow digesting food that sticks to the backbone. But if eaten at night, often disturbs sleep. Now, that this food digests slowly, you see how this fits in with the charts that your Director of Research gave you at the last assembly from the work of Dr. Sandler on Polio Prevention. If you want another copy of the chart, just drop me a line. (See folder on Healthway cooker enclosed.)

I just heard of another one on Polio – Polio Prevention, Inc., Coral Gables, Florida. I have written them. Suppose you do the same.

See "All of the B Vitamins belong together – Taking one or several of the B Vitamins without taking them all is courting trouble." Prevention Magazine May, 1953