



Health-Land Kingdom Plus: A Super Great Fable Book

By Freddie L Sirmans Sr

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...



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