

# A Natural Mosquito Repellent?

THIS WEEK'S TOPIC

“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, 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 for several years, 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 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, 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? Here's another given, processed, chemicalized foods further deplete thiamine. Not only are most foods depleted in thiamine, but thiamine is needed to make the enzymes that are used to detoxify the chemicals and 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, which can result in systemic acidosis. Systemic

acidosis causes inflammation of the nerves, resulting in an increase in the sense of smell, taste, and/or hearing. Thiamine is also essential for the maintenance of skin, hair, liver, mouth, and the GI Tract, as well as energy production.

I learned from Dr. Harry Eidenier and his balancing body chemistry group that a classic indicator of a need for thiamine is a decreased serum CO<sub>2</sub> and/or an increased anion gap above 13. Some additional subjective indications of thiamine deficiencies are: fatigue, muscle soreness, cloudy thinking, cyclic personality, hypoglycemia, systolic blood pressure below 105, bladder atonicity, and a chronic need for HCL. Remember thiamine, zinc, and chloride are necessary to produce HCL.

B1 comes in many forms. The major form is thiamine hydrochloride. So sometimes just taking extra B1 is enough to burn sugars more efficiently. For those of you that really want to geek out, there is a great book on thiamine, titled: *Thiamine Deficiency Disease, Dysautonomia, and High Calorie Malnutrition* by Derrick Lonsdale. Based on that research and clinical feedback from some of their orthomolecular doctors, Biotics research developed a product called Thiamin 50. As the name implies, each capsule contains 50 mg of thiamin mononitrate. This high dose of thiamine has been a game changer for many patients. Most of us know that B6 as pyridoxine hydrochloride is converted to pyridoxal 5 phosphate before the body can use it. Riboflavin B2 is converted

to riboflavin 5 phosphate. Folate is converted through a number of steps to MTHFR. Our bodies convert thiamine hydrochloride or thiamine mononitrate to thiamine pyrophosphate also known as cocarboxylase. In that light, Biotics created Bio-3B-G.

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 vasodilator effects, and aids in fat metabolism. You can see a link to the right for further discussion. Bio-3B-G combines 3 parts cocarboxylase for the B fraction and 1 part of the G fraction of the B-complex, 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 with up to 2 tablets per waking hour for 10 days then reduce to 2-3 tablets, three times a day. Subjective changes in the patient's symptoms such as 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. Asking your patients if they are attacked by mosquitos may seem like small talk, but it may open up a life changing conversation.

Thanks for taking time to be with me today, I look forward to being with you again next Tuesday.