



Wellness Minute

Health Information You Can Use On Your Path To Wellness

Being Attacked By Mosquitos?



Try This Natural Mosquito Repellent!

A Natural Mosquito Repellent?

“I take B1, also known as thiamine, and it helps burn my sugars more efficiently, so my skin isn't emitting mosquito bait.”

Did you ever wonder why some people are mosquito magnets, while others are hardly noticed by the blood sucking little critters? For example, my son and I fly into a Canadian lake to fish for week, and he's swatting like crazy, and I'm not. After a few years, he asked me why they never attacked me. They buzz around, but they don't land and bite me. I told him because I take B1, also known as thiamine, and it helps burn my sugars more efficiently, so my skin isn't emitting mosquito bait. He asked why I never shared that pearl of great price with him. I told him I shared it with him every year, but then stopped mentioning it because he wasn't interested. He said, “Well I am now. I am getting devoured.” The following year he took sufficient levels of B1 as Bio-

3B-G, and to his amazement, he was barely touched.

Years ago, I learned that by taking B1, sugars would be burned more efficiently. I think it was Dr. David Brownstein that called B1 or thiamine the poor man's insulin. The skin, as you know, is a source of elimination. Eat too much garlic, and it will literally come through your skin. If sugars are not metabolized properly, the byproducts must be eliminated, and one of those elimination pathways is the skin. I suspect mosquitos smell the metabolites and are attracted. I don't know the exact mechanism, but what I do know is I've told dozens of people about B1 or thiamine, and many of them have come back to tell me they are no longer attacked.

So, let's take a closer look at thiamine and some of the things that may cause a deficiency. One of the major factors that deplete our B vitamins is stress. Know anyone who experiences stress? Also, processed, chemicalized foods further deplete thiamine. Not only are many foods depleted in thiamine, but thiamine is needed to make the enzymes that are used to detoxify the additives. Another major factor that is rarely discussed are prescription drugs. Diuretics, in particular, flush thiamine out of the system, and that includes coffee and tea.

Deficiency of thiamine causes lactic and/or pyruvic acid to build up, resulting systemic acidosis. Systemic acidosis can cause inflammation of the

nerves, resulting in an increase in the sense of smell, taste, and/or hearing. Thiamine insufficiency can also be the cause of fatigue, muscle soreness, and cloudy thinking. Low blood sugar, systolic blood pressure below 105, and bladder atonicity are also symptoms of a thiamine deficiency. Thiamine is essential for energy production and the maintenance of skin, hair, liver, mouth, and the GI Tract.

Our bodies convert thiamine hydrochloride or thiamine mononitrate to thiamine pyrophosphate also known as cocarboxylase. It's the cocarboxylase form that the body uses. Earlier research split the B-complex into two fractions, a B fraction and a G fraction. The B fraction supports carbohydrate metabolism and more of a yang or go fraction. The G fraction is nerve relaxing, has vaso-dilator effects, and aids in fat metabolism. In that light, Biotics created Bio-3B-

G. Bio-3B-G combines 3 parts cocarboxylase for the B fraction and 1 part of the G fraction, hence the name Bio-3B-G. Each tablet contains 1.5 mg cocarboxylase, the biologically active form of B1.

Since the body pool is 30 mg of B1, many clinicians will supplement Bio-3B-G up to 2 tablets per waking hour for 10 days, then reduce to 2-3 tablets, three times a day. Subjective changes like fatigue, muscle soreness, cloudy thinking, glycemic issues, etc. can clear up in 21 days or less, but B vitamin deficiencies can take up to nine months to completely correct.

So, if you are one of the people who are mosquito magnets, it may be fun to try Bio-3B-G and see if it helps. It may be a signal that you have an underlying need for thiamine. Talk to your wellness clinician about thiamine or vitamin B1 and ask about Bio-3B-G.